



FOOD RESOURCE GUIDE

Many food pantries will distribute food to anyone in need the first time they come in but will have them register for future occasions. Most food pantries provide boxes of food that clients can take home with them from the pantry, but each resource is a little different. Some will have people call ahead, some have eligibility requirements, and some have no barriers at all! It always helps to call ahead if you are unsure of their requirements.

Resources available to all of East TN are listed first, followed by county resources (alphabetized).

REGIONAL AND STATEWIDE PROGRAMS

WIC

Website: <https://www.fns.usda.gov/wic>

Program Information: WIC is a state program that provides funding for certain groceries that are important for mothers such as fresh fruits, vegetables, baby food, milk, eggs, beans, cheese. Funding is available for pregnant women and women with children under the age of 5. Guardians such as fathers and grandparents may also enroll their children who are under the age of 5.

To apply: Find the number for the office in your county on the website and call or speak to St. Mary's Legacy Clinic staff for a direct referral. Support documents are required.

Requirements: Families qualify by income (185% of federal poverty line). Non-citizens can apply.

Food Stamps

Website: <https://www.tn.gov/humanservices/for-families/supplemental-nutrition-assistance-program-snap.html>

Program Information: Provides qualifying households with a grocery stipend (amount is based on income). Benefits are distributed using an Electronic Benefit Card (EBT) Card that can be used at participating stores to purchase groceries.

To apply: Apply online or mail a printed application to your local office. Support documents are needed. Clinic staff are happy to print you an application and look up your local office.

Requirements: Individuals and families qualify by income and typically must be US citizens.

KAPA Kitchen

Location: Knoxville

Program Information: Client choice food pantry (those seeking food assistance can walk around their pantry and select only the items they want and will use). Recipes are also provided. Some toiletries and household goods are also available.

To apply: If you are enrolled in KAPA, call and ask about scheduling a KAPA Kitchen appointment. If you are not enrolled in KAPA, speak to a St. Mary's Legacy Clinic staff member for a KAPA Kitchen referral.

Requirements: Must reside in one of the following counties: Knox, Anderson, Roane, Loudon, Morgan, Monroe, Scott, Campbell, Claiborne, Union, Grainger, Hamblen, Jefferson, Sevier, Blount, Cumberland, White, Putnam, Jackson, Clay, Pickett, Overton, and Fentress counties that can travel to Knoxville for food pickup.

Second Harvest

Location: Check the website (<https://secondharvestetn.org/get-help/>) to see if there is a Second Harvest Food Location near you.

Program Information: Second Harvest works to make nutritious/fresh food available to those in need while reducing food waste.

Requirements: Second Harvest does not have income requirements, but they may ask to verify residency.

Campbell County Food Resources

Open Arms Ministry Food Pantry

- **Dates and Time:** Monday and Tuesday, 9:00am to 12 noon and 1:00 pm to 3:00pm
- **Location:** 1112 McGhee Ln, Jacksboro, TN 37757
- **Information:** (423) 566-6723 | www.openarmsfoodpantry.com

Cumberland County Food Resources

St. Alphonsus Catholic Church Community Services

- **Address:** 151 St. Alphonsus Way, Crossville, TN 38555
- **Phone:** (931) 484-2358
- **Website:** stalphonsus@stalonline.org
- **Times:** Tuesdays and Wednesdays 10-2 (Food pantry closes at 1:30)
- **Further Info:**
 - Food can be received every 8 weeks, and patients outside of Cumberland County can pick up food following clinic appointments.
 - Those in Cumberland County can also use:
 - Financial Assistance for water, power, housing/rent every 6 months
 - Clothing vouchers
 - Occasional assistance with parts (under \$300) and gas help

Peavine Care Center

- **Phone:** (931) 484-4570 (call ahead for appointments)
- **Address:** 44 N. Peavine Rd, Crossville, TN, United States, Tennessee
- **Date & Time:** Wednesdays 9-12

Cumberland Fellowship-Bread of Life Rescue Mission

- **Phone:** 931-707-0503
- **Address:** 281 Fourth Street, Crossville, TN 38555
- Provides Meals and Emergency Shelter. Clothing and emergency financial assistance also available.

Crab Care Center

- **Phone:** (931) 707-5616
- **Address:** 87 Commerce St, Crab Orchard, TN 37723
- **Hours:** Wednesdays and Saturdays 1-2.
- **Requirements:** Application and 2 forms of identification.

Grainger County Food Resources

Bean Station Worship Center –

Food Assistance

485 Meadow Branch Road
Bean Station, TN 37708
(423) 277-1198

*3rd Friday of each month 9:00-11:00am;
Emergency assistance available*

Douglas-Cherokee Economic Authority Main Office

534 East 1st North Street
Morristown, TN 37814
(423) 587-4500

Food on Foot

1 Berklene Drive
Morristown, TN 37813
(865) 566-5778

www.tnfoodonfoot.com

Distributes food bags every Saturday at Berklene Drive location

Daily Bread Community Kitchen

118 S Cumberland Street
Morristown, TN 37814
(423) 581-7733

Food and toiletries offered Mon-Fri 9:00-12:00

Grainger Baptist Association

178 Cambridge Ave, Rutledge, TN 37861
(865) 828-4001

Open Monday through Friday 9:00-3:00

Rutledge Baptist Church

211 Church Street
Rutledge, TN 37861
(865) 828-4137

www.rutledgebaptist.org

Douglas Cherokee Economic Authority

7765 Rutledge Pike
Rutledge, TN 37861
(865) 828-5228

www.douglascherokee.com

Quarterly commodities distribution; Dates are posted in "Grainger Today" paper; Emergency services, economic aid, food pantry, and other services; Must be under the 125% of poverty income requirements.

