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(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

Route 209, Bushkill, PA 18324

Phone: 570-588-0660

Office Hours: **Tuesday - Thursday** 8:00am–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 & McIlhaney Roads, Brodheadsville (Turn right after Chestnuthill Diner)

Phone: 570-992-3136

Pantry Hours: **Tuesdays** 9:30am *(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

Coolbaugh Municipal Building basement, Tobyhanna, PA 18466

Phone: (570) 894-2072

Pantry Hours: **First Wednesday and First 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, Stroud Townships, Borough 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** 9:30am - Noon; **2nd Tuesday** 8:30am-11am ~ Evening:* **2nd Monday** 4pm-7pm
*(*evening pick up by appointment only)*

Eligibility: Residents of Coolbaugh, Tobyhanna and Tunkhannock townships. Income Guidelines Apply - ID/Proof of Residence 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.*

NEW LIFE IN CHRIST MINISTRY

21 N. Courtland Street, East Stroudsburg, PA 18301
Phone: 570-424-8486
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-2pm
3rd Wednesday of month 5pm-7pm
Eligibility: Individuals and families in need of food.

INNOVATION CHURCH COMMUNITY PANTRY

6048 Paradise Valley Rd/Rte 940, Paradise Valley, PA
Phone: 570-595-2000 ext. 116
Pantry Hours: **1st & 2nd Wednesday:** 10am-1pm ~
Fridays: 10am-1pm (*By appointment only*)-
Eligibility: *Proof of residency & income required.*

SEVENTH DAY ADVENTIST

2085 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.

110 View Ct, Mt. Pocono, PA (*Oakview Condo Complex*)
Phone: (570) 977-3702
Pantry Hours: **Thursdays & Fridays** 1- 3pm
Eligibility: *PA ID required. Some income guidelines apply.*

LOAVES AND FISHES

5139 Milford Road, Marshalls Creek (*Next to 209 Diner*)
Phone: 570-223-8012
Hours: **3rd Thursday** of month 1pm-6pm
Eligibility: All welcome. No appointment necessary

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

STS Enterprise - Route 611, Swiftwater, PA 18370
Phone: 570-801-2699
Hours: **4th Sunday** of month 1pm-2:30pm (No appt necessary). *Emergency food available by appt.*
Eligibility: Monroe County residents valid PA ID.

Residential Restrictions:

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 Saylorsburg, Brodheadsville/West End and Albrightsville***

WEST END FOOD PANTRY

Eldred Community Center
516 Kunkletown Rd., Kunkletown, PA 18058
Phone: 570-992-3136
Hours: **1st & 3rd Saturday** of month 9am – Noon
Eligibility: ***West End Residents in need. 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

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, Brodheadsville, PA 18322
Phone: 570-992-6799

Hours: **Mondays** 4:30-6:30pm

STROUDSBURG UNITED METHODIST CHURCH

547 Main Street, Stroudsburg, PA 18360
Phone 570-421-6020 *(Use the back entrance of church)*
Hours: **Tuesdays** 4:00pm & **Sundays** 4:00pm

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

1402 Route 209, Gilbert, PA 18331
Phone: 570-730-1114

Hours: **Tuesdays & Thursdays** 4:30 – 5:30pm

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

ST. PAUL'S LUTHERAN CHURCH TANNERSVILLE

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

Hours: **3rd Wednesday** of month 4:00-6:30pm

REFORMED CHURCH OF BUSHKILL

5969 Milford Road, East Stroudsburg, PA 18302
Phone: 570-588-6773

Hours: **Thursdays** 5:00-7:00pm

A PLACE OF GRACE CHURCH

9th & Ann St, Stroudsburg, PA *(Dominick Lockwood Center)*
Phone: 570-982-9215

Hours: **Thursdays** 6:30-8:30pm

Sundays 10:30am - Noon

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 4:30-7:00pm

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 5:00-6:00pm

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 from Hughes Library at 4:45

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** 1:00-2:00pm

OUR LADY QUEEN OF PEACE CHURCH

1402 Route 209, Gilbert, PA 18331
Phone: 610-681-6137

Hours: **2nd & 4th Sunday** of month 3:00-4:00pm

Hours: **3rd Wednesday** of month 12:30pm

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

5171 Milford Road, East Stroudsburg, PA 18302

Hours: **Last Sunday** of month 4:00-6:00pm

INNOVATION CHURCH

6048 Paradise Valley Road, Cresco, PA 18326

Phone: 570-595-2000 *(Transportation available from Walmart)*

Hours: **3rd Sunday** of month 1:30pm

Other Food Assistance Programs

THE OASIS OF LOVE, INC. – Emergency Food Assistance (By appointment only)

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)



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