



Pocono Mountains  
United Way

**Listing provided by PoconoInfo: Monroe County's Information & Referral Line  
570-517-3954 | [www.poconounitedway.org](http://www.poconounitedway.org)**

## Monroe County Food Assistance Programs

### **Food Pantries - Regional** *(Income Guidelines & Residential Restrictions Apply for Regional Pantries)*

#### **BUSHKILL OUTREACH - Food Pantry**

Lehman Township Community Park, 168 Lehman Park Rd, Bushkill, PA 18324 *(Located off Winona Falls Road)*  
Phone: 570-588-0660

Hours: **Tuesday - Thursday** 9:00am-Noon *(Call for appointment)*

**Eligibility:** Residents of Lehman & Middle Smithfield Townships. Income guidelines apply. ID/Proof of residence required.

#### **CHRISTIAN AWARENESS MINISTRIES ECUMENICAL (C.A.M.E.) - Food Pantry**

931 Rt. 390 Mountainhome, PA 18342 (New Location as of 10/1/2023).

Phone: 570-595-9141

Hours: **Mondays** 8:30am-Noon *(Other hours by appointment)*

**Eligibility:** Residents of Barrett, Price & Northeastern Paradise Townships. Income guidelines apply - ID/Proof of residence required.

#### **PLEASANT VALLEY ECUMENICAL NETWORK- Food Pantry**

2334 Rt. 209, Sciota, PA 18354

Phone: 570-992-3136

Office Hours: **(Must call to schedule appointment) Monday, Tuesday, & Friday 8am-11am**

**Eligibility:** Chestnuthill, Eldred, Hamilton, Jackson, Polk & Ross Townships. Income guidelines apply. ID/proof of residency required.

Appointments are available for the first four Tuesdays of the month (closed if there is a 5th Tuesday) and the 2nd Saturday of the month.  
*distribution.*

#### **POCONO MOUNTAIN ECUMENICAL HUNGER MINISTRY - Food Pantry**

Basement of Coolbaugh Municipal Building, 5570 Municipal Drive/Route 611, Tobyhanna, PA 18466

Phone: (570) 894-2072

Hours: **1st Wednesday & 1st Saturday** of the month 9:00am-11:00pm. Drive Thru

**Eligibility:** Residents of Pocono Township, Borough of Mt. Pocono, Coolbaugh Township, and parts of Paradise and Tobyhanna Townships. Income guidelines apply – ID/Proof of residence required.

#### **SALVATION ARMY - Food Pantry**

226 Washington Street, East Stroudsburg, PA 18301 Drive Thru

Phone: 570-421-3050 ext. 116

Hours: **4th Thursday** of the month, 10am-1:pm **(By appointment: must register two weeks in advance on website or by phone)**

**Eligibility:** Residents of Smithfield and Stroud Townships, Boroughs of East Stroudsburg, Stroudsburg, Delaware Water Gap, and parts of Pocono Township. Income guidelines apply – ID/Proof of residence required.

#### **TOP OF THE MOUNTAIN ECUMENICAL NETWORK at Five Loaf House – Food Pantry**

133 Firehouse Road, Pocono Pines, PA 18350

Phone: (570) 646-7456 or 570-646-9181. Currently drive-thru distribution

Hours: Day: **2nd Monday** 8:00am-12:00pm, & **Tuesday following the 2nd Monday** 8:00am-11:00am

**Eligibility:** Residents of Coolbaugh, Tobyhanna and Tunkhannock townships. Income guidelines apply – ID/Proof of residence and birth certificates of children required.

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Last updated: 11/01/23

## **Supplemental Food Programs**

### **SEED OF FAITH MINISTRY- Diakoneo Food**

1087 Scenic Drive/Route 534, Kunkletown, PA 18058

Phone: 610-951-4303 –drive-thru – stay in car

Hours: **1<sup>st</sup> & 3<sup>rd</sup> Monday** 9:30-11am *Bring own bags*

**Eligibility:** For residents of Saylorburg, West End and Albrightsville only. Income guidelines apply. ID & proof of residence required.

