

Alexander, Johnson, Massac, Pulaski, and Union Counties Food Pantry List



Eat. Move. Save. Website for recipes and more information to make healthier choices on a budget:

<https://eat-move-save.extension.illinois.edu>

Alexander County

Arrowleaf

1401 Washington Ave, Cairo, IL 62914

Phone: 618-734-2665, Contact: Sherrie Crabb, info@myarrowleaf.org

Hours of operation: Monday-Friday 8:30 am – 4:30 pm, Closed on State/Federal Holidays

- Client Choice Pantry
- Currently only 1 visit to pantry per household per month until supplies increase
- Alexander & Pulaski Counties are the PRIMARY focus with Hardin, Johnson, Pope, Massac, and Union Counties as a secondary focus

Daystar Community Program

909 Washington Ave, Cairo, IL 62914

Phone: 618-734-0178 or 618-734-9441, Contact: Amy Conway, daystarcommunityprogram@gmail.com

Hours of operation: Monday, Tuesday, Thursday 9:30 am – 1:00 pm

- Soup kitchen, mobile food pantry, Veteran's program
- Outreach, rent assistance, help with health care bills

God's House of Blessing

35559 Grapevine Trail, McClure, IL 62957

Contact: Sandy Pulley

Hours of operation: 3rd Friday of the month 10 am – 2 pm

- Must be an Illinois resident

McClure Pentecostal Church

32627 Gladys Ave, McClure, IL 62957

Contact: Robert Smithey 618-697-0433

Hours of operation: Every 3rd Tuesday of the month 2:00 – 5:30 pm, within a 25-mile radius

- Food Pantry only
- Request name and phone number
- Will service Alexander and Pulaski Counties

*****In case of emergency call the contact number*****



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Alexander County cont.

The Kitchen Table

1001 Washington Ave, Cairo, IL 62914

Phone: 618-734-0178 or 618-734-9441, Contact: Amy Conway, daystarcommunityprogram@gmail.com

Hours of operation: Tuesday – Friday 11:30 am – 12:30 pm

- Soup kitchen, mobile food pantry, Veterans program

Thebes Food Pantry

413 6th St, Thebes, IL 62990

Phone: 618-764-2658, Contact: Charlotte Woolfe or Stormy Easton, villageofthebes@yahoo.com

Hours of operation: 2nd Wednesday of the month from 10:00 am – 2:00 pm

- No ID/Income/ Residency required



Pulaski County

Bethel Temple Evangelist Ministry

424 N Front St, Mounds, IL 62964

Phone: 618-306-0074, nomie.whitaker@yahoo.com

Hours of operation: Saturday after the 2nd Thursday of each month 10:00 am – 2:00 pm

- Food pantry
- Drive-up

Bibleway Food Pantry

460 N Chestnut St, Pulaski, IL 62976

Contact: Tawanna White, tmw0837@gmail.com

Hours of operation: 2nd Saturday of each month 10:00 am – 2:00 pm

- Drive-up

Caledonia Community Church

10076 US Hwy 37, Olmsted, IL 62970

Phone: 618-638-7467, Contact: Tammy Wilson, tammyswilson29@aol.com

Hours of operation: 2nd Monday of each month 10:00 am – noon

- No qualifications

First Baptist Church of Karnak

309 E Main St, Karnak, IL 62976

Phone: 618-638-4676, Contact: Brenda Crockett

Hours of operation: 1st and 3rd Wednesday of the month 2:00 pm – 4:00 pm

- Food pantry
- Bring Photo ID

Johnson County

Arrowleaf

101 Oliver Street, Vienna, IL 62995

Phone: 618-658-3079, Contact: Marsha Hayes, info@myarrowleaf.org

Hours of operation: Tuesday – Thursday 8:30 am – 4:30 pm

- Open to anyone residing in the southern seven counties with priority given to Johnson County
- Client Choice Food Pantry
- No income or family size requirements

Salvation Army

906 Tower Square, Plaza Suite A, Marion, IL 62959

Phone: 618-997-9355, Contact: Cami Horn, Camilla.hor@usc.salvationarmy.org

Hours of operation: Wednesday and Friday 9:00 – 11:30 am

- Serving Johnson and Williamson County
- ID and Proof of residency
- Food pantry

