



Pocono Mountains
United Way

*Listing provided by PoconoInfo: Monroe County's Information & Referral Line
570-517-3954 | www.poconounitedway.org*

Monroe County Food Assistance Programs

Food Pantries - Regional *(Income Guidelines & 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** 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

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**

Eligibility: Chestnuthill, Eldred, Hamilton, Jackson, Polk & Ross Townships. Income guidelines apply. ID/proof of residency required.

Appointments available for the first four Tuesdays of the month (closed if there is a 5th Tuesday) and the 2nd Saturday of the month.

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

Hours: **1st Wednesday & 1st Saturday** of the month 9:00am-12:00pm

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 Drive Thru

Phone: 570-421-3050 ext. 116

Hours: **4th Thursday** of the month, 10am-1:pm **(By appointment: must register two weeks in advance on website or by phone)**

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** 8:00am-12:00pm, & **Tuesday following the 2nd Monday** 8:00am-11:00am

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

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Last updated:3/24/23

Supplemental Food Programs

SEED OF FAITH MINISTRY

1087 Scenic Drive/Route 534, Kunkletown, PA 18058

Phone: 610-951-4303 –drive-thru – stay in car

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.

SWIFTWATER FOOD PANTRY

Eglise Evangelique 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.

LIGHTHOUSE FULL GOSPEL CHURCH OF GOD

700 Hammond Lane, Stroudsburg, PA 18360

Phone: 570-420-8196 **Must wear mask**

Hours: **1st & 3rd Tuesday** of month 4pm-6pm

Eligibility: All are welcome. PA ID required.

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 (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 Friday** of month 12pm-4pm. .

Eligibility: All are welcome. No ID required.

CHRIST EPISCOPAL CHURCH

205 N. 7th Street, Stroudsburg, PA 18360

Phone: 570-520-0055

Hours: **1st and 3rd Saturday** 10am-12pm

Eligibility: Individuals and families in need of food.

INNOVATION CHURCH COMMUNITY PANTRY

6048 Paradise Valley Rd. Rte.940, Cresco, PA 18326

Phone: 570-595-2000 ext. 117

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

Every Friday & 4th Saturday 10am-12pm (*By appt only*)

Eligibility: Proof of residency & income required.

Common Ground Ministries Food Pantry

Desaki Restaurant 2054 Rt. 611, Swiftwater, PA 18370

Phone: 570-801-2699

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

Eligibility: Monroe County residents. Valid PA ID

Supplemental Food Programs (continued)

EFFORT UNITED METHODIST CHURCH

178 Merwinsburg Road, Effort, PA 18330

Phone: 570-629-1890 – pick up outside the building

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

Eligibility: Photo ID and proof of residence. **West End Resident Only.**

MISSION OF LOVE AND HOPE FOOD BANK OUTREACH CENTER

5224 Milford Road Suite 150 East Stroudsburg 18302

Phone: 570-702-9958

Hours: **Fridays** 10am-2:30pm, **Wednesdays** 8pm-10pm.

FEEDING FAMILIES MINISTRY, INC.

354 Memorial Blvd, Tobyhanna, PA (The Mountain Center)

Phone: (570) 977-3702 – drive-thru

Hours: **Thursdays and Fridays** 1pm-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 – drive-thru

Hours: **Every other Thursday** 9:30am-12pm. (Call to check dates, times, and to schedule appointments.)

Eligibility: Monroe County residents.

PASSION FOR CHRIST CHURCH

151 Sawmill Court, East Stroudsburg, PA 18301

Phone: 570-245-5298

Hours: **3rd Thursdays**-3pm-5pm.

Eligibility: All are welcome.

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.

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: **2nd and 4th Saturdays 12:00-2:00 pm**

Emergency food call number above.

