



Church Health

Food Pantries and Other Food Resources

- Food Stamps Department of Human Services.
Call (901)543-7351 (for Spanish, option 2) for information and DHS offices where application forms (in several languages) can be acquired, submitted, mailed or faxed. Due to COVID, you must fill out an application online or request an application be mailed to you. Applications can also be printed online at <https://www.tn.gov/humanservices/covid-19/snap-and-covid-19-faqs.html>. Social Security #'s are required for all members of the family applying for food stamps.
- P-EBT *****As of 10/19/21-No new payments are being made (Last payment was lump sum in August of \$375), but if the child is registered through DHS or schools and new payments are rolled out, the child will automatically receive benefits. Any payments that were not received October 2020-May 2021; families may call and ask for those payments to be applied retro-actively.***
Families with school-aged children can determine eligibility by calling the Family Assistance Service Center at 866-311-4287. The Tennessee Department of Human Services (TDHS) is extending its Electronic Benefit Transfer (P-EBT) program into the fall semester by sending qualifying families a card they can use to buy food for their student who has been impacted by the pandemic. Fall semester P-EBT will provide parents with \$5.86 in benefits per student for each school day that child missed because of the COVID-19 pandemic in July, August, and September. These benefits can be used to purchase food at any establishment that accepts EBT or online with Amazon and Walmart. <https://www.tn.gov/humanservices/covid-19/p-ebt-and-covid-19-faqs.html>
- Mobile Food Pantries
Distributed through volunteer sites such as churches, community centers and other community-based organizations. Eligibility is determined by income. Registration is required. Eligibility, registration requirements and identification policies vary according to distribution location. Check the website for details and for a week-by-week list: (901) 527-0841 or www.midsouthfoodbank.org/mobile-pantry
- TN Women Infants and Children Services (WIC)
Healthy foods for low-income pregnant women, new moms and children under five. Make appointment at a WIC clinic (due to COVID, appointments are by phone). Last 4 digits of Social Security # required. Information available in Spanish. For WIC clinic locations, call: (901) 222-9980 or visit the website. <https://www.tn.gov/health/health-program-areas/fhw/wic.html>
- Neighborhood Christian Centers, Inc.
Compassionate ministries for emergency food, clothing and housing. 785 Jackson Ave., Memphis, TN 38107. Call for information on location, hours of service, application for services: (901)881-6013. ID, proof of address, proof of income (if none then food stamp card will do) required. Social Security #s not required. <http://ncclife.org/>
- MIFA Meals on Wheels & Congregate Meals
Meals on Wheels-Home-delivered meal recipients are Shelby County seniors (age 60 and over) Low-cost meals for nutritionally at-risk seniors over age 60 in Shelby County. To be screened for eligibility, call the Aging Commission at 901-222-4111. Social Security #, proof of address and proof of income required. For more information: call (901) 529- 4549
- Congregate Meals-For eligibility, apply at one of the meal sites <http://www.mifa.org/congregatesites>.
- MIFA Food Pantry – Voucher program suspended due to COVID-19. 910 Vance Ave., Memphis, TN 38109 (901)527-0226

Other Food Pantries

Brinkley Heights Ministries - Food Pantry open Tuesdays, Wednesdays, and Thursdays, from 10am-12pm. Will serve the first 20 families; arrive by 9:30 a.m. Bring photo ID card and Social Security #s for all members of family. 3286 Rosamond Ave Memphis, TN 38122. (901)458-0617. Masks required.

Catholic Charities Food Pantry – Lobby closed unless you have an appointment. Monday thru Thursday beginning at 9 am - 11 am in the parking lot. ID required. Food boxes distributed by drive thru with 3-4 day supply of non-perishable and (as available) perishable food. 1325 Jefferson Ave., Memphis, TN 38104. (901) 722-4702.

Outreach Center, Catholic Charities- “Daily Meal Bags” with one day’s worth of nutritious meals available to **homeless clients** (no ID required). Available M-F, 8 a.m. Distribution is on the front of the Outreach Center which faces N. Cleveland at Jefferson and Cleveland. (1325 Jefferson) St. Patrick’s Catholic Church- Mobile Food Pantry T, W, Th 1:00-2:30 p.m. Bring photo ID.

277 2. 4th Street. (901) 527-2542

St. Paul the Apostle-Mobile Food Pantry. Monthly, every 3rd Thursday, 4-6 p.m. Bring photo ID. 1425 E. Shelby Drive, Memphis 38116 (901) 346-2380

St. Augustine Catholic Church-Mobile Food Pantry. Monthly, every 3rd Saturday, 9-11 a.m. Bring photo ID. 1169 Kerr Avenue, Memphis 38106. (901) 774-2297

First Congregational Church - Food Pantry open Mondays, Wednesdays and Fridays, 11 – 1:00 p.m. Bring photo ID and proof of residence. No Social Security #s required. 1000 S. Cooper St., Memphis, TN 38104. (901) 278-6786

First United Methodist Church-Provides food for those working but still in need of assistance. 2nd and 4th Saturdays of each month. 10:00 - noon. 204 N Second Street. Memphis, 38105. (901) 527-8362.

