

**REGIONAL FOOD PANTRIES**

*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** 9am-Noon (*Call for appointment*). Last appointment 11:45 am.

**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 Route 390 Mountainhome, PA 18342

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**

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

**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 9am-11am. Drive Thru

**Eligibility:** Residents of Pocono Township, Coolbaugh Township, Paradise Township. 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 2 weeks in advance**)

**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

**Also listed in this guide....**

- Supplemental/Additional Food Pantries Pg. 2-3
- Community Meals Pg. 4-5
- Other Food Assistance Programs Pg. 6

# Monroe County, PA Food Assistance Programs

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

## SUPPLEMENTAL FOOD PANTRY PROGRAMS

### 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.*

### COMMON GROUND MINISTRIES FOOD PANTRY- MONROE COUNTY

Desaki Restaurant - 2054 Rt. 611, Swiftwater, PA 18370  
Phone: 570-801-2699 - **Hours: 4<sup>th</sup> Sunday** of month 1-2pm (No appt. needed\*).  
**Eligibility:** *Monroe County residents. Valid PA ID \*Emergency food also available by appt.*

### 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-4 pm (*By appt only*)  
**Eligibility:** *Proof of residency & income required.*

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

### FEEDING FAMILIES MINISTRY, INC.

354 Memorial Blvd, Tobyhanna, PA (The Mountain Center)  
Phone: (570) 977-3702 – Drive-Thru - **Hours: Thursdays and Fridays** 1pm-3pm, \* **Closed 2nd week of the month\***  
**Eligibility:** *PA ID required. Some income guidelines apply. **Open the 1st, 3rd and 4th Week of the month.***

### GREATER SHILOH CHURCH

831 B Ann Street, Stroudsburg, PA 18360  
Phone: 570-872-9577 - **Hours: 2<sup>nd</sup> Tuesday** of month 11am-4pm.  
**Eligibility:** *All are welcome. No ID required.*

### INNOVATION CHURCH

6048 Paradise Valley Rd. Rte. 940, Cresco, PA  
Phone: 570-595-2000  
**Hours:** Must call for appointment.  
**Eligibility:** *All families or individuals in need.*

### 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 month 10am-1pm.** *Emergency food available, please call*  
**Eligibility:** *Monroe & Pike County Residents. ID & proof of residency required. Income guidelines apply.*

### 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.*

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## SUPPLEMENTAL FOOD PANTRIES (CONTINUED)...

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

5224 Milford Road Suite 150 East Stroudsburg 18302  
Phone: 570-702-9958 - **Hours:** Every other Friday 10am-2:30pm.

### 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 available, please call*  
**Eligibility:** *Open to all*

### 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 Saylorsburg, West End and Albrightsville only. *Income guidelines apply. ID & proof of residence required.*

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

139 Craigs Meadow Rd., East Stroudsburg, PA 18301  
Phone: 570-223-9422 - **Hours:** Every other Thursday 9:30am-12pm. (Call to check dates/times & call to make an appt)  
**Eligibility:** *Monroe County residents.*

### 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 (*Clients can utilize 1 time per month*)  
**Eligibility:** *Monroe County residents. ID & Proof of residence required. No appointment needed.*

### 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-7pm drive-thru  
**Eligibility:** *No Income Guidelines or appointment needed*

### SWIFTWATER FOOD PANTRY

Eglise Evangélique De La Renaissance Church  
129 Lower Swiftwater Road, Swiftwater, PA 18370  
Phone: 570-895-2344 – drive-thru - **Hours:** Saturdays 9am–12pm  
**Eligibility:** *Proof of residence required.*

### 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

### EVERYBODY EATS PROJECT

804 Sarah Street, Suite #308, Stroudsburg, PA 18360  
Office Phone: 570-234-3200 Hotline: 570-223-4503 (**Call for appointment**)  
**Eligibility:** *Emergency nutritional assistance to underserved and low-income households affected by various challenges. Food delivery may be available for homebound individuals - Call for details.*

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## COMMUNITY MEALS (All individuals served)

**SALVATION ARMY** - 226 Washington St, East Stroudsburg - Phone: 570-421-3050 – Take-out meal  
Hours: Monday-Friday – Breakfast: 7am-9am, Lunch: 11am-12pm (Closed holidays)

**EAST STROUDSBURG UNITED METHODIST** - 83 South Courtland St, East Stroudsburg - Phone: 570-421-3280  
Hours: Mondays at 2pm-4pm - Take-out meal (Use back entrance of church)