### **SWIFTWATER FOOD PANTRY**

Eglise Evangelique De La Renaissance Church

129 Lower Swiftwater Road, Swiftwater, PA 18370

Phone: 570-895-2344 – drive-thru

Hours: **Saturdays** 9am–12pm

**Proof** of residence required.

### **LIGHTHOUSE FULL GOSPEL CHURCH OF GOD**

700 Hammond Lane, Stroudsburg, PA 18360

Phone: 570-420-8196

Hours: **1<sup>st</sup> & 3<sup>rd</sup> Tuesday** of month 4pm-6pm

**Eligibility:** All are welcome. PA ID required.

### **ST. PAUL'S LUTHERAN CHURCH TANNERSVILLE**

158 Fish Hill Road, Tannersville, PA 18372

Phone: 570-629-1992 – drive-thru check in at door

Hours: **Tuesdays** 11am-1pm (1 time per month)

**Eligibility:** Monroe County residents. ID & Proof of residence required. No appointment needed.

### **GREATER SHILOH CHURCH**

831 B Ann Street, Stroudsburg, PA 18360

Phone: 570-872-9577

Hours: **2<sup>nd</sup> Tuesday** of month 12pm-4pm.

**Eligibility:** All are welcome. No ID required.

### **CHRIST EPISCOPAL CHURCH**

205 N. 7<sup>th</sup> Street, Stroudsburg, PA 18360

Phone: 570-421-7481

Hours: **1<sup>st</sup> and 3<sup>rd</sup> Saturday** 10am-12pm

**Eligibility:** Individuals and families in need of food.

### **COMMUNITY FOOD PANTRY**

6048 Paradise Valley Rd. Cresco, PA 18326

Phone: 570-620-5182

Hours: **1<sup>st</sup> Thursday, 2<sup>nd</sup> Wednesday,**

**Every Friday** 10am-12pm (*By appt only*)

**Eligibility:** Proof of residency & income required.

### **Common Ground Ministries Food Pantry**

Desaki Restaurant 2054 Rt. 611, Swiftwater, PA 18370

Phone: 570-801-2699

Hours: **4<sup>th</sup> Sunday** of the month 1pm-2pm (No appt. necessary). Emergency food is also available by appt.

**Eligibility:** Monroe County residents. Valid PA ID

## **Supplemental Food Programs (continued)**

### **SEVENTH DAY ADVENTIST FOOD PANTRY**

2085 West Main St, Stroudsburg, PA

570-476-0039

**2<sup>nd</sup> & 4<sup>th</sup> Wednesdays: 3:30pm– 6 pm.** Open to all in need.

(Times may change during Daylight Savings, at which clients will be informed).

### **EFFORT UNITED METHODIST CHURCH**

178 Merwinsburg Road, Effort, PA 18330

Phone: 570-629-1890 – pick up outside the building

Hours: **2<sup>nd</sup> and 4<sup>th</sup> Saturday** 10am – Noon

**Eligibility:** Photo ID and proof of residence. **West End Resident Only.**

### **MISSION OF LOVE AND HOPE FOOD BANK OUTREACH CENTER**

5224 Milford Road Suite 150 East Stroudsburg 18302

Phone: 570-702-9958

Hours: **Fridays** 10am-2:30pm, **Wednesdays** 8pm-10pm.

### **FEEDING FAMILIES MINISTRY, INC.**

354 Memorial Blvd, Tobyhanna, PA (The Mountain Center)

Phone: (570) 977-3702 – drive-thru

Hours: **Thursdays and Fridays** 1pm-3pm,

**Eligibility:** PA ID required. Some income guidelines apply.

### **ST. PAUL'S LUTHERAN CHURCH OF SMITHFIELD**

139 Craigs Meadow Rd., East Stroudsburg, PA 18301

Phone: 570-223-9422 – Walk-in.

Hours: **Every other Thursday** 9:30am-12pm. (Call to check dates, times, and to schedule appointments.)

**Eligibility:** Monroe County residents.

### **STROUDSBURG WESLEYAN CHURCH**

915 North 5th Street, Stroudsburg, PA 18360

Phone: 570-421-0750

Hours: **1<sup>st</sup> and 3<sup>rd</sup> Friday 5pm-6pm drive-thru**

**Eligibility:** No Income Guidelines or appointment needed.

### **ROOTS LIVING MINISTRY**

6515 Hamilton Road East (Route 209)

Stroudsburg, PA 18360

Phone 570-731-3060 or text message “register for food pantry” to same number.

