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Dial 2-1-1 or (570) 517-3954 ~ www.poconoinfo.org

Monroe County Food Assistance Programs

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

BUSHKILL OUTREACH - Food Pantry

3222 Route 209, Bushkill, PA 18324

Phone: 570-588-0660

Office 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

Route 447, High Acres Park, Canadensis, PA 18325

Phone: 570-595-9141

Pantry 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

Greenview & McIlhane Roads, Brodheadsville (Turn right after Chestnuthill Diner)

Phone: 570-992-3136

Pantry Hours: **Tuesdays** 9:30am-11:30 *(Distribution is a drive-thru. Clients must make an appointment prior to distribution.)*

Eligibility: West End Residents - Hamilton, Polk, Jackson, Chestnuthill, Eldred, and Ross Townships. Income guidelines apply - ID/Proof of residence required. Call to register prior to 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

Pantry Hours: **1st Wednesday & 1st Saturday** of the month 9:00am-Noon

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

Phone: 570-421-3050

Pantry Hours: **4th Thursday** of the month, 9:30am-11:30am *(Must register 2 weeks prior to distribution)*

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

Pantry Hours: Day: **2nd Monday** 8:30am-11am, 12pm-2pm, 4pm-5pm & **Tuesday following the**

2nd Monday 8:30am-11am

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



Supplemental Food Programs

SEED OF FAITH MINISTRY

1087 Scenic Drive/Route 534, Kunkletown, PA 18058
Phone: 610-951-4303

Hours: **1st & 3rd 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.

LIGHTHOUSE FULL GOSPEL CHURCH OF GOD

700 Hammond Lane, Stroudsburg, PA 18360
Phone: 570-420-8196

Hours: **1st & 3rd Tuesday** of month 4pm-7pm

Emergency Food also available by appointment

Eligibility: All are welcome. PA ID required.

ST. PAUL'S LUTHERAN CHURCH TANNERSVILLE

158 Fish Hill Road, Tannersville, PA 18372
Phone: 570-629-1992

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: **2nd Tuesday** of month – 10am – 11:30pm

Eligibility: All are welcome. No ID required.

NEW LIFE IN CHRIST MINISTRY

21 N. Courtland Street, East Stroudsburg, PA 18301
Phone: 917-319-0763

Hours: **Wednesdays** 3pm-4:30pm (No appt. needed)

Eligibility: Income guidelines apply.

CHRIST EPISCOPAL CHURCH

205 N. 7th Street, Stroudsburg, PA 18360
Phone: 570-421-7481

Hours: **3rd Wednesday** of month 5pm-7pm

1st Saturday of month 10am-12pm

Eligibility: Individuals and families in need of food.

INNOVATION CHURCH COMMUNITY PANTRY

6048 Paradise Valley Rd/Rte 940, Cresco, PA
Phone: 570-595-2000 ext. 117

Pantry Hours: **1st Thursday, 2nd Wednesday,**

4th Saturday & Fridays 10am-12pm *(By appointment)*

Eligibility: Proof of residency & income required.

SEVENTH DAY ADVENTIST

2023 West Main St, Stroudsburg, PA 18360
Phone: 570-476-0039

Hours: **2nd & 4th Wednesday** of month 4pm-6pm

Eligibility: Monroe County residents.

FEEDING FAMILIES MINISTRY, INC.

354 Rte 611, Tobyhanna, PA ~ **New Location**
Phone: (570) 977-3702

Hours: **Thursdays** 1-3pm & 4-6pm and **Fridays** 1-3pm

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

Hours: **Every Other Thursday** 9:30am-Noon *(By*

appointment only) **Eligibility:** Monroe County residents.

LOAVES AND FISHES – The Walk Church of God

332 McCole Rd, East Stroudsburg, PA 18302
(Across from Pocono Indian Museum)

Phone: 570-588-7164 ~ www.thewalkchurchofgod.com

Hours: **1st & 3rd Thursday** of month 1pm-6pm

Eligibility: All welcome. ID required. No appt. needed.

