

## **Food, Soup Kitchens, and other Special Assistance**

### **Food Programs**

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**Agencies Receiving Food Bank Food**  
**Commodity Food Pantries**

### **Food Programs**

#### **Food Stamps**

The Food Stamp program provides nutritional assistance benefits to children and families, the elderly, the disabled, unemployed and working families. Benefits are 100 percent federally funded.

In Shelby County, 178,000 people get food stamps. According to the Tennessee Department of Human Services (DHS), the average allotment for recipients is \$96.69 a month or \$22.47 for one week. Local DHS counselors say monthly payments range from less than \$50 to over \$1,000 for a single mother with 10 children. An impoverished single person with no income or housing, for example, would get \$155 a month in food stamps, but, earned income, welfare, and other assistance typically reduce that amount. All told, Shelby Countians received more than \$18 million in food stamps for the month of April.

For complete information on obtaining food stamps see: [http://www.tennessee.gov/humanserv/adfam/afs\\_fsp.htm](http://www.tennessee.gov/humanserv/adfam/afs_fsp.htm) or call 1-866-311-4287 or 901 543-7351

#### **Commodity Supplemental Food Program**

Individuals eligible to receive free commodity foods through the CSFP include low-income individuals who are elderly (at least 60 years old); women who are pregnant, breastfeeding, or up to a year postpartum; infants; and children who have not yet reached their sixth birthday. Women, infants and children are not eligible to participate in the CSFP if they participate in the WIC program. In formation on eligibility and sign up may be obtained at [http://www.shelbycountyttn.gov/FirstPortal/dotShowDoc/dotContent/Government/CountyServices/CommunityServices/csa\\_index.htm](http://www.shelbycountyttn.gov/FirstPortal/dotShowDoc/dotContent/Government/CountyServices/CommunityServices/csa_index.htm)

or by calling 901 545-4526

Sign up sites: See Commercial Appeal Sunday paper for for sign up schedules. Sign up is by schedule only. Food pick up is by schedule only.

## Commodity Supplemental Food Program (WIC)

A special supplemental food program for women, infants and children up to age five (5) years. WIC foods are intended to supplement participants food intakes and should be consumed along with other wholesome foods needed for a balanced diet. Each of the WIC foods is rich in one or more of the following nutrients: protein, calcium, iron, vitamin A and vitamin C, which tend to be low in the diets of the population WIC serves. Vouchers may be acquired by those meeting the requirements, at **medical clinics** shown below. More detail on the Medical clinics is under the medical section of this website.

### Medical Clinics

Galloway	522-8268	Southland Mall	346-0081
Raleigh	386-2060	Millington	873-4433
Shelby Crossing	372-7581	Bisson	515-5100
Guthrie	515-5400	South Memphis	515-5700
Hollywood	515-5500	Hickory Hill	365-1045
Cawthon	515-5200	Wellington	515-5900
*MEDPLEX	575-7265	(prenatals & newborns only)Memphis Health Center	
Memphis Health Center 261-2000			

### Food Bank commodities Program

Distribute to agencies that are soup kitchens, emergency food pantries, day care centers, homeless and women's abuse shelters or drug and alcohol rehab programs. Schools and several other organizations also receive commodities.

### Special Food Programs

**Pantries MIFA Food** A family/individual can receive 4 vouchers per year from MIFA. The voucher is for non-perishable foods; approximately a 5 day supply. They need picture ID and social security numbers for the adults and some type of verification (shot record etc) for the children. (non MIFA pantries) see the guidelines for food pantries <http://www.memphisfoodbank.org/default.aspx?pid=35>

**Project Angel Food** <http://www.angelfood.org> 7574 Sunset Blvd. Los Angeles, CA 90046 323-845-1800  
Mission is to nourish the body and spirit of men, women and children affected by HIV/AIDS, cancer, diabetes and other serious illnesses. Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief to communities throughout the United States. Angel Food's groceries are sold in a quantity that can fit into a medium-sized box at \$25 per unit. Each month's menu is different than the previous month and consists of both fresh and frozen items with an average retail value of approximately \$50

**Kids Cafe** A national program of America's Second Harvest -- The Nation's Food Bank Network, provides a hot, well-balanced meal and nutrition education to needy children once a week. The Food Bank operates four Kid's Cafes in Memphis, three at Boys and Girls Clubs and one at Girls, Inc.

**Food for Kids Backpack program** The Food for Kids Backpack program, operated by The Food Bank at designated charitable agencies that serve children, is designed to fight hunger by providing needy children with nutritious foods to take home over the weekends and extended school breaks when they do not receive free school meals. The items are pre-packaged and easy-to-open items, such as cereals, microwaveable soups, juices and snacks and should last throughout the weekend. The backpacks also include information on nutrition and food assistance. Children take their back pack of food home on Friday and return it on Monday to be refilled for the following Friday. Currently, there are nine back pack programs, of which three are in Mississippi.

