

Need Help Over Break?

You are not alone. If you need support with **mental health, food, safety, or basic needs** while school is closed, here are safe places to turn.

Mental Health Support

If you or a friend is in immediate danger, call 911.

988 Suicide & Crisis Lifeline

Call or text **988** anytime. Free, confidential, 24/7.

Crisis Text Line

Text **HOME** to **741741** to connect with a trained counselor.

Central Kansas Mental Health Center (CKMHC)

Crisis Hotline: **785-823-6322**

Food + Household Support

Salina Emergency Aid Food Bank

- 255 S. Chicago Street
- Hours vary—call **785-827-7111**
- Food boxes, emergency assistance

Salvation Army of Salina

- 1137 N. Santa Fe Ave
- Food pantry & community meals
- Call **785-823-2251**

Safety & Shelter

Domestic Violence & Sexual Assault Crisis Hotline

- 1-800-874-1499 (24/7, confidential)

Ashby House

- Shelter for women and families
- Call **785-826-4935**

If You're Not Sure Who to Call

United Way 2-1-1

Dial **211** for help finding food, shelter, health services, or financial assistance anywhere in Kansas.

Free Community Resources

Salina Grace Community Resource Center
142 S. 7th St. Salina, KS | (785) 833-2360 | salinagrace.org
Monday – Friday: 8:00AM – 4:30PM



We are here to help navigate the resources in the community. We walk alongside you to make sure you get connected to the individual services you need.

Free Meals

Salina Grace Community Resource Center

142 S. 7th St. | (785) 827-4440 | Monday-Friday: 11:30AM-12:00PM

New Jerusalem Church

321 N. 8th St. | (785) 820-9100 | Fourth Saturday of each month: 12:00-2:00PM

- If you need food or hygiene items outside of the designated time frame, please contact the church for assistance

Salvation Army

1137 N. Santa Fe Ave. | (785) 823-2251 | Monday-Friday: 4:00-5:30PM

Emmanuel Four Square Church

1325 E. Cloud St. | (785) 825-1943 | Saturdays: 5:30-6:00PM (to go)

Salina Rescue Mission

1716 Summer Rd. | (785) 823-2610

Lunch – Daily: 12:00-12:45PM | Dinner – Daily: 6:00PM



Free Produce, Boxed/Canned Food, Hygiene Items

Salvation Army

1137 N. Santa Fe Ave. | (785) 823-2251

Free Produce – Monday, Wednesday, Friday at 2:00PM | Bring your own bags

Catholic Charities

1500 S. 9th St. | (785) 825-0208

Monday + Wednesday: 8AM-5PM | Tuesday + Thursday: 8AM-6PM | Friday 8AM-2:30PM

- Must meet income guidelines – bring proof of ID and household income
- May receive assistance once per month for food | once every other month for hygiene items

Salina Shares

155 S. 5th St. | (785) 452-2929 | Monday – Friday, 10:00AM-5:00PM

- Homeless food bags



Free Produce, Boxed/Canned Food, Hygiene Items

Ashby House Free Store

150 S. 8th St. | (785) 826-4935 | Monday-Saturday: 9:30AM until produce is gone

- Free produce | Bring your own bags

Salina First United Methodist Church

122 N. 8th St. | (785) 825-0228 | Call to inquire

Salina Food Bank

255 S. Chicago St. | (785) 827-7111

Monday-Friday: 1:00-2:45PM and 5:00-6:45PM

- Must apply to receive assistance, call ahead to know what to bring for the application process
- May receive food assistance once every seven days
- Backpack Program – provides food for children who are at risk for hunger over the weekend
- Senior Food Boxes – for adults aged 60 or older

Higher Praise Church

1220 Greeley Ave. | (785) 819-3301 or (785) 822-4511 | Tuesday-Friday: 10:00AM-2:00PM

- No information required | Clients can receive food assistance once per week

New Community Christian Church

530 E. Cloud St. | (785) 832-2214 | Call for inquiries

New Jerusalem Missionary Baptist Church Food Pantry

321 N. 8th St. | (785) 820-9100

Outreach Dinner on 4th Saturday of each month

- Must call and make an appointment to receive food assistance

Salina First Church of the Nazarene

1425 S. Ohio St. | (785) 823-6331 | Monday-Friday: 8:30AM-4:30PM

- Call in advance | ID required



Free Shower

Salina First United Methodist Church

122 N. 8th St. | (785) 825-0228

Monday-Thursday: 1:00PM – 3:30PM; call in advance to schedule

The Salina Rescue Mission

1716 Summers Rd | 785) 823- 2610 |

Sunday-Saturday (Men's & Women's showers available)



