

*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**

Mountainhome Methodist Church - 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 2<sup>nd</sup>.

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** 8:30am-12:00 noon & 1pm-2pm, by appointment later in the day. **Tuesday following Monday** 8:30am-12:00pm

**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. 3-5
- Other Food Assistance Programs Pg. 5



Visit [pmuw.org/get-help/](http://pmuw.org/get-help/) or scan QR code to download the latest copy of this pantry listing

## Food Assistance Programs - Monroe County, PA

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

### **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** 7am-11am  
**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.*

#### **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.*

#### **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.*

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

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### **SUPPLEMENTAL FOOD PANTRIES (CONTINUED)...**

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

139 Craigs Meadow Rd., East Stroudsburg, PA 18301

Phone: 570-223-9422 - **Hours: 1st Thursday of the month** 9:30am-12pm. (Call to check dates/times & to make 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-6pm 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.*

### **COMMUNITY MEALS** (*All individuals served*)

**SALVATION ARMY** - 226 Washington St, East Stroudsburg - Phone: 570-421-3050 – Take-out meal

**Hours: Monday-Friday – Breakfast: 6:30am-8am, Lunch: 11am-12pm** (*Closed holidays*)

**EAST STROUDSBURG UNITED METHODIST** - 83 South Courtland St, East Stroudsburg - Phone: 570-421-3280

**Hours: Mondays** -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** -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

**LIGHTHOUSE FULL GOSPEL CHURCH OF GOD**- 700 Hammond Lane, Stroudsburg, PA 18360

Phone: 570-420-8196 - **Hours: 1st & 3rd Tuesday** of month 4pm-6pm. Soup kitchen.

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### **COMMUNITY MEALS** - CONTINUED *(All individuals served).*

**STROUDSBURG ALLIANCE CHURCH** - 36 North 3rd Street, Stroudsburg - Phone: 570-424-8722

Hours: **Wednesdays** at 4pm-5:00pm *(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 at 4:30pm, dinner served at 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

**HOLY TRINITY ORTHODOX CHURCH- 1501** Trinity Court, Stroudsburg, PA Phone: 224-814-9969

Hours: **2<sup>nd</sup> Friday** -Dinner: 5pm-6pm. Breakfast: **Last Saturday**-10am-11am. (Food pantry also available during these mealtimes)

**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> Friday**: 5pm-6pm.

**CHURCH OF ST. LUKE** - 818 Main St, Stroudsburg - Phone: 570-421-9097

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

**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** - 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 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)***

### **COMMUNITY MEALS AVAILABLE SEASONALLY**

**INNOVATION CHURCH** - 6048 Paradise Valley Rd./Rte. 940, Cresco - Phone: 570-620-5182.

Hours: 4<sup>th</sup> or **Certain Sundays** at 2:15 pm ***(Seasonal – Call for dates)***

**LIVING HOPE BAPTIST CHURCH at Cherry Lane UMC** - 4326 Cherry Ln Church Rd, Tannersville

Hours: 4<sup>th</sup> **Sunday** of the month at 2:15pm ***(Seasonal April - November only)***

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### **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: 1-800-942-9467

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

**MONROE COUNTY SENIOR CENTERS** – Midday meal for adults 60 and over. You must be a registered member of the center. Call Mara @ 570-420-3743 to *register and to get a listing of center days and hours*. Lunch donation is \$2.50. Days/Hours vary depending on locations. Locations include:

- Loder Senior Center - East Stroudsburg, PA 18301
- Mountain Senior Center - Tobyhanna, PA 18466
- Barrett Senior Center - Cresco, PA 18326
- Chestnut Senior Center - Brodheadsville, PA 18322
- Jewish Resource Center - Stroudsburg, PA 18360 (*must reserve by Sunday before the JRC meal*)