Home Delivered Meals Mifa Meals delivered to the homes of qualified persons

### Food Pantries

+ Mifa Food pantry  
Food Pantries in 2007, not listed 2008

**Aldersgate United Methodist Church** 1718 Dearing Rd, 38117 901 683 8861

Bartlett United Methodist Church (St John's Soup Kitchen) 5676 Stage Rd, Memphis, TN 38134 901 386 4563

**+Bellevue Baptist Church**  
**Impact Ministries of Memphis** 3160 N. Thomas St. 38127 901 358-3391  
Sat 9AM 38107 or 38127 Zip codes

**+Bethal COGIC** 2216 Clifton 38127 901 358 1215

**+Bibleway House of Prayer** 3261 Park 38111 327-3007 901 368 3387

**Breath of Life Seventh Day Adventist**  
2999 Barron Ave., Memphis, TN 38114 901 375 4023  
Food and Clothing 2 afternoons per week and 3 Sundays per month, Tues/Wed: 4:00-6:00pm, 2nd/3rd/4th Sunday:  
9:00am-12:00pm

Broadmoor Baptist Church 3824 Austin Peay, Memphis, TN 38128 901 386 9643

**Brinkley Heights Baptist Church**  
3286 Rosamond Ave. Memphis, TN 38122 901.458.0617 Clothes Closet  
**Brinkley Heights Ministries, Inc.**  
TuWedTh 10-12 3 day supply of food limit 20 families must have picture ID & SS # for all family members

**+Burdette UMC Outreach Center** 4895 Malone Road, Memphis, TN 38118 901 365 6820  
10-12 Tu & Th

**Calvary Baptist Church** 3812 Kirby Parkway, Memphis, TN 38115 901 795 5407

**Calvary Episcopal Church** 102 N Second St 38103 Rescue Mission  
Breakfast Sunday 8:15AM

**Calvary Longview United Methodist Church** 2041 Lauderdale 38106 901 948-1457

**Catholic Charities**  
**+Fig Tree** 1325 Jefferson 38104 901 722-4797

**+Church of Ascension (Catholic)** 3680 Ramill Rd, Memphis, TN 38128, 901.372.1364  
Program 3rd Wednesday Participants under MIFA guidelines

**Christ the Rock Metro Church** 8800 Winchester 38125  
Clothes Closet Hot meal Sun 11AM anyone

**+Christ Missionary Baptist Church** 494 S Parkway E 38106 901 948-9786 on FB list  
They do not want to be listed at present time

**+Christ United Methodist Manna Ministry** 4488 Poplar 38117 901 683-3521  
Food through United Methodist Neighborhood Centers 901 323-4995

**Christ Way Community Church** 1264 Florida 38106 901 948-3792  
Food Pantry

Church of the Holy Names (Catholic) 697 Keel Ave., Memphis, TN 38107 901.525.9870 Clothes Closet  
Soup kitchen Monday and Wednesday 10:30AM Food  
Pantry, Clothes closet for zip codes 38103, 38105, and  
38107 - Call for hours

**Collierville Churches** 167 Washington St, 38128 901 853 3235

**+Crossway Church** 2633 Altruria Bartlett 38134 901 388-8515 (Fax line) 8/7 8/17 8/20

**Dorothy Day House of Hospitality** Website being updated 1429 Poplar Avenue Memphis, TN 38104 901  
725-2703

[www.dorothydaymemphis.org](http://www.dorothydaymemphis.org) Provides numerous resources for families in need, such as food, clothing,  
employment assistance, transportation, advocacy

**+Everett Memorial United Methodist Church** – Fishes & Loaves 258 N Merton 38112 901 458-0318

**+Evergreen Presbyterian Church** 613 University 38107 901 274-3740  
Collect food for Food Bank

**Faith Heritage C.O.G.I.C.** 3802 Gragg Av 38108 901 377-7536  
Wed 9-11 MIFA referral and neighbor Income and # in household criteria for Food Pantry

**First Congregational Church** 1000 S. Cooper, Memphis, TN 38104

**First Presbyterian Church** 166 Poplar Ave., Memphis, TN 38105 901.525.5619  
Soup kitchen Hot meal Sundays 2:00pm Anyone welcome

**First Unitarian Church** (St John's Soup Kitchen) 292 W. Virginia Ave 38103 901 526-8631

**First United Methodist** 82 N Second 38107 901 526 8228

**+First Works, Inc.**

Tues-Fri 9:30-2

**Gethsemane Garden COGIC** 1740 Vollintine, Memphis, TN 38107 901 278-0142

**+Goldenleaf Baptist Church** 439 Hollywood, Memphis, TN 38108 901.327.0900  
Wed 5:30 picture ID & SS# mandatory apply one week admitted next

**+Grace Baptist Church** 1203 Manassas, Memphis, TN 38107 901.527.9144 2nd-4th Sun 10-1

**+Grace St. Luke's Episcopal Church** 1720 Peabody Ave., Memphis, TN 38104, 901.272.7425  
More Than a Meal Sundays 4:00pm to 5 pm Anyone. Pantry available with voucher from MIFA 3 day supply of  
food

**Greater Evangelist Faith COGIC M** 3415 Millbranch 38116 901 398-1365  
Food Pantry

**Greater First Baptist Church** 1535 Warford St 38108 901  
458 0746

**+Greater Harvest COGIC M** 3509 Boxdale 38118 901 794-5683  
Provide food with ID and SS# MIFA vouchers and Food Bank OK necessary

**Greater White Stone M.B. Church** 917 S Wellington 38126 901 774-3564  
Tues 10-1 MIFA voucher or picture ID and SS#

+**Greenwood C.M.E. Church** M 3311 Kimball Av 38111 901 744-7531  
Tues MIFA voucher

**Grimes Memorial** 4649 Summer 38122 901 683-1124 Not a food Bank Pantry  
Food Panty not from Food Bank  
Mon-Thu 9-12 Receive food boxes

**Harris Memorial CME Church** 1572 S Lauderdale 38106 946-0441

+**Healing Heart Ministries** 2400 Poplar 38112 901 324-8500  
Emergency available call for appt.

