

Income Eligibility

Most services are income-based. Scan here to find the current income eligibility levels.



Or contact us at:

- 📞 800-859-2025
- ✉ info@midsioux.org
- 🌐 www.midsioux.org



Administrative Office

418 S Marion St
Remsen, IA 51050
800.859.2025 * 712.786.2001
Fax: 712.208.4949
www.midsioux.org
Hearing Impaired call 711

WIC Satellite Office

714 10th Ave E
Spencer, IA 51301
800.859.2025 * 712.786.3478
Fax: 712.216.7010

OUTREACH OFFICES

Cherokee County

921 S 2nd St
Cherokee, IA 51012
712.225.3322
Mon-Wed & Fri 8am-4:30pm

Ida County

Court House - 401 Moorehead
Ida Grove, IA 51445
712.364.2175
Thurs 9am-4pm

Lyon County

302 S Lincoln
Rock Rapids, IA 51246
712.472.3746
Wed 9am-4pm

Plymouth County

180 10th St SE, Box 1
Le Mars, IA 51031
712.546.6603
Tues & Thurs 9am-4pm

Sioux County

618 14th St NE, Suite 10
Sioux Center, IA 51250
712.722.3611
Mon Tues Thurs & Fri 8am-4:30pm



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People.
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**FREE
Services**

Health & Nutrition

Women, Infants & Children

Helps families by providing healthy foods, nutrition education and referrals.

Healthy Pregnancy Program

Provides education, resources and support to pregnant and postpartum women.

Energy Services

Crisis Fund

Pays a portion of rent, utilities, furnace repairs/replacement, water, food or other bills.

Low-Income Home Energy Assistance

Pays a portion of a household utility bill.

Weatherization

Makes energy-efficient repairs to provide comfort and save on utilities.

Outreach Services

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Application Center
Community Information Center
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Emergency Food Pantry

Provides three day supply of food and household products as available.

Food for Life

Provides packages of frozen meat donated by local livestock producers.

Holiday Food

Provides special meals during the holiday season.

Holiday Families

Provides assistance to families with Christmas gifts.

Back to School

Provides school supplies to children.

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All services listed are not available at each outreach location.



Children & Families

Child Care Resource & Referral

Provides resources, education and advocacy to support quality child care.

Child Care Collaborative of Iowa

Offers financial management consultation and technology grants to child care businesses.

Family Development & Self-Sufficiency

Provides in-home support to families to address basic needs, improve child well-being and develop career opportunities.

Head Start

Preschool for children ages three and four that provides children with activities to help them grow mentally, socially, emotionally & physically.

Early Head Start

Serves expectant families and families with children birth to three.

Child Development Center

Offers a child development program similar to Head Start for children ages three and four in Hawarden.