



# Food Distribution Sites in Camden and Miller Counties

WIC is a nutrition education, health promotion and supplemental food program meant to assist women, infants, and children (under 5 years of age) with their nutritional needs. For WIC guidelines and how to get started, contact your local health department.



SNAP provides food benefits to low-income families to supplement their grocery budget so they can afford nutritious foods essential to health and well-being. For guidelines and how to get started, visit: <https://www.fns.usda.gov/snap/recipient/eligibility> or scan the QR code above.

Project Healthy Living, a 25-year-old lake area nonprofit, has compiled a list of major food distribution sites in the two-county area. There is help out there if any of our local residents need food assistance. This list is for them and also is a guide for anyone wishing to assist those in need. Those facilities offering free food may also have additional programs of assistance not listed that people may qualify for. *It is advisable to contact food donors for more information.* There are various food programs in our area but our pamphlet only includes those that are year-round with regular monthly food distributions.

The SNAP (formerly food stamps) and WIC programs are also described in our literature.

# Miller County

## 1. ELDON FOOD PANTRY

312 E 2nd St, Eldon, MO | 573-392-8380  
 Service area: Miller County  
 Hours: Mondays and 1st and 2nd Wednesdays  
 9:00am - 1:30pm  
 To qualify bring: B, C, dates of birth, total monthly  
 income  
 Can receive food weekly

## 2. HELPING HANDS OF CENTRAL MISSOURI

784 HWY 52, St. Elizabeth, MO | 573-474-1020  
 Service area: Miller County  
 Hours: 4th Monday 4:00pm - 6:00pm  
 To qualify bring: C, B or D or birth certificate  
 Can receive food once per month

## 3. THE WELL

110 E Main St, Iberia, MO | 573-793-6694  
 Service area: Miller County  
 Hours: 2nd Tuesday and 4th Saturday 9:00am -  
 11:00am  
 To qualify: No documentation needed  
 Can receive food twice per month

## 4. HOPE HOUSE

40 Lakeland Estates Dr, Lake Ozark, MO | 573-365-0099  
 Service area: Iberia, Brumley, Ulman, Tusumbia, Kaiser,  
 Osage Beach, Lake Ozark\*  
 Hours: Mondays, Wednesdays, Fridays 9:00am - 12:45pm  
 To qualify bring: A, B, C, D  
 Can receive food once per month  
 \*Cannot reside past Kk in Camden County or in Eldon  
 School District

# Camden County

## 5. LAMB HOUSE

93 Morgan St, Camdenton, MO | 573-346-2168  
 Service area: Camden County  
 Hours: Mondays, Wednesdays, Fridays 9:30am -  
 1:00pm  
 To qualify: Personal interview  
 Can receive food twice per month

## 6. COMMUNITY FOR CHRIST

17238 N State HWY 5, Sunrise Beach, MO | 573-574-4425  
 Service area: North Camden and South Morgan Counties  
 Hours: Tuesdays, Thursdays, Saturdays 10:00am - 2:00pm  
 To qualify bring: C, B or D, proof of disability if disabled  
 Can receive food once per month

## 7. IVY BEND PANTRY

41569 Ivy Bend Rd, Stover, MO | 573-572-9892  
 Service area: NW Camden and SW Morgan Counties  
 Hours: 4th Monday 4:00pm - 6:00pm  
 To qualify bring: C, B or D, birth date and last four  
 numbers of SSN  
 Can receive food once per month

## 8. SHARE THE HARVEST

689 N HWY 7, Camdenton MO | 573-873-5855  
 Service area: Camden County  
 Hours: Tuesdays 1:00pm - 7:00pm,  
 Wednesdays and Thursdays 10:00am - 4:00pm  
 To qualify bring: B or D, income verification  
 Can receive food once per month

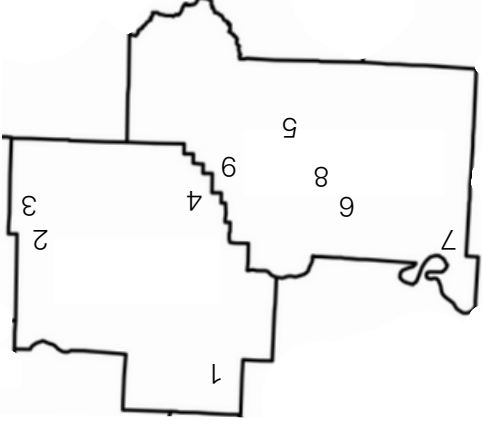
# Both Counties

## 9. LIGHTHOUSE MISSION

Church at Osage Hills, 5237 Osage Beach PKWY,  
 Osage Beach, MO | 573-348-1030  
 Service area: Resident of Camden, Miller, or Morgan  
 Counties  
 Hours: 2nd Friday 12:00pm - all food is distributed  
 To qualify: Call for details  
 Can receive food once per month

## MAP LOCATIONS

- 1. Eldon Food Pantry
- 2. Helping Hands of Central  
 Christ
- 3. The Well
- 4. Hope House
- 5. Lamb House
- 6. Community for  
 Christ
- 7. Ivy Bend Pantry
- 8. Share the Harvest
- 9. Lighthouse Mission



## QUALIFICATION KEY

- A. Social Security Card
- B. Driver's License
- C. Proof of current address
- D. State issued ID