

# 2024 VEGGIE VAN

Week of June 17-Sept 30



## GET FREE VEGGIES HOW IT WORKS:

- 30 to 45-minute stops in neighborhoods across Cedar Rapids.
- Set up farmer's market style:
  - Pick what you want
  - Fresh food is free
  - No paperwork or ID
- Van will be in parking lot

## COMMUNITY FRIDGES

Can't make a veggie van stop?  
Visit a fridge:

- Geneva Tower (310 5th Ave SE)
- Wellington Heights  
Community Church (1600 4th Ave SE)

## SCHEDULED STOPS

### TUESDAYS

2:00-2:30 PM

Linwood Apartments

4845 Johnson Ave NW

3:00-3:45 PM

Jim's Foods

812 6th St SW

### WEDNESDAYS

3:00-3:45 PM

Hawthorne Hills Apartments

2283 C St SW

### THURSDAYS

9:30-10:15 AM

Eastern Iowa Health Center

1201 3rd Ave SE

3:00-3:45 PM

Glenbrook Apartments

4839 1st Ave SW

4:00-4:45 PM

Southview Apartments

2155 Westdale Dr SW

Learn more at  
[www.feediowa1st.com](http://www.feediowa1st.com)