**Hebrew COGIC** 2216 Clifton Av 901 358 1215

+**Highland Heights United Methodist Church** M 3476 Summer Ave. Memphis, TN 38122 901.458-5966  
Mon9:30-11:30 MIFA vouchers, residents of 38108,38112 or 38122

**Holy Community United Methodist Church** 602 Looney 38107 523-2485  
Tu & Th 9:30-11 Food Pantry limit 20 stock from Food Bank  
Super Tuesday 5PM All Children Food and Activities  
Sat 10:30 Elementary children Food and Activities

**Holy Names Catholic Church** 697 Keel Ave Memphis, TN 38107 901 525-9870  
Clothes Closet Friday 9:30AM- 11:30AM Food Pantry Tuesday and Thursday 9:30AM

**Holy Spring Baptist Church** 5480 Vandergreen 38116 332-5528  
Food from Food Bank for 35 children in Day Care program

**House of Prayer** 4609 Knight Arnold 38118 901 362-7690

**J.W. Williams Neighborhood Center** 2124 E Holmes Rd. 38116 901 345-1966

**Jackson Ave United Methodist Church, UMNC** 3474 Jackson Ave, 38108 901 458-2608

+**Leawood Baptist Church**, Leawood Mission Center 1202 Dyer 38122 901 328-1025  
Food Pantry & Clothing MWF 9-12 SS# MIFA & Human Services vouchers prefer residents of nearby zip code

+**Lindenwood Christian Church** 2400 Union Ave. Memphis, TN 38112 901 458 8506  
They collect food donations and give to MIFA

+**Longview Heights Seventh Day Adventists** 685 E Mallory 38106  
901 946-2334

**Memphis Inner City Outreach, Inc.** 225 Exchange, Memphis, TN 38105 901.527.8701 (call first) Clothes  
Closet  
Sack Lunch Thursday 12:30PM

**Memphis International Church** 1435 Wells Station Rd 38108 901 452-7993  
2nd & 4th Th Food Pantry (food from Food Bank) must be 18 Emerg. food 9-4:30 Sun 1:30-2:30  
Hot meal given to take home  
Angel Food Ministries Bus with food on board sent downtown to feed the people

**Memphis Union Mission** 383 Poplar Ave., Memphis, TN 38103 901.526.8434, Soup kitchen - daily 11:00a & 5:00pm

Emergency Housing - Adult men and intact Families

Calvary Colony ?

Emergency Shelter

Moriah House

Temporary housing

Transitional Program

Metropolitan Baptist Church

Food Pantry 946-4095

**Metropolitan Inter-Faith Association M** 910 Vance 38126 901 527-0208

Emergency food M-F 8:30 - 4:30

**MidTown Church of Christ** 1930 Union Ave 38104 726-4612

**Miracle Temple COGIC** 3890 Millbranch , Memphis, TN 38116, 901. 345-0870 Call for hours

Clothes closet No food program

**+Mission of Hope Church** 577 N. Hollywood, Memphis, TN 38112 901 345 1997

Wed 5-7 Sat 1-3 ID SS# required

**+Mississippi Boulevard Christian Church, Manna Outreach** 1279 Jefferson 38104 901 726- 1142

Must be 60+ Food Basket fill out application

16 N Bellevue Clothes Closet

**+Monument of Love Baptist Church M** 2639 Lamar 38114 901 744-1643 MIFA Vouchers not on

MIFA list

Thu 10-12 Food from Bank every other week Screened and/or MIFA vouchers

**+Mount Olive C.M.E. Church** 538 Linden 38126 901 527-8292

Food Pantry Fri 10-12 Must have MIFA voucher

**Neighborhood Christian Center, North Center** Corporate Office, 785 Jackson Avenue, Memphis, TN 38107 901.881.6013

**Chickasaw** Chickasaw Place Apartment Complex, Memphis, TN **901 324-8783**

**+Greenbriar Pantry** 3143 Madewell Apt.C, Memphis, TN 38127 901.357.768

**+New Era Baptist Church** New Era Pantry 797 Laurel, Memphis, TN38114 901.327.3471

**+Robinhood Pantry** 3703 Robin Park Circle #3, Memphis, TN 38111 901 745 1369

**+Scott Street Pantry Distribution Center, Fourmy Center,** 223 Scott St Memphis, TN 38112

901.452.6701

**Pershing Park** 3707 Pershing Park #1 Memphis, TN 38127

**+New Allen A.M.E. Church** 1559 S Third 901 775-0925 message 8/15 8/20

**New Beginning Baptist Church** 1214 Norris 38106 901 353-4011

**+New Dimensions Ministries** 3607 Frayser-Raleigh Rd 38128 377-1195

**Norris Ave Baptist Church** 1437 Norris Rd 38106 901 942 0847

**+Pentecostal Temple COGIC** 229 S Danny Thomas Memphis, TN 38126 527 9202

Damage to church no program at present

+**Pilgrim Rest Baptist Church Pantry** 901 775-0041 call later 8/14

**Pisgah Heights Foundation** 964 Fields Rd 38109 785-1248 Not a Food Bank Pantry  
Purchase meat bread etc. greatly reduced rate Different menu each month Angel Food 7-11AM every  
day MonThFr 5-9 accept food stamps

+**Raleigh Assembly of God** 3583 Austin Peay 38168 901 386-5055  
Th 10-12 Need proof of residence ID SS#

**Salvation Army** 696 Jackson Ave 38107 901 443 8595  
Purdue Center 696 Jackson Ave  
MonWedFri 10-12  
Friday Night Supper Club Soup Kitchen

**Speedway Terrace Baptist Church** 601 N Bellevue Blvd. 38107 901 272-1788

+**M St. Andrew A.M.E. Church** 867 S Parkway E 38106 901 948-3441  
Tri-Masters After School Program 1472 Mississippi 38106 901 775-2968

+**M St. John Baptist Church Pantry** 640 Vance 38126 901 525-1092 MIFA voucher required Food from  
Food Bank

+**St. John's United Methodist Church** 1207 Peabody Ave, Memphis, TN 38104  
901.726.4104  
MWF 9:30-11 voucher from MIFA Hot meal: Tues 5 Sat 4:30PM for Homeless