**PLEASANT VALLEY ASSEMBLY OF GOD** - 1086 Weir Lake Rd, Brodheadsville - Phone: 570-992-6799  
Hours: Mondays at 3pm-4:15pm (Except if schools are closed or major holidays) Take out meal  
\*non-perishable items may be available\*

**FIVE LOAF HOUSE** - 133 Firehouse Rd., Pocono Pines - Phone: 570-646-7456  
Hours: 1<sup>st</sup> Tuesday of every month at 11am-1pm

**STROUDSBURG ALLIANCE CHURCH** - 36 North 3rd Street, Stroudsburg - Phone: 570-424-8722  
Hours: Wednesdays at 4pm-5:30pm (Take-out/To Go meals Only)

**ZION UNITED LUTHERAN CHURCH** - 1919 Route 209, Brodheadsville - Phone: 570-992-6988 – drive-thru only  
Hours: 3<sup>rd</sup> Wednesday of the month at 5pm-6pm (Except for Dec if it is held on Christmas Day)

**ST. PAUL'S LUTHERAN CHURCH (Christ's Café)** 158 Fish Hill Road, Tannersville - Phone: 570-629-1992  
Hours: 3<sup>rd</sup> Wednesday of the month at 4:30pm-6pm

**ST. MATTHEW'S CATHOLIC CHURCH** - 78 Ridgeway St, East Stroudsburg - Phone: 570-421-2342  
Hours: Thursdays: Doors open 4:30pm, dinner served 5:30pm (To go bag also provided)

**STROUDSBURG WESLEYAN CHURCH** - 915 North Fifth St., Stroudsburg - Phone: 570-421-0750  
Hours: 1<sup>st</sup> Thursday of Month - Dinner: 6pm-7pm

**CHURCH OF ST. LUKE** - 818 Main St, Stroudsburg - Phone: 570-421-9097  
Hours: Saturdays at 12pm-1:30pm

**ST. MATTHEW'S CATHOLIC CHURCH** - 78 Ridgeway St, East Stroudsburg - Phone: 570-421-2342  
Hours: Saturdays - Lunch: Doors open 1pm, lunch served 1:30pm Saturdays - Dinner: 5pm (To go bag also provided)

**HOLY CROSS GREEK ORTHODOX CHURCH** - 135 Stokes Ave, Stroudsburg - Phone: 570-647-5807  
Hours: 3<sup>rd</sup> Saturday - Breakfast: 10am-11am – (Exception is April 5, 2025. 1<sup>st</sup> Saturday only due to Easter)

**STROUDSBURG WESLEYAN CHURCH** - 915 North Fifth St., Stroudsburg - Phone: 570-421-0750  
Hours: Sundays - Breakfast: 9:45am-11:30am (between church services)

**STROUDSBURG UNITED METHODIST CHURCH** - 547 Main St, Stroudsburg - Phone: 570-421-6020 -  
Hours: Sundays at 2pm-3pm (Note: Use Ann Street entrance for the meal) Dine in or take-out meals

**QUEEN OF PEACE CHURCH** - 1402 Route 209, Gilbert - Phone: 610-681-6137  
Hours: 2<sup>nd</sup> & 4<sup>th</sup> Sundays at 2:30pm (Sit down or take out meal)

**MADY'S KITCHEN - ST. JOHN'S CATHOLIC CHURCH** - 5171 Milford Rd, East Stroudsburg - Phone: 570-223-9144  
Hours: Last Sunday of the month at 4pm-6pm

**CHRIST HAMILTON UNITED LUTHERAN CHURCH** - 419 Bossardsville Rd, Stroudsburg - Phone: 570-992-4085  
Hours: Certain Sundays at 4:30pm-6pm. (Mostly 3<sup>rd</sup> Sundays. Must call first to see which Sunday in the Month)

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## **COMMUNITY MEALS AVAILABLE SEASONALLY**

**INNOVATION CHURCH** - 6048 Paradise Valley Rd./Rte. 940, Cresco - Phone: 570-595-2000 ext. 116  
Hours: **Certain Sundays** at 1pm (Seasonal – Call for dates)

**LIVING HOPE BAPTIST CHURCH at Cherry Lane UMC** - 4326 Cherry Ln Church Rd, Tannersville  
Hours: **1<sup>st</sup> Sunday** of the month at 2pm (Seasonal April - November only)

## **OTHER FOOD ASSISTANCE PROGRAMS**

### **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 accepted.*

### **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.)**

175 East Brown Street East Stroudsburg: 570-424-8784

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

Apply Online: [www.pawic.com](http://www.pawic.com)