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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 **(by appointment only)**, & **2nd Tuesday** 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

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 in need. ID/Proof of residence required.

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: **1st Saturday** of month – 10am-12pm

3rd Wednesday of month 5pm-7pm

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 and every **Friday:** 10am-12pm

(By appointment only)

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 in need

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.



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. Photo ID required. No appt. needed.

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 - Must call ahead of time

Eligibility: Monroe County residents in need.

STROUDSBURG WESLEYAN CHURCH

915 North 5th Street, Stroudsburg, PA 18360

Phone: 570-421-0750

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

Eligibility: No Income Guidelines & no appt. needed.

SWIFTWATER FOOD PANTRY

Eglise Evangelique De La Renaissance Church

129 Lower Swiftwater Road, Swiftwater, PA 18370

Phone: 570-895-2344

Pantry Hours: **Saturdays** 9am-Noon

Eligibility: Proof of residence required.

COMMON GROUND MINISTRIES FOOD PANTRY

Desaki Restaurant* 2054 Rte 611, Swiftwater, PA 18370

Phone: 570-801-2699 (* *New location as of July 2016*)

Hours: **4th Sunday** of month 1pm-2:30pm (No appt

necessary). *Emergency food available by appt.*

Eligibility: Monroe County residents valid PA ID.

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: Income guidelines apply. ID & proof of

residence required. ***For residents of Saylorburg,***

Brodheadsville/West End and Albrightsville

WEST END FOOD PANTRY

Eldred Community Center, 516 Kunkletown Rd.,

Kunkletown, PA 18058

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 requirements apply. ***West End residents only***

Community Meals (All individuals served)

SALVATION ARMY

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

EAST STROUDSBURG UNITED METHODIST CHURCH

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** 4pm-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** 5pm-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
(Meal before prayer meeting – Mtg attendance optional)

CHRISTIAN LIFE ASSEMBLY – NEHEMIAH CENTER

2209 West Main Street, Stroudsburg, PA 18360
Phone: 570-424-1179
Hours: **Wednesdays** 6:30pm-7pm (Meal before prayer
meeting & Celebrate Recovery – Mtg attendance optional)

ST. PAUL'S LUTHERAN CHURCH TANNERSVILLE

158 Fish Hill Road, Tannersville, PA 18372
Phone: 570-629-1992
Hours: **3rd Wednesday** of month 4pm-7:00pm

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** 5pm-7pm

A PLACE OF GRACE CHURCH

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

ST. PAUL'S LUTHERAN CHURCH OF SMITHFIELD

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

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 5pm-6pm

HOLY TRINITY ORTHODOX CHURCH

1501 Trinity Court, Stroudsburg, PA 18360
Phone: 570-421-4455
Hours: **2nd Friday** of the month 5:00pm
Hours: **Last Saturday** of each month 10:00am
Transportation available-Hughes Library (call to confirm)

HOLY CROSS GREEK ORTHODOX CHURCH

135 Stokes Avenue, Stroudsburg, PA 18360
Phone: 570-421-5734
Hours: **4th & 5th Fridays** of the month 5:00-6:00pm

ST. LUKE'S CATHOLIC CHURCH

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

REEDERS UNITED METHODIST CHURCH

2167 Rte 715 & Church Rd, Reeders, PA, 18352
Phone: 570-629-1712
Hours: **2nd Saturday** of month 4pm-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 12:30pm-2pm
(Dates vary – Call)

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 4pm-6pm

SEVENTH DAY ADVENTIST

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



Seasonal Community Meals

SHAWNEE INN

100 Shawnee Inn Dr., Shawnee-on-Delaware, PA 18356

Phone: 570-424-4000 Time: 5:00-7:00pm (**Available November-March**)

2017/2018 Dates: November 15th, December 13th, January 17th, February 21st & March 21st

INNOVATION CHURCH

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*)

Other Food Assistance Programs

THE OASIS OF LOVE, INC. – Emergency Food Assistance

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

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