Free Clothing

Ashby House Free Store

150 S. 8th St. | (785) 826-4935
Monday-Friday: 9:00AM-12:00PM



Catholic Charities

1500 S. 9th St. | (785) 825-0208
Monday + Wednesday: 8AM-3PM | Tuesday + Thursday: 8AM-4PM | Friday 8AM-1PM
Must meet income guidelines – bring proof of ID and household income | Available once per month

Salvation Army Thrift Store

157 S. 5th St. | (785) 823-1409 | Monday-Saturday: 9:00AM-9:00PM
Must call Salvation Army at (785) 823-2251 to see if you qualify for a clothing voucher

The Salina Rescue Mission

1716 Summers Rd | 785) 823- 2610 | **Mens Clothing Only** | **Please call ahead**



Free Laundry

Salina Shares Laundry Love (785) 452-2929

Missing Sock Laundromat | 2013 S. Ohio St. | 9:00AM-1:00PM on the 4th Saturday of the month

Speedy Wash Laundromat | 514 E. Iron Ave. | 6:00PM-9:00PM on the 3rd Tuesday of the month

Quick + Clean Laundromat | 1515 W. Crawford St. | 12:00PM-4:00PM on the 4th Saturday of the month

– Laundry soap + dryer sheets provided

Free Pregnancy + Maternity Assistance

Birthright

1125 E. Iron Ave. | (785) 823-3113 | 24hour: 1 (800) 550-4900
Monday, Tuesday, Thursday, Friday: 4:00PM-6:00PM | Wednesday: 11:00AM-1:00PM

Pregnancy Service Center

104 W. Elm St. | (785) 823-1484 | Text: (785) 309-6313
Monday: 10:00AM-7:00PM | Tuesday-Thursday: 10:00AM-4:30PM | Friday: 10:00AM-2:00PM

Health Department

125 W. Elm St. | (785) 826-6600 | Monday-Friday: 8:00AM-4:30PM

Catholic Charities

1500 S. 9th St. | (785) 825-0208
Monday + Wednesday: 8AM-5PM | Tuesday + Thursday: 8AM-6PM | Friday 8AM-2:30PM



CAPS

155 N. Oakdale Ave. Suite 200 | (785) 825-4493 | Monday-Friday: 8:30AM-5:30PM

DCF

901 Westchester Dr. Suite A | (785) 826-8000 | Monday-Friday: 8:00AM-5:00PM

Free Bus Passes + Gas Vouchers

Salina Shares

155 S. 5th St. | (785) 452-2929 | Monday – Friday, 10:00AM-5:00PM
Bus passes-limited



Catholic Charities

1500 S. 9th St. | (785) 825-0208

Monday + Wednesday: 8AM-3PM | Tuesday + Thursday: 8AM-4PM | Friday 8AM-1PM

- Two all-day bus passes per month / per person
- Can also receive a \$10.00 gas voucher per person every 6 months (must have proof of a valid driver's license + proof of appointment/job interview/employment)

Salina First United Methodist Church

122 N. 8th St. | (785) 825-0228 | Call to inquire

- Must have proof of ID

Free Financial Assistance

Salvation Army

1137 N. Santa Fe Ave. | (785) 823-2251 | Monday-Friday: 5:00PM

Must have disconnection notice or eviction notice

Catholic Charities

1500 S. 9th St. | (785) 825-0208

Monday + Wednesday: 8AM-5PM | Tuesday + Thursday: 8AM-6PM | Friday 8AM-2:30PM

Salina Emergency Aid

255 S. Chicago St. | (785) 827-7111

Monday: 9:00AM-12:00PM + 1:00PM-7:00PM

Tuesday, Wednesday, Thursday: 9:00AM-12:00PM + 1:00PM-5:00PM

Friday: 9:00AM-12:00PM + 1:00PM-3:00PM

Love Salina

143 S. 8th St. | (785) 404-8334 | Tuesday-Thursday: 8:00AM-12:00PM



CAPS

155 N. Oakdale Ave. Suite 200 | (785) 825-4493 | Monday-Friday: 8:30AM-5:30PM

- Must be a client and actively working with CAPS

DCF

901 Westchester Dr. Suite A | (785) 826-8000 | Monday-Friday: 8:00AM-5:00PM

LEIP-Energy assistance, EWAP- Water assistance, Food assistance, Child Care assistance, etc.