**St. Luke United Methodist Church, University Cluster,** 480 S Highland 38111 452-6262 Soup  
Kitchen  
Meal Sat 4:30PM Pantry Th 9:30-12 MIFA voucher 38111-14-15-17-18-19-41

**St. Mary's Catholic Church** 155 Market 38105  
522-9420 Soup Kitchen  
7:30 AM Breakfast Sandwiches and Soup Mon-Sat. 9-10AM

+**St. Patrick Catholic Learning Center** 277 S. Fourth Street @ Linden, Memphis, TN 38126 901 527-2542 Soup  
Kitchen  
Sun 1PM lunch 4th Sun 1PM Fullmeal Th.1-3 Food Pantry Food voucher from MIFA

+**St. Paul Baptist Church** 1543 Brookins 38108 901 323-4866

+**St. Timothy United Methodist Church** 4105 St. Elmo 38128 901 377 1960  
Th 10-12 Must live in 38127 or 38128

**St. Vincent De Paul Food Mission** 123 N Cleveland 38104 901 274 2137  
Soup Kitchen Sandwiches daily 9:30-11AM

+**Immaculate Conception** 1695 Central 38104 901 Help (In 38104)call 435-5346 leave number call will be  
returned

+**Our Lady of Sorrow** 3686 Thomas 38127 901 Help (In 38127)call 354-2449 leave number call will be  
returned

+**St. Anne** 804 Paradise Dr. Cordova 38018 901 458-4238 call and leave number Food Sat 9-11 ZIPS 38111 & 38114

+**St. Michael** 3848 Forrest 38122 901 323-0896 Sat. 9-11 38122 ZIP

**Union Avenue United Methodist Church** 2117 Union Avenue, Memphis, TN 38104 901 274 3068 Food Pantry

Breakfast Sunday 8:00 - 9:00AM (not on Food Bank list) Sack Lunch MWF 11-11:45 ID required

**United Methodist Neighborhood Centers** 3000 Walnut Grove 38111 901 323-4993

+**Jackson Avenue United Methodist Church** 3473 Jackson Ave, Memphis, TN 901.357.9538 Anyone - M-F 8:30-11:30a

+**Leggett Center** 1647 Dellwood 38127 901 357-9538

+**Scott Center** 3000 Walnut Grove 38111 901 323-4995 Clothes Closet Anyone - M-F 8:30-11:30a

+**Smith Center** 602 Looney 38107 901 523-1036 Hot meal Tu.and Th. 12PM Breakfast Sun. 8:30 AM

+**University Cluster, St. Luke's United Methodist Church** 480 S Highland 38111 901 452-6262

Th 9:30-12 MIFA voucher 38111-14-15-17-18-19-41

+**Woodland Presbyterian Church** 5217 Park Ave. 38119 682-3349

**Word of Life COGIC Family Outreach** 2962 Oakville 38118 901323-8400

**Youth Connection Agency, Inc** 3299 Gaylord Lane 38118 901.794.9990 Clothes Closet

**Zoe Baptist Church** 3747 Knight Arnold 38118 901 365-9293

### Soup Kitchens

Bartlett United Methodist Church (St John's Soup Kitchen) 5676 Stage Rd, Memphis, TN 38134 901 386 4563

Calvary Episcopal Church, 102 N. Second St. Memphis, TN 38103, (901) 525-6602

<http://calvaryjc.org/outreach/hunger.htm>

Soup kitchen - Hot Breakfast Sundays 8:15a Community Breakfast. Every Sunday morning volunteers provide a hot breakfast for approximately 150 homeless persons in the downtown area. Volunteers come on Saturdays to crack eggs and make other preparations for the next day's meal.

Church of the Holy Names, 697 Keel Ave., Memphis, TN 38107 (901) 525-9870

Soup kitchen Monday and Wednesday 10:30AM, Food Pantry, and clothes closet for zip codes 38103, 38105, and 38107 - Call for hours

First Presbyterian Church, 166 Poplar Ave., Memphis, TN 38105 (901) 525-5619

Soup kitchen - hot meal Sundays 2:00pm Pantry

First Unitarian Church (St John's Soup Kitchen) 292 W. Virginia, Memphis, TN 38103 901 526 8631

First United Methodist Church-Millington Pantry, Call for address 901 725 4277 8029 Wilkinsville Rd, Millington, TN 38053 901-872-4414

+Goldenleaf Baptist Church 439 Hollywood, Memphis, TN 38108 901.327.0900

Wed 5:30 picture ID & SS# mandatory apply one week admitted next

Grace St. Luke's Episcopal Church 1720 Peabody Ave., Memphis, TN 38104, 901.272.7425

More Than a Meal Sundays 4:00pm to 5 pm Anyone. Pantry available with voucher from MIFA 3 day supply of food

Holy Names Catholic Church, 697 Keel Ave, Memphis, TN 38107 (901) 525-9870  
Clothes Closet Friday 9:30AM- 11:30AM Food Pantry Tuesday and Thursday 9:30AM Soup Kitchen

Idlewild Presbyterian Church, 1750 Union Ave, Memphis, TN 38104 901 729 3900/901 323 6801  
Hot meal Thursday 5PM until 6:30PM

Metropolitan Inter-Faith Association 910 Vance 38126 901 527-0208  
East Memphis Senior Center  
MIFA Home Delivered Meals  
Senior Companion Program

Memphis Union Mission 383 Poplar Ave., Memphis, TN 38103 901.526.8434, Soup kitchen - daily 11:00a & 5:00pm

Neighborhood Christian Center 223 Scott Street, Memphis, TN 38112 901 452 6701  
Sunday Breakfast and weekday lunches

+Raleigh Assembly of God 3583 Austin Peay 38168 901 386-5055  
Th 10-12 Need proof of residence ID SS#

