

## Monroe County Food Assistance Programs

Information provided by: PoconoInfo: Monroe County's Helpline  
(570) 517-3954 ~ [www.poconoinfo.org](http://www.poconoinfo.org)

### **Food Pantries** *(Income Guidelines & Residential Restrictions May Apply)*

#### **BUSHKILL OUTREACH PROGRAM - Food Pantry**

P.O. Box 103, Route 209, Bushkill, PA 18324

Phone: 570-588-0660

Web Site: [www.BushkillOutreach.org](http://www.BushkillOutreach.org)

Office Hours: Tuesday - Thursday from 8:00 am - 12:00 noon *(Call for appointment)*

**Eligibility:** Residents of Lehman Township & Middle Smithfield (Pike & Monroe Counties).

Federal Income Guidelines Apply

#### **CHRISTIAN AWARENESS MINISTRIES ECUMENICAL (C.A.M.E.) - Food Pantry**

P.O. Box 434, Route 447, Canadensis, PA 18325

Phone: 570-595-9141 ~ Email: [came1@verizon.net](mailto:came1@verizon.net)

Pantry Hours: Monday 9:00 - 11:30 am (Other hours by appointment)

**Eligibility:** Residents of Barrett, Price & the northeastern ends of Paradise Townships. Federal Income Guidelines Apply

#### **PLEASANT VALLEY ECUMENICAL NETWORK - Food Pantry**

P.O. Box 561, Saylorsburg, PA 18353

Phone: 570-992-3136

Pantry Hours: Tuesdays at 9:30 am

**Eligibility:** West End Residents - Hamilton, Polk, Jackson, Chestnuthill, Eldred, and Ross Townships

Federal Income Guidelines Apply - ID/Proof of Residence Required

#### **POCONO MOUNTAIN ECUMENICAL HUNGER MINISTRY - Food Pantry**

Coolbaugh Municipal Building basement, Tobyhanna, PA 18466

Phone: (570) 894-2072

Pantry Hours: First Wednesday of the month 9 - 11am, First & Third Saturday of the month 9 - 11am

(Or by appointment)

**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.

***Food Pantries continued on next page...***

### **SALVATION ARMY - Food Pantry**

226 Washington Street, East Stroudsburg, PA 18301

Phone: 570-421-3050

Pantry Hours: 4th Thursday of the month, 9:30 - 11:30 am (Must be registered 2 weeks prior to Food Distribution to be included)

**Eligibility:** Residents of Smithfield, Stroud Townships, Borough of East Stroudsburg, Stroudsburg, Delaware Water Gap and parts of Pocono Township.

### **TOP OF THE MOUNTAIN ECUMENICAL NETWORK – Food Pantry**

Christ the King Community Center, P.O. Box 171, Blakeslee, PA 18610

Phone: (570) 646-7456

Pantry Hours: 1 Tuesday per month (Call for specific date each month)

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

## **Supplemental Food Programs**

### **EFFORT UNITED METHODIST CHURCH - SUPPLEMENTAL FOOD RESOURCE CENTER**

Merwinsburg Road, Effort, PA 18330

Phone: 570-629-1890

Pantry Hours: Saturdays, 10 am - Noon

**Eligibility:** Income requirements apply. *For West End residents only.* Limited number of visits allowed.

### **STROUDSBURG WESLEYAN CHURCH FOOD PANTRY**

North Fifth Street, Stroudsburg, PA 18360

Phone: 570-421-0750 ~ Web: [www.stroudsburgwesleyan.org](http://www.stroudsburgwesleyan.org)

Pantry Hours: 1st & 3rd Friday of the month, 5-6 pm at the church (No appointment necessary)

**Eligibility:** *No Income Guidelines.* Open to the General Public.

### **THE OASIS OF LOVE, INC. — VICTORY FOOD PANTRY AND RESOURCES**

814 Monroe Street - Suite 201, Stroudsburg, PA 18360

Phone: 570-972-0838 ~ Web: [www.theoasisofloveinc.org](http://www.theoasisofloveinc.org)

Pantry Hours: Monday - Thursday from 9 am - 6 pm (By Appointment Only – ID Required)

**Eligibility:** Based on individual emergency and need. For low income individuals and families.

## **Soup Kitchens**

*(All individuals served)*

### **SALVATION ARMY SOUP KITCHEN**

226 Washington Street, East Stroudsburg, PA 18301

Phone: 570-421-3050

Hours: Monday – Friday from 11:00 am – Noon

### **ST. LUKE’S CHURCH SOUP KITCHEN**

818 Main Street, Stroudsburg, PA 18360

Phone: 570-421-9097

Hours: Every Saturday from 1:00 to 2:00 pm

### **STROUDSBURG UNITED METHODIST CHURCH SOUP KITCHEN**

547 Main Street, Stroudsburg, PA 18360

Phone 570-421-4024

Hours: Every Sunday 4:00 - 4:30 pm - Church is located between 5th and 6th Streets on Main Street in Stroudsburg. *Use the back entrance of the church off of Ann Street.*

### **EAST STROUDSBURG UNITED METHODIST CHURCH SOUP KITCHEN**

83 South Courtland Street, East Stroudsburg, PA 18301

Phone: 570-421-3280

Hours: Weekday holidays when Salvation Army is closed - Doors open at 10:30 AM, meal served at noon and kitchen closes at 1:00 PM. *Use back entrance of the church.*

### **INNOVATION CHURCH SOUP & BREAD MINISTRY** (Formerly the Lighthouse Church)

Route 940, Pleasant Valley, PA *(3 miles east of Mt. Pocono)*

Phone: 570-595-2000 ext. 116

Hours: Mon - Fri: 9AM - 5PM, Sat: 5:30 PM - 7:00 PM, Sun: 9 AM - Noon *(please call ahead)*

Clients can come into the church daily for soup and bread. The church also offers a *free sit-down community dinner one night a month*. Dates vary for the monthly dinner...call for details.

### **DAUGHTERS OF THUNDER OUTREACH MINISTRY**

547 Main Street, Stroudsburg, PA 18360 *(in Stroudsburg United Methodist Church)*

Email: daughtersofthunderministries@gmail.com

Hours: Tuesdays *(except the 3rd Tuesday of the month)*, at 6pm - Church is located between 5th and 6th Streets on Main Street in Stroudsburg. *Use the back entrance of the church off of Ann Street.*

## **Other Food Assistance Programs**

### **ANGEL FOOD MINISTRIES**

*Food packets* can feed a family of four for about one week or a senior citizen for close to a month. Pre-registration required. Cash, money orders and food stamps are accepted.

ANGEL FOOD MINISTRIES (Tobyhanna)

Shawnee Tabernacle Church

Phone: 570-894-9650

**Web: [www.angelfoodministries.com](http://www.angelfoodministries.com) ~ National Phone: 1-877-366-3646**

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### **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)

Web: [www.pawic.com](http://www.pawic.com)

WIC provides nutritious food and nutrition counseling. WIC serves low-income pregnant, postpartum and breastfeeding women, and infants and children up to age 5 who are at nutrition risk.

### **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) – FOOD STAMPS**

Route 209 at Tanite Road, Stroudsburg, PA 18360 (*Monroe County Assistance Office*)

Phone: 570-424-3030 Toll Free: 1-877-905-1495 ~ Apply online: [www.compass.state.pa.us](http://www.compass.state.pa.us)

The Food Stamp Program helps people with little or no income buy nutritious food.