Health Department

125 W. Elm St. | (785) 826-6600 | Monday-Friday: 8:00AM-4:30PM Call to see if you qualify.

Free Pets

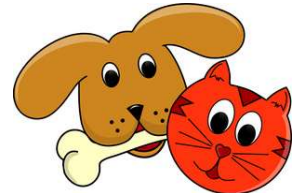
Friends of the Salina Animal Shelter

329 N. 2nd St. | (785) 822-2753

Free dog and cat food | Assistance with shots + vet visits

2nd + 4th Sunday of every month: Registration from 1:00-4:00PM | Distribution begins at 4:00PM

- Bring ID and proof of residence | One distribution per household





Community Resources - Food & More

COMMUNITY MEALS

Daily, Monday - Friday:

6am-6:30am Salina Rescue Mission - 1716 Summers Rd *Only available for shelter guests
 11:15am-1:15pm Senior Services Center - 245 N. Ninth *All ages welcome; \$8, subsidized program \$4
 11:30am-12pm Salina Grace - 315 S. Broadway Blvd
 12pm-12:45pm Salina Rescue Mission - 1716 Summers Rd
 4pm-5:30pm Salvation Army 1137 N. Santa Fe Ave.
 6pm after Chapel Salina Rescue Mission - 1716 Summers Rd. *Must be present at Chapel to receive free meal

Saturday:

6am-6:30am Salina Rescue Mission - 1716 Summers Rd *Only available for shelter guests
 12pm-12:45pm Salina Rescue Mission - 1716 Summers Rd
 12pm-2pm (4th Saturday of each month) New Jerusalem Church - 321 N. 8th St
 6pm after Chapel Salina Rescue Mission - 1716 Summers Rd. *Must be present at Chapel to receive free meal

Sunday:

6am-6:30am Salina Rescue Mission - 1716 Summers Rd *Only available for shelter guests
 12pm-12:45pm Salina Rescue Mission - 1716 Summers Rd
 6pm after Chapel Salina Rescue Mission - 1716 Summers Rd. *Must be present at Chapel to receive free meal

MEALS-ON-WHEELS

(785) 827-9818 *Call to inquire for age 60+
 Delivers daily Monday - Friday

STUDENT FOOD PANTRIES

Salina Area Technical College
 K-State Salina
 Kansas Wesleyan University

WEEKEND FOOD BAGS

Christ Cathedral - 138 S. 8th St | (785) 827-4440 christcathedral@christcathedralsalina.org
 *Packed weekend bag with shelf-stable food & hygiene essentials for school aged kids, call or email to inquire

COMMUNITY GARDENS

North Town
 Trinity United Methodist Church
 University United Methodist Church
 United Methodist Church of the Cross
 Salina Emergency Aid & Food Bank
 Assaria Community Garden

BLESSING BOXES

Northwest area of Salina

Cross Point Church - 621 Westport Blvd
 Living Hope Bible Methodist Church - 1021 W. Ash

Northeast area of Salina

MLK Child Care Center - 1215 N. Santa Fe Ave
 Grand Avenue United Methodist Church - 304 W. Grand Ave
 Positivity Periods Pantry - 204 W. Walnut Ave *Feminine hygiene products only
 Immanuel Lutheran Blessing Closet - 255 S. 7th St *Blankets, hygiene products, clothing only
 St. John's Lutheran Church - 302 S. 7th St.
 Higher Praise Church - 1220 Greeley Ave

Southeast area of Salina

Paws and Claws - 1501 S. Ohio St *Animal food/supplies only
 First Church of the Nazarene - 1425 S. Ohio St
 New Community Christian Church - 530 E. Cloud St
 St. Mary's Church - 230 E. Cloud St
 University United Methodist Church - 1509 S. Santa Fe Ave
 **Kansas Wesleyan University - 100 E. Claflin
 Redeemer Lutheran Church - 743 E. Magnolia Ave
 Christ the King Lutheran Church - 111 W. Magnolia Ave

Southwest area of Salina

Heartland Early Education - 700 Jupiter St
 United Methodist Church of the Cross - 1600 Rush St.