STROUDSBURG WESLEYAN CHURCH

915 North 5th Street, Stroudsburg, PA 18360
Phone: 570-421-0750

Hours: **1st & 3rd Friday** 5pm-6pm

Eligibility: No Income Guidelines or appointment needed

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 9am-12pm & 4pm-6pm

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

SWIFTWATER FOOD PANTRY

Eglise Evangelique De La Renaissance Church
129 Lower Swiftwater Road, Swiftwater, PA 18370
Phone: 570-895-2344

Hours: **Saturdays** 9am-Noon

Eligibility: Proof of residence required.

WEST END FOOD PANTRY

Eldred Comm Cntr, 516 Kunkletown Rd., Kunkletown, PA
Phone: 610-895-4444

Hours: **1st & 3rd Saturday** of month 9am – Noon

Eligibility: **West End Residents only** *(Bring own bags)*

EFFORT UNITED METHODIST CHURCH

178 Merwinsburg Road, Effort, PA 18330
Phone: 570-629-1890

Pantry Hours: **2nd and 4th Saturday** 10am-Noon

Eligibility: Limited to 12 visits only. Income guidelines apply. **West End residents only**

COMMON GROUND MINISTRIES FOOD PANTRY

Desaki Restaurant* 2054 Rte 611, Swiftwater, PA 18370
Phone: 570-801-2699

Hours: **4th Sunday** of month 1pm-2:30pm (No appt necessary) *Emergency food also available by appointment.*

Eligibility: Monroe County residents. Valid PA ID.



Community Meals *(All individuals served)*

SALVATION ARMY

226 Washington Street, East Stroudsburg, PA, 18301
Phone: 570-421-3050 *(Closed on Holidays)*
Hours: **Monday – Friday** 6:30-9am & 11am – Noon

EAST STROUDSBURG UNITED METHODIST

83 South Courtland Street, East Stroudsburg, PA 18301
Phone: 570-421-3280 *(Use back entrance of church)*
Hours: **Mondays** at 4:30pm and **Weekday holidays**
when Salvation Army is closed for **Lunch**: Noon-1:00pm

PLEASANT VALLEY ASSEMBLY OF GOD

1086 Weir Lake Rd, Brodheads ville, PA 18322
Phone: 570-992-6799
Hours: **Mondays** 4-5:30pm *(Except if schools are closed)*

NEW LIFE IN CHRIST MINISTRY

21 N. Courtland Street, East Stroudsburg, PA 18301
Phone: 570-424-8486
Hours: **Tuesdays** 5-6:30pm

CHRISTIAN & MISSIONARY ALLIANCE CHURCH

36 North 3rd Street, Stroudsburg, PA 18360
Phone: 570-424-8722
Hours: **Wednesdays** 4:00-5:30pm

MOUNTAINHOME UNITED METHODIST CHURCH

6680 Route 191, Mountainhome, PA 18342
Phone: 570-595-6491
Hours: **Wednesdays** Noon-1:00pm

COMMUNITY CHURCH

1050 Memorial Blvd Tobyhanna, PA 18466
Phone: 570-839-3459
Hours: **1st Wednesday** of month 5:30-6:30pm

CHRISTIAN LIFE ASSEMBLY – NEHEMIAH CENTER

2209 West Main St., Stroudsburg, PA 18360
Phone: 570-424-1179
Hours: **Wednesdays** 6:30-7pm

ST. PAUL'S LUTHERAN CHURCH OF TANNERSVILLE

158 Fish Hill Road, Tannersville, PA 18372
Phone: 570-629-1992
Hours: **3rd Wednesday** of month 4-7pm

WEST END MISSIONS *(at Queen of Peace Church)*

1402 Route 209, Gilbert, PA 18331
Phone: 610-681-6137
Hours: **Thursdays** 4:30-5:45pm

REFORMED CHURCH OF BUSHKILL

5969 Milford Road, East Stroudsburg, PA 18302
Phone: 570-588-6773
Hours: **Thursdays** 5-7pm

A PLACE OF GRACE CHURCH

9 & Ann St. Stroudsburg, PA *(Dominick Lockwood Center)*
Phone: 570-982-9215
Hours: **Thursdays** 6:30-8:30pm **Sundays** 9-11am