Salvation Army 696 Jackson Ave 38107 901 443 8595  
Purdue Center Food Pantry 696 Jackson Ave  
MonWedFri 10-12  
Friday Night Supper Club

St. John's United Methodist Church 1207 Peabody Ave, Memphis, TN 38104 901.726.4104  
Food Pantry MWF 9:30-11 voucher from MIFA Hot meal Tues 5PM Sat 4:30 PM

St. Luke's United Methodist Church , 480 S. Highland, Memphis, TN 38111 901 4526262  
Soup Kitchen Hot Meal Saturday at 4:30PM

St. Patrick Learning Center, 277 S. Fourth Street Linden, Memphis, TN 38126(901) 527-2542  
Soup kitchen - sandwiches Mon-Fri 1:30-2:30p Food Pantry

St. Mary Catholic Church Soup Kitchen, 155 Market Street, Memphis, TN 38111 901 522 9420  
Sandwiches Monday-Saturday 9:00 - 10:00AM

Society of St. Vincent de Paul Food Mission, 123 N. Cleveland, Memphis, TN 38104 (901) 274-2137  
Food Pantry Soup Kitchen Sandwiches (Daily 9:30-11:00am) Clothes Closet

Union Avenue United Methodist Church 2117 Union Avenue, Memphis, TN 38104 901 274 3068 Food Pantry  
Breakfast Sunday 8:00 - 9:00AM (not on Food Bank list) Sack Lunch MWF 11-11:45 ID required

United Methodist Neighborhood Centers 3000 Walnut Grove 38111 901 323-4993  
Smith Center 602 Looney 38107 901 523-1036 Hot meal Tu.and Th. 12PM Breakfast Sun. 8:30 AM

The Upper Room Empowerment Center Church 3901 Park Avenue #1, Memphis, TN 38111 901 323 1303  
Homeless, senior citizens with low-income, nursing home, residents, and orphaned children Financial Assistance, Food and Clothing Assistance, Tuesday and Wednesday/6:00am-8:00am, Thursday/6:00pm-8:30pm, 2nd Saturday/3:00pm-4:30pm, Sunday/9:00am-1:00pm Not on Food bank list

## **BackPack for Life**

Advance arrangements must be made for participation in the program

Girls Incorporated of Memphis at the Riverview-Kansas Community Center, sponsored by Wal-Mart  
Holy Names Catholic Church, sponsored by Wal-Mart  
Porter Boys & Girls Club, sponsored by Baptist Outreach  
Resurrection Catholic School, sponsored by AutoZone  
St Patrick Learning Center

## **Drop In Centers For lunch (Homeless)**

Downtown Churches Hospitality Hub 146 Jefferson, Memphis, Tennessee Not open yet  
Drop In Center 600 Poplar Ave, Memphis, Tennessee 901 543 0372 M-F 8-3:30 check  
Foundations Drop In Center 1048 S. Bellvue Blvd, Memphis, Tennessee 38106  
The Peer Center 700 Madison, Memphis, Tennessee 901 523 0124 T-F 11-5  
Turning Point Drop In Center 4088 Summer Ave 901 458 4553 T-S 11-7

## **Home Delivered Meals**

MIFA Home Delivered Meals 910 Vance 38126 901 527-0208 Call for information

## **Kid's Cafe**

Club membership is required to participate in this program

Boys & Girls Clubs of Greater Memphis

Central Office 189 South Barksdale, Memphis, TN 38104 901.278.2947

John Dustin Buckman Boys & Girls Club 1100 Vollintine, 38107 901 527.7994

Buckman Kids Cafe Summer: Tuesday/Wednesday 12:00PM

School Year:

Wednesday 4:30PM

Goodwill Boys & Girls Club 990 College Park 38126 901 946.8213

Goodwill Carnival Kids Cafe Summer Wednesday/Friday 12:00PM

School

Year Thursday 5:00PM

Ira Samelson Jr. Boys & Girls Club 894 Isabelle, 38122 901 324.5763

Southside Boys & Girls Club 677 Richmond, 38106 901 774.1173

Southside and Con Agra Kids Cafe Summer Tuesday/Thursday 12:30PM

School

Year Thursday 6:00PM

Downtown Porter Boys & Girls Club 620 Lauderdale, 38126 901 946.9222

All Clubs Serve Lunch on Saturday

Park Commission delivers lunch to all Boys and Girls Clubs during the Summer

Girls Incorporated of Memphis 901 527-4475 LDT Center

Lucille Devore Tucker & Mertie Buckman Wing 686 N. Seventh St. 38107 901 5274475 Kid's Cafe Boys  
and Girls Age 0-18

Tues & Wed 4:30-6

Frayser Center 3171 Signal St. Memphis, TN 38127 901 357 3010

Snacks only for members

South Park Branch 1568 Robinhood Ln. 38111 901 743-8062 Snacks only for members

## **Senior Centers For Low Cost Lunch**

Bartlett Senior Center 5727 Woodlawn St., Bartlett, TN 38134 901 385 6439 Bartlett Park Commission

Frayser Raleigh Senior Center, 3985 Egypt Central Rd., Memphis, TN 38128 901 383 9101 Memphis Park Commission  
Vera Ford Senior Center, 163 W. Raines Rd., Memphis, TN 38109 901 789 8355 Memphis Park Commission  
Lewis Center for Senior Citizens, 1188 North Parkway, Memphis, TN 38105 901.576.4255 Memphis Park Commission  
McWherter Senior Center, 1355 Estate Dr., Memphis, TN 38119 901.761.2462 Memphis Park Commission  
Orange Mound Community Service Center, 2590 Park Ave., Memphis, TN 38114 901.576.6622 Memphis Park Commission  
South Memphis Senior Center, Ruth Tate Center 1620 Marjorie St. Memphis, TN 38106, 901.774.2000 Meritan Mifa Food  
Lacy Hardaway Jr. Memorial Senior Center, 2264 South Lauderdale, Memphis, TN 901-461-2416 Independent Food Bank  
Salvation Army Kroc Center near fairgrounds Not Open Yet  
Goodwill Homes 785 6790 Lease from Park commission Run by United Way and Aging Commission  
East Senior Center Gaisman 4221 Macon, 763 1181 Memphis Park Commission  
Metro Bickford Senior Center 232 Bickford Ave 578 9546 Memphis Park Commission