The Table – Shawnee Worship Center

98 Oliver Street, Vienna, IL 62995

Phone: 309-433-7867, Contact: Casey Pollard, pastor.swc20@gmail.com

Hours of operation: 3rd Saturday of each month 10:00 am

- Food pantry

Vienna First Baptist Church

301 N 7th Street, Vienna, IL 62995

Phone: 618-658-3741, Contact: Brian Lingle, vfbc301@gmail.com

Hours of operation: 3rd Saturday of each month 9:00 – 11:00 am

Massac County

COPE

1013 North Ave, Metropolis, IL 62960

Phone: 618-524-3635, Contact: Gene Tilker, barnes4240@yahoo.com

Hours of operation: Monday, Wednesday, Friday 9:00 am – 3:00 pm

- Serving Massac County
- Photo ID and Proof of residency
- Must meet income guidelines for senior box program
- Food pantry

Emmanuel Temple Ministries

509 Broadway, Metropolis, IL 62960

Phone: 618-638-4071

Hours of operation: 2nd Tuesday of the month, either noon – 2:00 pm or 2:00 – 4:00 pm

- Please provide contact information so pantry can let client know when it will be open
- If there is a food emergency, please call and make an appointment
- Food pantry

Feed My Lambs Ministry – Grace Church

102 E 20th Street, Metropolis, IL 62960

Phone: 618-309-2427, 618-309-2562, Contact: Pat Davis, patdavis789@yahoo.com

Hours of operation: Last Saturday of the month 10:00 am – 3:00 pm

- Will operate as needed
- Food pantry

Lighthouse Assembly of God

670 Airport Rd, Metropolis, IL 62960, Phone: 618-524-2256

Hours of operation: 2nd and 4th Tuesday evenings 6:00 – 7:30 pm

- Drive-thru Food pantry
- Must fill out form with current address, phone number, and number in household

Union County

Anna Church of the Nazarene

100 Kirk Street, Anna, IL 62906

Phone: 618-833-6702, annanazsec@frontier.com

- Call for food pick-up (will be given paperwork to fill out to receive pantry items)

Anna United Methodist Church – Loaves and Fishes

111 W Monroe St, Anna, IL 62906

Phone: 618-833-2234, Contact: Chris Foster, cafrope@nwcable.net

Hours of operation: 3rd Tuesday of the month 4:30 pm – 5:30 pm or until supplies are exhausted

- Curbside pickup Food Pantry

Bethany Village

414 E Davie St, Anna, IL 62906

Phone: 618-833-1777, Contact: Bob Braddock, bethanyvillageinc@gmail.com

Hours of operation: Tuesday - Thursday 9 am – 4 pm, Closed from noon – 1pm for lunch

- Knock on door and give your information, then pick up food box outside
- Food Pantry

Cobden School PTO

413 N Appleknocker, Cobden, IL 62920

Phone: 618-697-1794, Contact: Angie Gearhart, a.gearhart@cusd7.com

Hours of operation: Saturday and Sunday 9 am – 5 pm

Located in portable gray and white building on the back of the elementary school

- Open to community members living within the Cobden School district boundaries
- Food Pantry

Union County Continued

Dongola First Baptist Church

203 E Cross St, Dongola, IL 62926

Phone: 618-827-4323, Contact: Earnest Rider, admin@dongolafirst.com

Hours of operation: 1st Wednesday of the month 10 – 11 am

- Call the Church Monday before date of pantry and leave a message wither on the machine or with the secretary
- Can receive assistance once per month
- Food Pantry

Harvest Deliverance

602 E Davie St, Anna, IL 62906

Phone: 618-923-1911, Contact: Chris Snyder, hdeliverance1@gmail.com

Hours of operation: 2nd & 4th Thursday 11 am – 1 pm

- Open to anyone
- Cleaning supplies, toiletries, and paper products

Jesus Es El Senor Methodist Church

7780 Old Hwy 51 North, Cobden, IL 62920

Phone: 618-893-2050, Contact: Alex Uribe (Spanish speaking available),

jeeschurch@hotmail.com

- Drive-thru food pantry
- May receive food once per month

Salem Lutheran Church

101 W Market St, Jonesboro, IL 62952

Phone: Mark Cell 618-833-0704 or Office 618-833-6567, Contact: Red martin,

martinauctioncompany@gmail.com

Hours of operation; 2nd, 3rd, and 4th Tuesday 5 – 6:30 pm, 1st Saturday of the month 10 – 11:30 am

- Food Pantry

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The logo consists of three stacked words: "EAT." in yellow, "MOVE." in orange, and "SAVE." in green, all in a bold, sans-serif font against a dark blue background.

Illinois Extension

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