Hand of Christ: Rutledge

(865) 302-1208 - Rutledge Baptist
(865) 992-7222 - St. John Paul II Catholic Mission
(865) 828-4748 - Rutledge United Methodist Church

Food, toiletries, and cleaning supplies may be available.

Liberty Hill Baptist Church

581 Liberty Hill Rd
Washburn, TN
(865) 479-2131

3rd Wednesday of each month, 4-6 PM

St Teresa of Kolkata Catholic Church

4365 Maynardville Highway
Maynardville, TN 37807
(865) 992-7222

Oakland Baptist Church

15050 Lakeshore Drive
Rutledge, TN 37861
(423) 300-0523

Food Pantry held on the last Saturday of the month from 10:00-12:00

Knox County Food Resources

See Knox County Food Resource Guide for Food Assistance by Area within Knox:

<https://knoxcounty.org/health/pdfs/food/FoodResourceGuideflyer.pdf>

McMinn County Food Resources

Better Living Center

- **Phone:** (423) 744-7325
- **Address:** 407 New Englewood Road, Athens, TN 37303
- **Hours:** Tuesdays 10am – 4pm
- **Requirements:**

Coordinated Charities Food Bank

- **Phone:** (423) 745-9625
- **Address:** 109 Rocky Mt. Road, Athens, TN 37371
- **Hours:** Monday – Thursday 9:30-1:30
- Additional services: thrift store.

St. Paul's Episcopal Church

- **Address:** 123 S. Jackson St., Athens,
- **Information:** Distributes bags of groceries on the 2nd and 4th Wednesdays, 11:00 a.m. to 1:00 p.m. Additionally distributes personal hygiene products for women and girls on Mondays from 10:00 a.m. to 2:00 p.m. and Wednesdays from 11:00 a.m. to 1:00 p.m.

Love Thy Neighbor

- **Location:** Tennessee Wesleyan Campus
- **Information:** Food boxes on Tuesdays and Thursdays from 2pm-4pm.
- By appointment: email lovethyneighbor@tnwesleyan.edu or call 423-746-5273
- Additional services: thrift store.

Grace & Mercy Ministries

- **Address:** 714 Walter St., Athens
- **Information:** Take-out meals Monday and Friday 12-1:00pm

Athens-McMinn Family YMCA Food Programs: Farmers to Families Food Box Program

- Every Thursday in October the YMCA will distribute food boxes with fresh produce from 10:30 am to 5:30 pm

McMinn Senior Center

- **Address:** 205 McMinn Ave, Athens, TN 37303
- **Phone:** 423-745-6830
- **Information:** Delivers meals on wheels and provides food and supplies with drive-through service.

Etowah Senior Center

- **Address:** 435 Cooper St, Etowah, TN 37331
- **Phone:** (423) 781-7632
- **Information:** Provides pick-up meals for seniors 60+. Call to reserve meals.

Additional senior services available from Aging Information & Assistance. Contact 1-866-836-6678.

Wesley Memorial UMC Food Bank

- **Address:** 923 Ohio Ave., Etowah, TN
- **Phone:** 423-507-7090
- **Requirements:** Must reside within the Etowah Utility District. Call to see if eligible.

Meigs County Food Resources

Meigs Ministries

- **Address:** 18364 TN-58, Decatur
- **Phone:** 423-334-1071
- **Times:** Monday-Friday, 9am-3pm and Saturdays, 9am-1pm

Sevier County Food Resources

See Sevier County Food Resource Guide: <https://seviervilletn.org/index.php/police/2373-food-resource-guide-english/file.html>

Scott County Food Resources

Pinnacle Resource Center

- **Phone:** 423-663-3333
- **Time:** Tuesday Mornings
- **Info:** “Customer Choice” food pantry—an opportunity to shop around for items you would like and could use! Additionally has seasonal items and over-the-counter medications.
- **Additionally Provides:** Shelter, emergency assistance, etc.

- **Requirements:** Form of identification and a piece of mail to verify address, but no income verifications.

Scott County ETHRA

- **Phone:** (423) 286-6929
- **Website:** <https://www.ethra.org/programs/> (see website for upcoming dates and locations)
- **Requirements:** Distributes food quarterly for those who have within 150% of the poverty guidelines and receive SSI, SSA, TANF or live in public housing. Must provide documentation at ETHRA office or at distribution site.
- Can inquire at office / view website for additional resource information including utilities assistance.

Morgan Scott Project

- **Phone:** (423) 965-3131
- **Website:** www.morganscottproject.org
- **Address:** 1022 Old Deer Lodge Pike, Deer Lodge, TN 37726
- Additionally, can provide toiletries and other assistance.

Elgin Church of Christ

- **Address:** 130 Rugby Highway, Elgin, TN 37732
- **Phone:** 423-527-4423
- **Services:** Food bank with limited financial assistance, adult and children counseling, addiction/recovery support groups, etc.

ALQI (Appalachian Life Quality Initiative)

- **Address:** 436 Church Avenue, Suite 1, Oneida, TN 37841
- **Phone:** 423-569-2677
- **Services:** Limited food assistance, but utility assistance (cut off, deposit, bill pay). clothing assistance, dental assistance, health/hygiene items, cleaning supplies, diapers, paper products, furniture.

Open Arms Ministry Food Pantry

- **For Those in Campbell County**
- **Dates and Time:** Monday and Tuesday, 9:00am to 12 noon and 1:00 pm to 3:00pm
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- **Information:** (423) 566-6723 | www.openarmsfoodpantry.com