#### **Car Seats "low cost"**

Health Department 814 Jefferson, Memphis, TN 38105 901 544 7687

#### **Clothing**

Brinkley Heights Baptist Church, 3277 Rosamond Ave., Memphis, TN 38122 (901) 458-0617  
Food bank and clothing - anyone

Catholic Charities, Inc.

1325 Jefferson, Memphis, TN 38104 <http://cdom.org/pastoral%20offices/catholic%20charities.html> OR  
[www.cathchar.org](http://www.cathchar.org)

(901) 722-4700 Food pantry and clothing - anyone - M-F 8:00a - 3:00p, Financial Assistance

Church of the Holy Names, 697 Keel Ave., Memphis, TN 38107 (901) 525-9870

Soup kitchen Monday and Wednesday 10:30AM, Food Pantry, and clothes closet for zip codes 38103, 38105, and 38107 - Call for hours

Dorothy Day House of Hospitality Website being updated 1429 Poplar Avenue Memphis, TN 38104 901 725-2703

[www.dorothydaymemphis.org](http://www.dorothydaymemphis.org) Provides numerous resources for families in need, such as food, clothing, employment assistance, transportation, advocacy

**El Shaddai Mission Outreach Ministry, Inc. 992 Thomas St, Memphis, TN 38108, (901) 274-5389 Clothes closet**

Final Net/Homeless Children's Program 204 N. Second Street, Memphis, TN 38105 901 526-8228, Clothes Closet, Food Pantry, Homeless Children Tutoring, Homeless Children Saturday Outings, Homeless Children Sunday School Not on Food bank list

First Works, Inc., 204 N. Second St, Memphis, TN 38105 (901) 526-8228  
Food pantry and clothing - anyone - M-F 1:00 - 2:30p

Holy Names Catholic Church, 697 Keel Ave, Memphis, TN 38107 (901) 525-9870  
Clothes Closet Friday 9:30AM- 11:30AM Food Pantry Tuesday and Thursday 9:30AM Soup Kitchen

Idlewild Presbyterian Church, 1750 Union Ave, Memphis, TN 38104 901 729 3900/901 323 6801  
Hot meal Thursday 5PM until 6:30PM Clothing Dress for Success

The Kingdom Ministries, Inc. <http://www.thekingdomministries.com/> 8245 Cordova Road, Suite 100, Cordova, TN 38016 901.752.1945  
Financial assistance or payment arrangements. Provide affordable clothing

Leawood Baptist Church, 1202 Dyer, Memphis, TN 38122 (901) 382 1025 Clothing

Lighthouse Ministries 3630 Jackson Avenue, Memphis, TN 38108 901 382-8106, Spiritual Counseling, Food, Clothing, Shelter, and Jobs Not on Food bank list

Memphis Day Shelter 383 Poplar Avenue, Memphis, TN 38103 901 526-8403 Shelter, Clothing, Referral Services  
Not on Food bank list

Memphis Inner City Outreach, Inc., 255 Exchange, Memphis, TN 38105, Call First (901) 527-8701  
Food Pantry Clothes Closet Sack Lunch Thursday 12:30PM

Miracle Temple COGIC, 3890 Millbranch, Memphis, TN 38116, 901 396 9487  
Food Pantry/Clothing Call for hours (Not on Food Bank list)

MIFA Exchange Store, 910 Vance, Memphis, TN 38126 901 527 0208  
Clothing/ Goods / furniture Call first anyone - M-F 11:30a - 3:30p (not on Food Bank list) no food

Mississippi Boulevard Christian Church, Manna Outreach M@ 1279 Jefferson 38104 901 726-1142  
Must be 60+ Food Basket fill out application  
16 N Bellevue Clothes Closet

Neighborhood Christian Center 223 Scott Street, Memphis, TN 38112 901 452 6701

Shine in the Dark Missions <http://www.shineinthedark.org/vision.htm> 87 Clark Place, Memphis, TN 38104-2413  
901-870-2608 delivers surplus goods, including food and clothing, with the intent of extending to the less-fortunate and orphans of third world countries

Society of St. Vincent de Paul Food Mission, 123 N. Cleveland, Memphis, TN 38104 (901) 274-2137  
Food Pantry Soup Kitchen Clothes Closet

United Methodist Neighborhood Center, 3000 Walnut Grove Rd., Memphis, TN 38111 (901) 323-4993  
Food pantry and clothing - anyone - M-F 8:30-11:30a

The Upper Room Empowerment Center Church 3901 Park Avenue #1, Memphis, TN 38111 901 323 1303  
Homeless, senior citizens with low-income, nursing home, residents, and orphaned children Financial Assistance, Food and Clothing Assistance, Tuesday and Wednesday/6:00am-8:00am, Thursday/6:00pm-8:30pm, 2nd Saturday/3:00pm-4:30pm, Sunday/9:00am-1:00pm Not on Food bank list

Youth Connection Agency, Inc. 3299 Gaylord Lane, Memphis, TN 38118 (901) 794-9990 \*\*\*  
Food pantry and clothing - low income - M-F 9:00a - 5:00p