Scan the QR Code for the Saline County FACT website.

eatwellsalinecounty.com





Community Resources - Food & More

FREE PRODUCE / PANTRY ITEMS

Salina Emergency Aid/Food Bank

255 S. Chicago St | (785) 827-7111

M 1pm-2:45pm & 5pm-6:45pm, T-F 1pm-2:45pm (May close early due to supply and demand)

*Must apply to receive assistance, call ahead to know what to bring for the application process, may receive food assistance once every 7 days, backpack program provides food for children who are at risk for hunger over the weekend, senior food boxes for adults age 60+

Salina Sharing Fridge & Freezer (mult. locations)

1013 Albert Ave

834 N. 11th St

1402 E. Iron Ave

214 S. Chicago St

*Free sharing fridge/freezer open 24/7, first come first serve

DVACK

148 N. Oakdale Ave | (785) 827-5682

*Emergency Aid: food, clothing, & household goods to those served by DVACK

Salvation Army

1137 N. Santa Fe Ave | (785) 823-2251

Free produce: M W F 2pm (Bring your own bags)

Food pantry: M-F (Call ahead for appointments)

Catholic Charities

1500 S. 9th St | (785) 825-0208

M 8am-5pm, T-Th 8am-6pm, F 8am-2:30pm

*Must meet income guidelines, bring proof of ID & household income, may receive food assistance once per month

Ashby House Free Store

150 S. 8th St | (785) 826-4935

Free produce: M-Sat 9:30am (Bring your own bags)

Salina Shares

155 S. 9th St | (785) 452-2929

M-F 10am-5pm

*Homeless food bags

First United Methodist Church

122 N. 8th St | (785) 825-0228

*Call to inquire

Higher Praise Church

1220 Greeley Ave | (785) 819-3301

T-F 10am-2pm

*No info required, can receive food assistance once per week

New Community Christian Church

530 E. Cloud St | (785) 832-2214

*Call to inquire

First Church of the Nazarene

1425 S. Ohio St | (785) 823-6331

M-F 8:30am-4:30pm

*Must call in advance, ID required

New Jerusalem Church

321 N. 8th St | (785) 823-2251

*Call to inquire

Saline Co. Health Department

125 W. Elm St | (785) 825-6600

*Only for enrolled clients of HIV Case Management Division. Contact HIV Medical Case Manager for more information

FARMER'S MARKETS

Farm & Art Market Downtown

149 N. Santa Fe Ave

Sat 7:30am-11:30am *May-October

Harvest Farmer's Market

1325 E. Cloud St

Tue 4pm-7pm *YEAR ROUND

Salina Farmer's Market

2259 S. 9th St. | Central Mall SE Parking Lot

Sat 9am-12pm *May-October

Bishop's Farmer's Market

101 N. Main St. Smolan, KS

Sat 9am-12pm *May-October

PUBLIC TRANSPORTATION

Operated by OCCK Transportation - 785.826.1583

www.salinacitygo.com

CityGo Fixed Route

Mon-Fri 6am-9pm

Sat 9am - 5pm

\$2 day pass, \$35 30 day pass, \$10 youth pass

All fares available on Token Transit app.

Schedules found on Google Maps, Apple Maps, Transit app

Regional Paratransit

On-demand service for general public, including seniors and those with disabilities. \$2 each way in Salina

KANcycle Bike Sharing

Locations at 7th & Walnut, 9th & Hamilton, Bill Burke Park, Sunset Dillon's and Kansas Wesleyan University.

