

NAMASTE

WELCOME TO AMES



GROCERY

- Hy-vee (For general grocery)
- Fareway (Good for meat and fresh produce)
- Aldi (Budget grocery)
- Walmart (General grocery)
- Pammel Grocery, Uni-Mart, Ames Asian Market, Asia Food Store (International grocery)
- Wheatsfield Cooperative (Organic produce)
- Food at First (Free meal)

I know that moving to a new country and starting your education is really stressful. I wanted to let you know about some of the resources/places you might need to start your life in Ames.

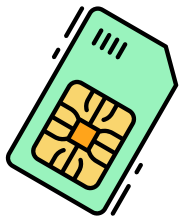
GENERAL SHOPPING

- Walmart
- Target-320 S. Duff Ave
- Kohls, JC Penny, TJ Max (North Grand Mall)



THRIFT STORES

- Goodwill-3718 Lincoln Way
- Overflow- 202 S. Duff Ave
- Salvation Army-620 Lincoln Way
- Habitat for humanity-3504 Grand Ave



ELECTRONICS

- Best Buy - 1220 S. Duff Ave
- Walmart- 3105 Grand Ave, 534 S. Duff Ave
- Target



STATIONARY

- Staples- 1333 Buckeye Ave
- Books-A-Million- 1200 S. Duff Ave
- ISU Book Store- 1150 Memorial Union



TRANSPORTATION

- CyRide (City bus system for Ames, Iowa- Free for ISU students with the card.)
- Safe Ride (Use the ISU app or call 515-294-4444, 6PM-5:30 AM)
- Ames Transit (Intercity Bus Service)



HEALTH



- Thielen Student Health Center -ISU Insurance
- McFarland Clinic, McFarland Express Care (Inside both Hy-Vee)
- Dentist- Aspen Dental, Campustown Dental, Dentistry at Somerset, Swanson Family Dental
- Eye-Wolfe Eye Clinic, Walmart Eye Care Center, Ames Vision Center, McFarland Eye Center-Duff Avenue, West Ames,

LIBRARY

- Ames Public Library-515 Douglas Ave
- ISU Parks Library- 701 Morrill Rd



IMPORTANT PHONE

- ISU Police Department-515-294-4428
- 911 Emergency
- Ames Police- 515-239-5133