### Clothing "Low Cost"

AmVets Thrift Store	2526 Elvis Presley, Memphis, TN 38106	775 5010
Disabled American Vets,	3440 Summer, Memphis, TN 38122	327 4601
Goodwill Industries		
2605 Chelsea	38108	507 5635
3030 Austin Peay Hwy		380 3235
574 S. Highland	38111	458 6610
925 Stateline Rd.	38671	662 342 7097
7040 Shelby Drive	38141	754 8500
6899 Stage Road	38134	507 3284
Saturday 9am-6pm	Sunday 12pm- 6pm	
Goodbooks		
1514 Goodmand Rd		662 536 8159
Jr. League Thrift Shop	3586 Summer Ave, 38122	327 4774
Salvation Army Thrift Store		
340 Adams	38103	576 2286
3229 Austin Peay	38128	373 3245

### Electric Fans

Shelby County Mayors Office on Aging Fans 4 Seniors Program 901 324 3399

### Eye Care

Southern College of Optometry <http://www.sco.edu/> 1245 Madison Avenue, Memphis, TN 38104 901 722 3200  
"Fund for Needy school children" School children recommended by school officials and who meet qualifications

### Financial Assistance

Catholic Charities, Inc. 1325 Jefferson, Memphis, TN 38104 <http://cdom.org/pastoral%20offices/catholic%20charities.html> OR [www.cathchar.org](http://www.cathchar.org)  
(901) 722-4700 Food pantry and clothing - anyone - M-F 8:00a - 3:00p, Financial Assistance  
Health Loop Mid-South, Emergency Services Program 409 Ayers, Memphis, TN 38105 901 523 7551  
The Kingdom Ministries, Inc. <http://www.thekingdomministries.com/> 8245 Cordova Road, Suite 100, Cordova, TN 38016 901.752.1945 Financial assistance or payment arrangements. Provide affordable clothing  
MIFA 910 Vance, Memphis, TN 38126 901 527 0208  
Neighborhood Christian Center 223 Scott Street, Memphis, TN 38112 901 452 6701  
The Upper Room Empowerment Center Church 3901 Park Avenue #1, Memphis, TN 38111 901 323 1303  
Homeless, senior citizens with low-income, nursing home, residents, and orphaned children Financial Assistance, Food and Clothing Assistance, Tuesday and Wednesday/6:00am-8:00am, Thursday/6:00pm-8:30pm, 2nd Saturday/3:00pm-4:30pm, Sunday/9:00am-1:00pm Not on Food bank list

### Furniture

Bibleway House of Prayer Ministries

### Furniture 'Low cost'

AmVets Thrift Store 2526 Elvis Presley, Memphis, TN 38106	775 5010
Goodwill Industries	
2605 Chelsea 38108	507 5635
3030 Austin Peay Hwy	380 3235
574 S. Highland 38111	458 6610
925 Stateline Rd. 38671	662 342 7097
7040 Shelby Drive 38141	754 8500
6899 Stage Road 38134	507 3284
Saturday 9am-6pm Sunday 12pm- 6pm	
Salvation Army Thrift Store	
340 Adams 38103	576 2286
3229 Austin Peay 38128	373 3245
MIFA Store 910 Vance, Memphis, TN 38126	901 527 0208

### Immunizations

Memphis & Shelby County Health Department 757 Galloway, Memphis, TN 38105 901.528.0044 Immunizations for women, children & infants WIC vouchers redeem at grocery

### On Line Give Away

#### Freecycle Network™

Made up of many individual groups across the globe. It's a grassroots and entirely nonprofit movement of people who are giving (& getting) stuff for free in their own towns. Each local group is moderated by a local volunteer. Membership is free.

When you want to find a new home for something -- whether it's a chair, a fax machine, piano, or an old door -- you simply send an e-mail offering it to members of the local Freecycle group. Or, maybe you're looking to acquire something yourself. Simply respond to a member's offer, and you just might get it. After that, it's up to the giver to decide who receives the gift and to set up a pickup time for passing on the treasure.

Our main rule: Everything posted must be free, legal, and appropriate for all ages.

### Ride Share

#### Memphis area rideshare Program

[http://www.dpdgov.com/\(senamw45uobwef552hrk13nx\)/Portal/portal\\_content.aspx?id=13&dept=dpd](http://www.dpdgov.com/(senamw45uobwef552hrk13nx)/Portal/portal_content.aspx?id=13&dept=dpd)

Designed to improve air Quality in Shelby County by promoting alternative transportation. Has programs for car pooling, vanpooling and public transportation.

### Urban Gardens

#### Grow Memphis, Mid-South Peace and Justice Center

<http://www.midsouthpeace.org/growmemphis.html>

1000 S. Cooper St.  
 Memphis, TN 38104  
 901.725.4990

A collaborative effort between the Mid-South Peace and Justice and three low-income communities in Memphis. The mission of GrowMemphis is to create productive and educational urban community gardens that provide fresh healthy food for low-income areas, and empower people to develop and enhance their own communities. These Gardens will provide a local food source for those in need and will empower a future generation with the important knowledge of sustainability and our connection with the Earth and with the community. Community gardening is the

tool for communities to address local issues and create opportunities. The three communities are, orange mound garden, midtown north garden, St Augustine-Parkway garden.