Must download the Movatic app

\$1.50 for 30min or \$30 annual membership

FREE BUS PASSES

AND GAS VOUCHERS

Catholic Charities - 1500 S. 9th St | (785) 825-0208

M & W 8am-3pm, T & Th 8am-4pm, F 8am-1pm

*2 all day bus passes per month per person, can also receive \$10 gas voucher per person every 6 months (must have proof of valid driver's license and proof of appointment, job interview, employment)

First United Methodist Church - 122 N. 8th St |

(785) 825-0228

*Call to inquire, must have proof of ID

11/6/2025



COMIDAS COMUNITARIAS

TODOS LOS DIAS, DE LUNES A VIERNES:

6am-6:30am Misión de Rescate de Salina - 1716 Summers Rd *Solo disponible para huéspedes del refugio.
11:15am-1:15pm Centro de servicios para personas mayores - 245 N. Ninth *Todas las edades son bienvenidas; \$8, programa subsidiado \$4
11:30am-12pm Salina Grace - 315 S. Broadway Blvd
12pm-12:45pm Misión de Rescate de Salina - 1716 Summers Rd
4-5:30pm Ejército de Salvación 1137 N. Santa Fe Ave.
6pm after Chapel Salina Rescue Mission - 1716 Summers Rd. *Must be present at Chapel to receive free meal

Sábado

6am-6:30am Misión de Rescate de Salina - 1716 Summers Rd *Solo disponible para huéspedes del refugio.
12pm-12:45pm Misión de Rescate de Salina - 1716 Summers Rd
12pm-2pm (cuarto Sábado de cada mes) Iglesia Nueva Jerusalén - 321 N. 8th St
6pm después de la Misión de Rescate de Capilla Salina - 1716 Summers Rd. *Debe estar presente en la Capilla para recibir comida gratis

Domingo:

6am-6:30am Misión de Rescate de Salina - 1716 Summers Rd *Solo disponible para huéspedes del refugio
12pm-12:45pm Misión de Rescate de Salina - 1716 Summers Rd
6pm después de la Misión de Rescate de Capilla Salina - 1716 Summers Rd. *Debe estar presente en la Capilla para recibir comida gratis

MEALS-ON-WHEELS

(785) 827-9818 *llame o consulta para mayores de 60 años. Entrega todos los días de lunes a Viernes.

DESPENSAS ESTUDIANTILES

Salina Area Technical College
K-State Salina
Kansas Wesleyan University

BOLSAS DE ALIMENTOS PARA EL FIN DE SEMANA

Christ Cathedral - 138 S. 8th St | (785) 827-4440 christcathedral@christcathedralsalina.org
*Bolsa de fin de semana llena con alimentos y elementos esenciales de higiene no perecederos para niños en edad escolar, llame o envíe un correo electrónico para consultar.

JARDINES COMUNITARIOS

North Town
Trinity United Methodist Church
University United Methodist Church
United Methodist Church of the Cross
Salina Emergency Aid & Food Bank
Assaria Community Garden

CAJA DE BENDICIONES

Northwest area of Salina

Cross Point Church - 621 Westport Blvd
Living Hope Bible Methodist Church - 1021 W. Ash

Northeast area of Salina

MLK Child Care Center - 1215 N. Santa Fe Ave
Grand Avenue United Methodist Church - 304 W. Grand Ave
Positivity Periods Pantry - 204 W. Walnut Ave *Solo productos de higiene femenina.
Immanuel Lutheran Blessing Closet - 255 S. 7th St *Mantas, productos de higiene, solo ropa.
St. John's Lutheran Church - 302 S. 7th St.
Higher Praise Church - 1220 Greeley Ave

Southeast area of Salina

Paws and Claws - 1501 S. Ohio St *Solo alimentos y suministros para animales.
First Church of the Nazarene - 1425 S. Ohio St
New Community Christian Church - 530 E. Cloud St
St. Mary's Church - 230 E. Cloud St
University United Methodist Church - 1509 S. Santa Fe Ave
**Kansas Wesleyan University - 100 E. Claflin
Redeemer Lutheran Church - 743 E. Magnolia Ave
Christ the King Lutheran Church - 111 W. Magnolia Ave

Southwest area of Salina

Heartland Early Education - 700 Jupiter St
United Methodist Church of the Cross - 1600 Rush St.



Scan the QR Code for the Saline County FACT website.

eatwellsalinecounty.com





PRODUCTOS Y ARTICULOS DE DESPENSA GRATIS

Salina Emergency Aid/Food Bank

255 S. Chicago St | (785) 827-7111

M 1pm-2:45pm & 5pm-6:45pm, T-F 1pm-2:45pm (Puede cerrar temprano debido a la oferta y la demanda)

*Debe presentar una solicitud para recibir asistencia, llame con anticipación para saber qué traer para el proceso de solicitud, puede recibir asistencia alimentaria una vez cada 7 días, el programa de mochila proporciona alimentos para niños que corren riesgo de pasar hambre durante el fin de semana, cajas de comida para adultos mayores de 60 años.

