

Monroe County, PA Food Assistance Programs

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

REGIONAL FOOD PANTRIES

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** 9am-Noon (Call for appointment). Last appointment 11:45 am.

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

931 Route 390 Mountainhome, PA 18342

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**

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

Saturday of the month. **Eligibility:** Chestnuthill, Eldred, Hamilton, Jackson, Polk & Ross Townships. Income guidelines apply. Pre-Registration and ID/proof of residency required.

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 9am-11am. Drive Thru

Eligibility: Residents of Pocono Township, Coolbaugh Township, Paradise Township. 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 2 weeks in advance)**

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

Also listed in this guide....

- Supplemental/Additional Food Pantries Pg. 2-3
- Community Meals Pg. 4-5
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SUPPLEMENTAL FOOD PANTRIES (CONTINUED)...

MISSION OF LOVE AND HOPE FOOD BANK OUTREACH CENTER

5224 Milford Road Suite 150 East Stroudsburg 18302
Phone: 570-702-9958 - **Hours:** Every other Friday 10am-2:30pm.

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 available, please call
Eligibility: Open to all

SEED OF FAITH MINISTRY- Diakoneo Food

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 Saylorsburg, West End and Albrightsville only. Income guidelines apply. ID & proof of residence required.

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-12pm. (Call to check dates/times & call to make an appt)
Eligibility: Monroe County residents.

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 (Clients can utilize 1 time per month)
Eligibility: Monroe County residents. ID & Proof of residence required. No appointment needed.

STROUDSBURG WESLEYAN CHURCH

915 North 5th Street, Stroudsburg, PA 18360
Phone: 570-421-0750 - **Hours:** 1st and 3rd Friday 5pm-7pm drive-thru
Eligibility: No Income Guidelines or appointment needed

SWIFTWATER FOOD PANTRY

Eglise Evangélique 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.

WEST END FOOD PANTRY

Eldred Community Center, 516 Kunkletown Rd., Kunkletown, PA
Phone: 570-730-6055- drive-thru - **Hours:** 1st & 3rd Saturday of month 9am – 12pm
Eligibility: Residents of West End & nearby towns

EVERYBODY EATS PROJECT

804 Sarah Street, Suite #308, Stroudsburg, PA 18360
Office Phone: 570-234-3200 Hotline: 570-223-4503 (Call for appointment)
Eligibility: Emergency nutritional assistance to underserved and low-income households affected by various challenges.
Food delivery may be available for homebound individuals - Call for details.

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COMMUNITY MEALS AVAILABLE SEASONALLY

INNOVATION CHURCH - 6048 Paradise Valley Rd./Rte. 940, Cresco - Phone: 570-595-2000 ext. 116
Hours: Certain Sundays at 1pm (Seasonal – Call for dates)

LIVING HOPE BAPTIST CHURCH at Cherry Lane UMC - 4326 Cherry Ln Church Rd, Tannersville
Hours: 1st Sunday of the month at 2pm (*Seasonal April - November only*)

OTHER FOOD ASSISTANCE PROGRAMS

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 accepted.*

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.)

175 East Brown Street East Stroudsburg: 570-424-8784

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

Apply Online: www.pawic.com