

Location Name	Days/Hours	Location	Phone	Eligibility
<b>Food Pantries Regional</b>				
Bushkill Outreach (Food Pantry)	Tues-Thurs 9am-noon Call for appointment	Lehman Twp. Community Park, 168 Lehman Park Rd., Bushkill	570-588-0660	Residents of Lehman & Middle Smithfield Twps.
Christian Awareness Ministries (CAME) (Food Pantry)	Mondays 8:30-Noon, Other hours by appointment	Rt. 447, High Acres Park, Canadensis	570-595-9141	Residents of Barrett, Price & Northeastern Paradise Twps
Pleasant Valley Ecumenical Network (PVEN) (Food Pantry)	Drive through only. 1st, 2nd, 3rd & 4th Tuesdays & 2nd Saturday/month. Call for appointment, 570-992-3136	2324 Rt. 209, Sciota	570-992-3136	West End Residents -Hamilton, Polk, Jackson, Chestnuthill, Eldred, Ross Twps.
Pocono Mountain Ecumenical Hunger Ministry (Food Pantry)	1st Wednesday and 1st Saturday of month, 9:00 am - Noon. Call ahead to make sure no cancellations. Monthly food by appointment.	Basement of Coolbaugh Municipal Building, 5570 Municipal Dr./Rt.611, Tobyhanna	570-864-2072	Residents of Pocono, Coolbaugh & parts of Paradise & Tobyhanna Twps and Mt. Pocono Boro
Salvation Army (Food Pantry)	Emergency food by online application. <a href="https://pa.salvationarmy.org/East-Stroudsburg/emergencyfoodapp">https://pa.salvationarmy.org/East-Stroudsburg/emergencyfoodapp</a>	226 Washington St. East Stroudsburg	570-421-3050	Residents of Smithfield & Stroud Twps., Boros of Stroudsburg, East Stroudsburg and Delaware Water Gap, parts of Pocono Twp.
Top of the Mountain Ecumenical Network (Food Pantry)	2nd Monday of Month, 8:30- 11:00 am, Noon-2:00 pm. Tuesday following 2nd Monday 8:30 am- 11 am, Drive thru distribution	133 Firehouse Rd. Pocono Pines	570-646-7456 or 570-646- 9181	Residents of Coolbaugh, Tobyhanna & Tunkhannock Twps.
<b>Food Pantries Supplemental</b>				
Seed of Faith Ministries (Food Pantry)	1st & 3rd Mondays 9:30-11:00 am Drive thru, stay in car	1087 Scenic Dr./RT 534, Kunkletown	610-951-4303	Residents of Saylorburg, West End & Albrightsville
Swiftwater Food Pantry (Food Pantry)	Tuesday and Thursday 9am- 11am Saturdays 9am-noon. Drive up only	Eglise Evangelique De La Renaissance Church, 129 Lower Swiftwater Rd., Swiftwater	570-895-2344	Monroe County residents
Lighthouse Full Gospel Church of God (Food Pantry)	1st & 3rd Tuesdays, 4pm-6pm, Drive Thru only	700 Hammond Lane, Stroudsburg	570-420-8196	All are welcome. PA ID required
St. Paul's Lutheran Church of Tannersville (Food Pantry)	Tuesdays 11am-1 pm, drive in, check in at door, food will be brought out to you. Call in advance if first time going.	158 Fish Hill Rd. Tannersville	570-420-8196	Monroe County residents. ID & proof of residence
Greater Shiloh Church (Food Pantry)	2nd. Tuesday 10:00 - 11:30 am, 4:00-6:00pm	831B Ann St. Stroudsburg	570-872-9577	All are welcome.
Christ Episcopal Church (Food Pantry)	1st Saturday, 10 am- Noon, Drive thru in parking lot.	205 N. 7th St. Stroudsburg	570-421-7481	All in need are welcome
Innovation Church (Food Pantry)	1st Thursday, 2nd Wednesday, 4th Saturday & Fridays, 10 am- Noon. Please call for an appointment.	6048 Paradise Valley Rd./Rte 940, Cresco	570-595-2000	Monroe Residents
Feeding Families Ministry (Food Pantry)	Thursdays & Fridays 1:00-3:00 pm	354 Memorial Blvd, The Mountain Center, Tobyhanna	570-977-3702	PA ID. Income eligibility proof
Passion For Christ Church (Food Pantry)	Every Friday. 5:00 pm, Call for emergency food anytime 570- 394-7548	151 Sawmill Ct. East Stroudsburg	570-394-7458	All are welcome.

Jo's Outreach - Light of the World Church (Food Pantry)	Emergency food only. Call 570-242-3663	114 Academy Dr., Minisink Hills	570-242-3663	Monroe and Pike Residents
West End Food Pantry (Food Pantry)	1st & 3rd Saturdays 9am-Noon. Drive thru only	Eldred Community Center, 516 Kunkletown Rd., Kunkletown	610-895-4444	Residents of West End and nearby towns.
Stroudsburg Wesleyan Church (Food Pantry)	Thursdays 12-1 pm for a drive thru food distribution. May 21,28; June 4,11,18,25	915 N. 5th St. Stroudsburg	570-421-0750	All are welcome
Effort UMC (Food Pantry)	2nd & 4th Saturdays 10am- Noon. Pick up will be outside the building	178 Merwinsburg Rd. Effort	570-629-1890	Monroe County residents. ID & proof of residence
St. Paul's Lutheran Church of Smithfield (Food Pantry)	Every other Thursday 9:30 am- Noon. Call if first time going.	139 Craigs Meadow Rd. East Stroudsburg, PA	570-223-6773	
Common Ground Ministries (Food Pantry) <b>Community Meals</b>	4th Sunday 1:00 pm	Desaki Restaurant 2054 Rte. 611, Swiftwater	570-801-2699	Monroe County residents. Valid ID required
Salvation Army (Emergency meals)	Monday, Wednesday, Friday 10 am-Noon. Carry out only, bag with 3 days of breakfast & lunch	226 Washington St. East Stroudsburg	570-421-3050	
East Stroudsburg UMC (Emergency meals)	Monday- Friday 4-5 pm - Boxed meal for take out only	83 S. Courtland St. East Stroudsburg	570-421-3280	Entrance at back of Church
Stroudsburg Alliance Church (Emergency meals)	Wednesdays 4-5:30 pm. Bag meals being given out	36 N. 3rd St. Stroudsburg	570-424-8722	
Holy Cross Greek Orthodox Church (Emergency meals)	4th & 5th Fridays, 4:45-6 pm, Take out meal. Drive up/walk to pavilion	135 Stokes Ave, Stroudsburg	570-421-5734	
Our Lady Queen of Peace Church (Emergency meals)	2nd & 4th Sundays, take out only. Stay in car it will be brought out to you	1402 Rt. 209, Gilbert	610-681-6137	
Stroudsburg UMC (Emergency meals)	Sundays 2:30-4:30 pm. Take out only, outdoors at rear of church.	547 Main St. Stroudsburg	570-421-6020	
Zion United Lutheran Church (Community Meals)	Weds May 20 5:00-6:00 pm. Drive thru bagged meal. Enter parking lot, follow instructions of attendant & stay in car	1919 Rt. 209, Brodheadsville	570-992-6988	