



# Need **HELP** this Summer?

**Polk County provides many resources to help your children stay healthy, happy and full this summer.**

Please visit [www.hungerfreepolkcounty.org](http://www.hungerfreepolkcounty.org) to access food assistance and food pantry locations. To find summer meal locations, please visit: <http://www.dmschools.org/departments/operations/food-nutrition/summer-meal-program/>.

**Additional Polk County resources:**

General Assistance can provide help with basic needs such as food, rental assistance, utility payments and household/personal items. They can also provide assistance for special needs including clothing, furniture, health supplies, property tax assistance and funeral services. To see if you qualify, please visit : <http://www.polkcountyiowa.gov/cfys/services/general-assistance-program/>.

Supplement foods can provide supplemental food and nutrition education in order to improve the health of seniors at NO COST. For more information, please visit <http://www.polkcountyiowa.gov/cfys/services/commodity-supplemental-foods/>.

The Family Enrichment Center can help with housing, transportation, children care, substance abuse, life skills, job training, budgets and much more. The organization also provides on-site resources including clothing closet, food pantry, laundry facilities and employment resources. For additional information: <https://www.polkcountyiowa.gov/cfys/services/family-enrichment-center/>

River Place Food Pantry is available for individuals and families in Polk County to receive a 3 day supply of healthy, nutrition food and other essential non-food items. Food is distributed solely to those in need without income being a consideration. For more information: <http://www.polkcountyiowa.gov/cfys/services/river-place-food-pantry/>

The Polk County Health Department offers many services and programs to keep your family healthy and well such as child and adult immunizations, school and sport physicals, resources for breast and cervical screenings and much more.

To access a list of services and programs, please visit: <https://www.polkcountyiowa.gov/health>



**HUNGER FREE**  
POLK COUNTY  
— within reach —



\*This is not a Des Moines Public Schools publication and is being provided as a courtesy to inform you of other community activities and opportunities available.