

Food Assistance Programs - Monroe County, PA

Listing provided by PoconoInfo: Monroe County's Information & Referral Line

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



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SUPPLEMENTAL FOOD PANTRY PROGRAMS

CHRIST EPISCOPAL CHURCH

205 N. 7th Street, Stroudsburg, PA 18360

Phone: 570-421-7481 - **Hours: 1st and 3rd 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: 4th 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: 1st Thursday, 2nd 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: 2nd and 4th 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: 2nd 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: 1st 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: 1st & 3rd 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: **2nd and 4th 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:** **1st & 3rd 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 is needed.*

STROUDSBURG WESLEYAN CHURCH

915 North 5th Street, Stroudsburg, PA 18360

Phone: 570-421-0750 - **Hours:** **1st and 3rd 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:** **1st & 3rd 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: **1st 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: **3rd 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: **3rd 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: **1st 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: **3rd Saturday** - **Breakfast:** 10am-11am – (**Exception is April 5, 2025. 1st 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: **2nd & 4th 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 4pm-6pm

CHRIST HAMILTON UNITED LUTHERAN CHURCH - 419 Bossardsville Rd, Stroudsburg - Phone: 570-992-4085
Hours: **Certain Sundays** at 4:30pm-6pm. (**Mostly 3rd 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: 4th **Sunday** of the month at 2:15pm (**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

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