Hours: **2<sup>nd</sup> and 4<sup>th</sup> Saturdays 12:00-2:00 pm**

**Emergency food call number above.**

**Eligibility:** Open to all

### **JO'S OUTREACH – LIGHT OF WORLD CHURCH**

114 Academy Dr., Minisink Hills, PA 18356

Phone: 570-242-3663/570-242-8238

Hours: **1<sup>st</sup> Friday of the month 9am-12pm.** Emergency food available, please call

**Eligibility:** Monroe & Pike Residents. ID & proof of residency required. Income guidelines apply.

### **WEST END FOOD PANTRY**

Eldred Community Center, 516 Kunkletown Rd., Kunkletown, PA

Phone: 570-730-6055- drive-thru

Hours: **1<sup>st</sup> & 3<sup>rd</sup> Saturday** of month 9am – 12pm

Eligibility: Residents of West End & nearby towns

### Supplemental Food Programs (continued)

#### **PASSION FOR CHRIST CHURCH**

151 Sawmill Court, East Stroudsburg, PA 18301

Phone: 570-245-5298

Hours: ~~3<sup>rd</sup> Thursdays~~ 3pm-5pm.

Eligibility: All are welcome. **Closed until further notice.**

### Community Meals- (All individuals served)

#### **EAST STROUDSBURG UNITED METHODIST**

83 South Courtland Street, East Stroudsburg, PA 18301 Phone: 570-421-3280 *(Use back entrance of church)*

Hours: **Mondays**- 2:30-4:30pm take-out meal.

#### **FIVE LOAF HOUSE COMMUNITY MEALS MONTHLY LUNCH**

133 Firehouse Rd. Pocono Pines, PA

Phone: (570) 646-7456

**1<sup>st</sup> Tuesday** of every month from 11am-1pm.

#### **PLEASANT VALLEY ASSEMBLY OF GOD**

1086 Weir Lake Rd, Brodheadsville, PA 18322

Phone: 570-992-6799 – Take out meal

Hours: **Mondays** 3:00-4:15pm *(Except if schools are closed or major holidays)*

\*non-perishable items may be available\*

#### **STROUDSBURG WESLEYAN CHURCH COMMUNITY MEALS**

915 North Fifth Street, Stroudsburg, PA

570-421-0750

Hours: Breakfast **Sundays** 10am-12pm (in between church services). Dinner **Thursdays** 6pm-7pm.

#### **STROUDSBURG UNITED METHODIST CHURCH**

547 Main Street, Stroudsburg, PA 18360

Phone: 570-421-6020- Dine in or take-out meals available

Hours: **Sundays** 2pm-3pm. **(Note:** Please use Ann Street entrance for the meal).

#### **ZION UNITED LUTHERAN CHURCH**

1919 Route 209, Brodheadsville, PA 18322

Phone: 570-992-6988 – drive-thru only

Hours: **3<sup>rd</sup> Wednesday** of the month 5:00-6:00pm. Except for Dec if it is held on Christmas Day.

#### **SALVATION ARMY**

226 Washington Street, East Stroudsburg, PA, 18301

Phone: 570-421-3050 – Take-out meal

Hours: **Monday-Friday** Breakfast 7am-9am/Lunch 11am-12pm

#### **REFORMED CHURCH OF BUSHKILL**

5969 Milford Road, East Stroudsburg, PA 18302

Phone: 570-588-6773 – Dine in or take out meal

Hours: **Thursdays** 5:00-6:00pm

**STROUDSBURG ALLIANCE CHURCH**

36 North 3rd Street, Stroudsburg, PA 18360

Phone: 570-424-8722 – Take-out meal hours: **Wednesdays** 4:00-5:30pm

**Community Meals- All individuals served (continued)**

**CHRIST HAMILTON UNITED LUTHERAN CHURCH**

419 Bossardsville Rd. Stroudsburg, PA 18360

Phone: 570-992-4085- **Certain Sundays**.4:30- 6pm. Mostly 3<sup>rd</sup> Sundays. Must call first to see which Sunday in the Month.