### Commodity Food Pantries

Ascension Towers (NTP)	3910 Stuart	38111	454-1108	4th Monday	
Baker Community Center	7942 Church	38053	873-5776	2nd Tuesday	
Barry Tower (NTP)	255 N Lauderdale	38105	544-1817	3rd Wednesday	
Bethel AME Church	2011 Alecy	38114	743-1815	2nd Tuesday	
Bethel Labelle Community Center,	2698 Larose	38114	743-6875	3rd Tuesday	
Bickford Seniors (NTP)	232 Henry	38107	527-8752	3rd Wednesday	
Bush Grove Baptist Church	4549 Brunswick Rd	38002		1st Wednesday	
Christian United Baptist Church	2421 Frayser	38127	358-9006	2nd Friday	
Cleaborn Homes MHA (NTP)	430 SLauderdale	38126	544-1232	3rd Monday	
Collierville VFW Post 5066	347 Center	38017		2nd Thursday	
Cummings Street Baptist Church	794 E Raines	38116	332-5492	2nd Wednesday	
Davis Community Center	3371 Spottswood	38111	323-8015	3rd Thursday	
Douglas, Crump & Bungalow (NTP)	1616 Ash	38108	327-6131	1st Wednesday	
Early Grove Baptist Church	557 Lester	38112	323-1244	2nd Thursday	
Eastern Heights Apartments	291 W Johnson Cl	38108	458-3283	2nd Thursday	
Easthaven Church of Christ	4833 Tchulahoma	38118	363-6069	4th Wednesday	
Ed Rice Community Center	2907 N Watkins	38127	357-6919	1st Monday	
Firestone Local Union Hall	1036 Firestone	38107	525-8764	1st Wednesday	
First Baptist Church (NTP)	2849 Broad	38112	323-2429	2nd Thursday	
Foote Homes MHA (NTP)	578 Mississippi	38126		3rd Monday	
Friendship Baptist Church	1355 Vollintine	38107	274-5990	2nd Tuesday	
Goodwill Homes (NTP)	163 W Raines	38109	789-8355	2nd Wednesday	
Greater Open Door Baptist Church	1537 Florida	38109	947-3071	3rd Monday	
Greer Chapel AME Church	1840 Ash	38108	327-6510	2nd Monday	
Hill's Chapel Baptist Church	1167 Charles Bryan	38018	372 7216	2nd Thursday	Also serves 38002
Independant Apartments (NTP)	865 Linden	38126	526-8745	2nd Thursday	
Jefferson Square MHA (NTP)	741 Adams	38105	544-1200	3rd Monday	
John Madison Exum Tower (NTP)	3155 Sharpe	38111	743-7300	3rd Thursday	
Kefauver Terrace Apts. (NTP)	7620 Robinson Cv	38002	388-0752	1st Tuesday	
Klondike Seniors (NTP)	915 Chelsea	38107	526-7193	1st Wednesday	
Lakeview Comm Temple COGIC	4999 Elvis Presley	38116	396-2060	2nd Monday	
McCullough Place Apartments(NTP)	1456 Gillham Dr	38134	800 466-7722	4th Monday	
Magnolia First Baptist Church	1518 S. Cooper	38114	276-2409	3rd Monday	
Memphis Towers	1081 Court	38104	526-2233	3rd Tuesday	
Metropolitan Baptist Church	767 Walker	38126	946-4095	3rd Wednesday	Also serves 38104 and 38106
Mitchell Road Community Center	620 Mitchell	38109	789-2729	4th Tuesday	
Mt Pisgah Baptist Church	3636 Weaver	38109	789-9974	4th Wednesday	
Mt. Pleasant Baptist Church	590 T M Henderson	38107	527-7548	1st Wednesday	
Mt Zion Baptist Church	60 S Parkway E.	38106	942-0879	3rd Wednesday	
New Allen A.M.E. Church	1559 S Third	38106	775-0925	2nd Monday	

New Bellevue Baptist Church 38107, 38103, 38104 and 38105	875 Crockett	38107	526 0006	3rd Wednesday	Also serves
New Hope Nazarene Church	4692 Macon	38122	685-7308	1st Tuesday	
New Philadelphia Baptist Church and 38115	533 Mendenhall	38117	685-8877	4th Wednesday	Also serves 38120
Oak Grove Baptist Church 38016, 38133, 38135, 38138 and 38139	7317 U.S. 64	38134	388-2752	1st Wednesday	Also Serves
Oakville Baptist Church and 38141	3167 Knight	38118	362-0192	1st Monday	Also serves 38115
Old Salem Baptist Church	368 Buntyn	38111	323-9041	4th Thursday	
Orange Mound Seniors (NTP)	2590 Park	38114	576-6622	3rd Thursday	
Orange Mound Settlement House(NTP)	989 Raymond	38114		2nd Wednesday	
Paul Borda Towers MHA (NTP)	21 Neely	38105	544-1829	3rd Thursday	
Pilgrim Rest Baptist Church	491 E McLemore	38106	775-0040	2nd Thursday	
Plough Towers (NTP)	6580 Poplar	38138	767-1910	1st Monday	
Raleigh Assembly of God	3683 Austin Peay Hwy	38128	386-5055	4th Wednesday	
St Peter Manor Apt. (NTP)	108 NAuburndale	38104	278-8200	2nd Monday	
St. Jude Baptist Church	853 Trigg	38106	948-1489	3rd Wednesday	
Ruth E Tate Senior Ctr.(NTP)	2620 Marjorie	38106	774-2000	3rd Monday	
Union Ave Baptist Towers	2198 Courtland	38104	274-5403	3rd Tuesday	
United Fellowship Church	2349 Peres	38108	324-0631	2nd Tuesday	
VFW Post 4916	847 Whitney	38127	353-2118	2nd Monday	
Venson Center MHA (NTP)	439 Beale	38104	544-1260	4th Tuesday	
Wesley Graceland Gardens (NTP)	1430 Graceland Pines	38116	332-2955	2nd Wednesday	
Wesley Highland Meadows Apt (NTP)	3517 Andy Way	38128	388-8880	4th Monday	
Wesley Highland Towers	400 S Highland	38111	325-7810	4th Monday	
White's Chapel AME Church	1712 Fields	38109	785-0078	3rd Thursday	