Refrigerador y congelador compartido Salina

1013 Albert Ave

834 N. 11th St

1402 E. Iron Ave

214 S. Chicago St

*Este es un refrigerador o congelador de uso compartido gratuito que está abierto las 24 horas, los 7 días de la semana, y funciona por orden de llegada.

DVACK

148 N. Oakdale Ave | (785) 827-5682

*Ayuda de emergencia: alimentos, ropa y artículos para el hogar para aquellos atendidos por DVACK.

Ejército de Salvación

1137 N. Santa Fe Ave | (785) 823-2251

Comida fresca gratis: M M V 2pm (Trae tus propias bolsas.)

Despensa de alimentos: L-V (llame con anticipación para obtener una cita.)

Caridades Catolicas

1500 S. 9th St | (785) 825-0208

Productos gratuitos: lunes a Sábado de 9:30 a.m. (traiga sus propias bolsas) *Debe cumplir con las pautas de ingresos, traer prueba de identificación e ingresos del hogar, puede recibir asistencia alimentaria una vez por mes.

Ashby House Free Store

150 S. 8th St | (785) 826-4935

Productos gratis: Sat 9:45am (trae tus propias bolsas)

Salina Shares

155 S. 9th St | (785) 452-2929

M-F 10am-5pm

*Bolsas de comida para personas sin hogar.

First United Methodist Church

122 N. 8th St | (785) 825-0228

*Llame para preguntar.

Higher Praise Church

1220 Greeley Ave | (785) 819-3301

T-F 10am-2pm

*No se requiere información, puede recibir asistencia alimentaria una vez por semana.

New Community Christian Church

530 E. Cloud St | (785) 832-2214

*Llame para preguntar.

First Church of the Nazarene

1425 S. Ohio St | (785) 823-6331

M-F 8:30am-4:30pm

*Debe llamar con anticipación, identificación requerida

New Jerusalem Church

321 N. 8th St | (785) 823-2251

*Llame para preguntar.

Saline Co. Health Department

125 W. Elm St | (785) 825-6600

*Solo para clientes inscritos en la División de gestión de casos de VIH. Comuníquese con el administrador de casos de VIH para obtener más información.

MERCADOS DE AGRICULTORES

Farm & Art Market Downtown

149 N. Santa Fe Ave

Sábados 7:30am-11:30am *Mayo-Octubre

Harvest Farmer's Market

1325 E. Cloud St

Martes 4pm-7pm *Abierto todo el año.

Salina Farmer's Market

2259 S. 9th St. | Central Mall SE Parking Lot

Sábados 9am-12pm *Mayo-Octubre

Bishop's Farmer's Market

101 N. Main St. Smolan, KS

Sábados 9am-12pm *Mayo-Octubre

TRANSPORTE PÚBLICO

Operado por OCCK Transportation - 785.826.1583

www.salinacitygo.com

CityGo Fixed Route

Lunes - Viernes 6am-9pm

Sábado 9am - 5pm

Pase diario de \$2, Pase de 30 días \$35, pase juvenil de \$10

Todas las tarifas disponibles en la aplicación Token Transit.

Horarios encontrados en Google Maps, Apple Maps y la aplicación Transit app.

Regional Paratransit

Servicio bajo demanda para público en general, incluidas personas mayores y personas con discapacidad. \$2 por trayecto en Salina.

KANcycle Bike Sharing

Ubicaciones: 7th & Walnut, 9th & Hamilton, Bill Burke Park, Sunset Dillon's and Kansas Wesleyan University.

Debes descargar esta aplicación móvil: Movatic.

\$1.50 for 30 minutos or \$30 Membresía anual

PASES DE AUTOBÚS GRATUITOS Y VALES DE GASOLINA

Caridades Católicas - 1500 S. 9th St | (785) 825-0208

*2 pases de autobús para todo el día por mes por persona, también puede recibir un vale de gasolina de \$10 por persona cada 6 meses (debe tener prueba de licencia de conducir válida y prueba de cita, entrevista de trabajo, empleo.

First United Methodist Church - 122 N. 8th St | (785) 825-0228

*Llame para preguntar, identificación requerida.