Eligibility: Open to all

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 the month 9am-12pm.** Emergency food available, please call

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

WEST END FOOD PANTRY

Eldred Community Center, 516 Kunkletown Rd., Kunkletown, PA

Phone: 610-895-4444- drive-thru

Hours: **1st & 3rd Saturday** of month 9am – 12pm

Eligibility: **Residents of West End & nearby towns**

Community Meals- (All individuals served)

PLEASANT VALLEY ASSEMBLY OF GOD

1086 Weir Lake Rd, Brodheadsville, PA 18322

Phone: 570-992-6799 – Take out meal

Hours: **Mondays** 3:00-4:15pm (*Except if schools are closed or major holidays*)

*Farmers to Families Food Distribution site: Thursdays in April from 10am - 3pm

ZION UNITED LUTHERAN CHURCH

1919 Route 209, Brodheadsville, PA 18322

Phone: 570-992-6988 – drive-thru only

Hours: **3rd Wednesday** of the month 5:00-6:00pm

SALVATION ARMY

226 Washington Street, East Stroudsburg, PA, 18301

Phone: 570-421-3050 – Take-out meal

Hours: **Monday-Friday** Breakfast 7am-9am/Lunch 11am-12pm

EAST STROUDSBURG UNITED METHODIST

83 South Courtland Street, East Stroudsburg, PA 18301 Phone: 570-421-3280 (*Use back entrance of church*)

Hours: **Mondays**- 2:30-4:30pm take-out meal.

REFORMED CHURCH OF BUSHKILL

5969 Milford Road, East Stroudsburg, PA 18302

Phone: 570-588-6773 - Take out meal

Hours: **Thursdays** 5:00-6:00pm

STROUDSBURG ALLIANCE CHURCH

36 North 3rd Street, Stroudsburg, PA 18360

Phone: 570-424-8722 – Take-out meal hours: **Wednesdays** 4:00-5:30pm

CHRIST HAMILTON UNITED LUTHERAN CHURCH

419 Bossardsville Rd. Stroudsburg, PA 18360

Phone: 570-992-4085- **Certain Sundays**. Must call first to see which Sunday in the Month.

ST. PAUL'S LUTHERAN CHURCH TANNERSVILLE (Christ's Café)

158 Fish Hill Road, Tannersville, PA 18372

Phone: 570-629-1992 – Currently Inactive

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

CHURCH OF ST. LUKE

818 Main St. Stroudsburg, PA 18360

Phone: 570-421-9097

Hours: **Saturdays**-12:00noon-1:30pm

QUEEN OF PEACE CHURCH

1402 Route 209, Gilbert, PA 18331

Phone: 610-681-6137 – Take out meal

Hours: **2nd & 4th Sundays** 3:00-4:00pm

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 4-7pm

Community Meals- continued (All individuals served)

LIVING HOPE BAPTIST CHURCH (Cherry Lane UMC)

4326 Cherry Ln Church Rd., Tannersville PA 18372

Phone: 570-839-5900

Hours: **1st Sunday** of the month 2:00pm

LIGHTHOUSE FULL GOSPEL CHURCH OF GOD

700 Hammond Lane, Stroudsburg, PA 18360

Phone: 570-420-8196

Hours: **1st & 3rd Tuesday** of month 4pm-6pm

Eligibility: All are welcome.

LIVING HOPE COMMUNITY CHURCH- HUMBLE MEALS MINISTRY

5530 Municipal Drive, Tobyhanna, PA 18466

Phone: 570-856-9375

Hours: Every **1st Wednesday** of the month from 9am-12pm

Eligibility: All are welcome.

INNOVATION CHURCH COMMUNITY DINNER (Seasonal)

6048 Paradise Valley Rd./Rte. 940, Cresco, PA

Phone: 570-595-2000 ext. 116

Hours: Certain Sundays 1pm

Eligibility: All families or individuals in need.

Other Food Assistance Programs

THE OASIS OF LOVE, INC. – Emergency Food Pantry

814 Monroe Street - Suite 101, 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

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 acceptable form of payment.*

THE EVERYBODY EATS PROJECT- Home Meal Delivery

804 Sarah Street, Suite #308, Stroudsburg, PA 18360

Office Phone: 570-234-3200 Hotline: 570-223-4503

Addresses and assists in reducing food insecurities by providing emergency nutritional assistance to families of underserved and low-income communities affected by various stability challenges.

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

Tobyhanna: 570-839-5901 Toll Free: 1-800-WIC-WINS (1-800-942-9467)