STROUDSBURG WESLEYAN CHURCH

915 North Fifth Street, Stroudsburg, PA 18360
Phone: 570-421-0750 *(Food pantry follows meal)*
Hours: **1st & 3rd Friday** of the month 5-6pm

HOLY TRINITY ORTHODOX CHURCH

1501 Trinity Court, Stroudsburg, PA 18360
Phone: 570-421-4455
Hours: **2nd Friday** of the month 5pm
Hours: **Last Saturday** of each month 10am

HOLY CROSS GREEK ORTHODOX CHURCH

135 Stokes Avenue, Stroudsburg, PA 18360
Phone: 570-421-5734
Hours: **4th & 5th Fridays** of the month 5-6pm

ST. LUKE'S CATHOLIC CHURCH

818 Main Street, Stroudsburg, PA 18360
Phone: 570-421-9097
Hours: **Saturdays** 1-2pm

REEDERS UNITED METHODIST CHURCH

2167 Rte 715 & Church Rd, Reeders, PA, 18352
Phone: 570-629-1712
Hours: **2nd Saturday** of month 4-6pm

OUR LADY QUEEN OF PEACE CHURCH

1402 Route 209, Gilbert, PA 18331
Phone: 610-681-6137
Hours: **2nd & 4th Sunday** of month 3pm-4pm &
3rd Wednesday of month 12:30-2pm *(Dates vary Call)*

CHRIST HAMILTON UNITED LUTHERAN CHURCH

419 Bossardsville Rd. Stroudsburg, PA 18360
Phone: 570-992-4085
Hours: **3rd Sunday** of month 4:30-5:30pm in Lighthouse

STROUDSBURG UNITED METHODIST CHURCH

547 Main Street, Stroudsburg, PA 18360
Phone 570-421-6020 *(Use the back entrance of church)*
Hours: **Sundays** 4pm

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

5171 Milford Road, East Stroudsburg, PA 18302
Phone: 570-223-9144
Hours: **Last Sunday** of month 4-6pm

SEVENTH DAY ADVENTIST

2023 West Main St, Stroudsburg, PA 18360
Phone: 570-476-0039
Hours: **4th Sunday** of month 1-3pm



Other Food Assistance Programs

ST. PAUL'S LUTHERAN CHURCH OF SMITHFIELD – Community Meal

139 Craigs Meadow Rd, East Stroudsburg, PA 18301
Phone: 570-223-9422 (**\$5 per person or free to homeless**)
Community Meal Hours: **3rd Thursday** of the month 4:30pm-7pm

SHAWNEE INN – Community Meal (Seasonal)

100 Shawnee Inn Dr., Shawnee-on-Delaware, PA 18356
Phone: 570-424-4000 Time: 5:00-7:00pm (**Available November-March**)
2018 Dates: January 17th, February 21st & March 21st

INNOVATION CHURCH – Community Meal (Seasonal)

6048 Paradise Valley Road, Cresco, PA 18326
Phone: 570-595-2000 ext. 116 (**Available October thru May**)
Hours: **3rd Sunday** of month 1:30pm (*Call to reserve spot*)

THE OASIS OF LOVE, INC. – Emergency Food Pantry

814 Monroe Street - Suite 201, Stroudsburg, PA 18360
Phone: 570-972-0838
Pantry Hours: **By Appointment Only** (ID Required)
Eligibility: Based on individual emergency and need.

MONROE COUNTY MEALS ON WHEELS – Home Meal Delivery

St. John's Lutheran Church, 9 N. 9th Street, 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 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.*

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.)

East Stroudsburg: 570-424-8784
Mt. Pocono: 570-839-5901
Toll Free: 1-800-WIC-WINS (1-800-942-9467)



Monroe County's Information & Referral Line

Dial 2-1-1 or 570-517-3954

Email: info@poconoinfo.org

Or search online at: www.PoconoInfo.org