Right Direction Christian Ministries-Provides food the 4th Saturday of the month, 9:00-11:30 a.m. 3680 Rhodes Ave, Memphis, 38111. (901) 244-5887. ID and signature on a short donation form are required. **for emergency needs, you may contact the office at (901) 496-3938 and staff will try to accommodate a request.

St. Anne’s Catholic Church-Food pantry open Saturdays 9-11 a.m. in small (marked) building behind church. Bring photo ID and proof of residence. 706 S. Highland, Memphis, TN 38111 (901) 323-3817.

St. Andrew AME Church (**Currently Closed b/c of COVID**). Food pantry open Wednesdays 5-7 p.m. for residents of 38106 and 38126. Must bring photo ID, social security numbers for all household members and proof of residence. 1369 Mississippi Blvd. Memphis, TN 38106 (901) 948-3441.

United Methodist Neighborhood Centers of Memphis, Inc Food Pantries and Partnerships

The following food pantries require an ID and proof of address. Social Security # not required. (901) 323-4993

Asbury United Methodist Church – Food pantry open Thursdays, 9:00 a.m. – noon. (no distribution if a holiday falls on Thursday) 2969 South Mendenhall, Memphis, TN 38115. (901) 363-1135. Serves zip code 38115 and 38118.

Fishes & Loaves-*NO requirements. Food pantry open Tuesdays & Fridays 8:00-11:00 a.m. 258 N. Merton, Memphis, 38112. (901) 503-2748.

Grace United Methodist Church – Food pantry open Tuesdays, 9:00-11:00 a.m. 1619 East Raines Rd., Memphis, TN 38116. (901)396-5123. Serving zip code 38116. **seems to still be in operation

Heartsong Church – Food pantry 2nd and 4th Saturdays of the month, 9:00-11:00 a.m. Serves zip code 38016 and 38018. 800 Houston Levee, Cordova, TN (901) 755-6332.

Longstreet United Methodist Church- Food pantry open Wednesdays 10-noon. 5268 Airways Blvd. Memphis, 38116. (901) 346-0552

St. Luke's United Methodist Church - Food pantry open on Thursdays from 9:30-12:00 noon for residents of zip codes 38111, 38117 and 38114. 480 S Highland St., Memphis, TN 38111. (901) 452-6262.

For additional food resources, contact Memphis Public Library LINC. Dial 2-1-1 or call (901)415-2790.

Memphis Area Soup Kitchens

Calvary Episcopal Church

102 N. Second St.

901-525-6602

Sundays at 7:00- 8:00 a.m. Breakfast and
Coffee to-go

First Congregational Church

1000 S. Cooper

901-278-6786

Monday – Friday 10:00 am to 1:00 pm

Sack lunches and beverages
in the rear parking area

First Presbyterian Church

166 Poplar Ave

901-525-5619

Sundays from 1:15 to 2:00 pm

Food to-go

First United Methodist Church

204 N Second St.

901-527-8362

Tuesday and Thursday at 5:00 pm Food
to-go due to COVID-19

Grace-St. Lukes Episcopal Church 1720

Peabody Ave

901-272-7425

Sundays from 1:30 – 4:45 pm

Meals can be picked up at the parking lot
on Peabody and Belvedere

Idlewild Presbyterian Church

1750 Union Ave

901-726-4681

Thursdays at 4:30-5:30 pm

Meals to-go

St. John's United Methodist Church

1207 Peabody Ave

901-726-4104

Tuesdays 4:30; Saturdays 4:30

Meals to-go

St. Luke's United Methodist Church

480 S Highland Street

901-452-6262

Saturday at 4:00 pm, Sunday Breakfast at 8:00 am

Meals to-go

St. Mary's Catholic Church

155 Market St

901-522-9420

Monday – Saturday from 7:00 am to 10:00 am

St. Mary's Episcopal Cathedral

700 Poplar Ave

901-527-3361

Wednesdays at 8:00 am, coffee & pre-packaged food to go

Saturdays at 9:00 a.m., non-perishable "pop top" to-go meal (items such as sardines, vienna sausages, fruit cups, water bottles, single serve chips and cookies).

St. Patrick's Catholic Church

277 S 4th Street

901-527-2542

Sundays from 12:00 – 1:00 pm, To Go; Sack Lunches Mon-Thurs. noon-3:00 p.m.

St. Vincent DePaul

1306 Monroe Ave

901-722-4703

Seven days a week from 9:30 am to 11:00 am

Meals to-go

All of the above meals are free.

No identification required for meals.