**ST. PAUL'S LUTHERAN CHURCH TANNERSVILLE (Christ's Café)**

158 Fish Hill Road, Tannersville, PA 18372

Phone: 570-629-1992 – Currently Inactive

Hours: **3<sup>rd</sup> Wednesday of the month** 4:30pm-6:00pm.

**CHURCH OF ST. LUKE**

818 Main St. Stroudsburg, PA 18360

Phone: 570-421-9097

Hours: **Saturdays**-12:00noon-1:30pm

**QUEEN OF PEACE CHURCH**

1402 Route 209, Gilbert, PA 18331

Phone: 610-681-6137 – Sit down or take out meal

Hours: **2<sup>nd</sup> & 4<sup>th</sup> Sundays** 3:00-4:00pm

**MADY'S KITCHEN at ST. JOHN'S CATHOLIC CHURCH**

5171 Milford Road, East Stroudsburg, PA 18302

Phone: 570-223-9144 (Call for Dec. schedule changes only).

Hours: **Last Sunday** of month 4-6pm

**LIVING HOPE BAPTIST CHURCH (Cherry Lane UMC)**

4326 Cherry Ln Church Rd., Tannersville PA 18372

Phone: 570-839-5900

Hours: **1<sup>st</sup> Sunday** of the month 2:00pm (**Closed until April 2024**).

**LIGHTHOUSE FULL GOSPEL CHURCH OF GOD**

700 Hammond Lane, Stroudsburg, PA 18360

Phone: 570-420-8196

Hours: **1<sup>st</sup> & 3<sup>rd</sup> Tuesday** of month 4pm-6pm

**Eligibility:** All are welcome.

~~**LIVING HOPE COMMUNITY CHURCH- HUMBLE MEALS MINISTRY**~~

~~5530 Municipal Drive, Tobyhanna, PA 18466~~

~~Phone: 570-856-9375~~

~~Hours: Every 1<sup>st</sup> Wednesday of the month from 9am-12pm~~

~~Eligibility: All are welcome.~~

**INNOVATION CHURCH COMMUNITY DINNER (Seasonal)**

6048 Paradise Valley Rd./Rte. 940, Cresco, PA  
Phone: 570-595-2000 ext. 116  
Hours: Certain Sundays 1pm  
Eligibility: All families or individuals in need.

## **Other Food Assistance Programs**

### **THE OASIS OF LOVE, INC. – Emergency Food Pantry**

814 Monroe Street - Suite 101, Stroudsburg, PA 18360  
Phone: 570-972-0838.

Pantry Hours: **By Appointment Only** (ID Required), **Eligibility:** Based on individual emergencies and needs.

### **MONROE COUNTY MEALS ON WHEELS – Home Meal Delivery**

901 Polk Valley Rd, Stroudsburg, PA 18360  
Phone: 570-424-8794

Supplies and delivers nutritious meals to the home-bound who are physically or mentally unable to shop for and/or prepare meals for themselves. Call to apply for the program.

**Eligibility:** Client fees are on a sliding scale, based on the client's ability to pay. *SNAP/Food stamps are an acceptable form of payment.*

### **THE EVERYBODY EATS PROJECT- Home Meal Delivery**

804 Sarah Street, Suite #308, Stroudsburg, PA 18360  
Office Phone: 570-234-3200 Hotline: 570-223-4503

Addresses and assists in reducing food insecurities by providing emergency nutritional assistance to families of underserved and low-income communities affected by various stability challenges.

### **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) – FOOD STAMPS**

1972 West Main Street, Stroudsburg, PA, 18360 (*Monroe County Assistance Office*)

Phone: 570-424-3030 ~ Toll Free: 1-877-905-1495 Apply online: [www.compass.state.pa.us](http://www.compass.state.pa.us)

### **WOMEN, INFANTS & CHILDREN (W.I.C.)**

East Stroudsburg: 570-424-8784

Tobyhanna: 570-839-5901 Toll Free: 1-800-WIC-WINS (1-800-942-9467).

