

**Food Pantry Resources – St. Louis City**

(community resources for low income and uninsured)

**It is recommended to call to confirm hours of operation and required documents.****South St. Louis**

Zip Code	Name	Address	Phone Number	Hours of Operation	Zip Codes Served; Additional Comments
63104	Isaiah 58 Ministries	2149 S. Grand	314-776-1410	Mon-Fri 10:00AM-1:00 PM	63104, 63110, 63116, 63118 Bring ID <b>No zip code requirement on Fresh Food Fridays</b>
	Lifewise STL	1321 S. 11 <sup>th</sup>	314-421-0400	Wed 9:00AM-12:00PM Thurs 10:00AM-12:00PM 4:00PM-6:30PM	63104, 63111, 63118; emergency assistance City Harvest Market offers fresh food for accessible purchase
	Trinity Lutheran Church	812 Soulard	314-231-4092	Food Pantry: Fri, 9:30 AM-10:30 AM Soup Alley: Mon-Sat, 9:30 AM-10:30 AM	63104; bring proof of income, residence, & ID for pantry. Families can receive groceries every two weeks. Soup Alley: distributes sandwiches and essentials to homeless & hungry.
	St. Vincent's Church	1408 S. 10 <sup>th</sup>	314-231-9328	Tue & Thu, 9 AM-12:00 PM Appointment Required Free Table Mon-Thurs 12:00PM-1:30PM Lunch Window Mon-Sat 11:00AM-1:00PM	63104; must make an appointment by calling St. Vincent's 314-231-9328  Free table & Lunch window are open to any zip code.
63109	Trinity Assembly of God	4720 Jamison	314-752-1015	1st Thurs, 12:30 PM - 1:30 PM	Any zip code Bread and Basket Food Pantry

Zip Code	Name	Address	Phone Number	Hours of Operation	Zip Codes Served; Additional Comments
63110	St. Cronan Catholic Church	1202 S. Boyle	314-289-9384	2 <sup>nd</sup> and 4 <sup>th</sup> Sat, 9:00 AM - 10:30 AM	Bring photo ID, Any Zip Code
	Isaiah 58 Ministries	2149 S. Grand	314-776-1410	Mon-Fri 10:00AM-1:00 PM	63104, 63110, 63116, 63118 Bring ID No zip code requirement on Fresh Food Fridays
63111	Emanuel SDA Food Pantry	6112 Michigan Ave	314-482-2594	Drive Thru Sat and Sun 10:30 AM – While supplies last Thurs 10:00 AM-12:00 PM (all zip codes)	Proof of residence (Call to confirm onsite pick-up area)
	Isaiah 58 Ministries	2149 S. Grand	314-776-1410	Mon-Fri 10:00AM-1:00 PM	63104, 63110, 63116, 63118 Bring ID <b>No zip code requirement on Fresh Food Fridays</b>
	Lifewise STL	1321 S. 11 <sup>th</sup>	314-421-0400	Wed 9:00AM-12:00PM Thurs 10:00AM-12:00PM 4:00PM-6:30PM	63104, 63111, 63118; emergency assistance City Harvest Market offers fresh food for accessible purchase
	Carondelet Community Betterment Federation	6408 Michigan	314-752-6339	Mon, Wed, Fri 8:30 AM-11:45 AM	City Residents; bring photo ID and proof of residence
	New Journey Baptist Church	4555 Virginia	314-296-3642	Wed 1:00 PM – 3:00 PM	Any Zip Code
	People's Community Action Corporation	6827 S Broadway	314-862-6270	Mon, Wed, Fri 9:00 AM – 2:00 PM	City Residence – Bring ID, SS of all household members, & proof of income & residency
	St. Trinity Lutheran Church	517 W. Koeln	601-228-2732	Wed & Sat Call to schedule a pick-up	63111, 63116; bring photo ID, SSN for household members, proof of income and residence

Zip Code	Name	Address	Phone Number	Hours of Operation	Zip Codes Served; Additional Comments
63116	City Seniors	4705 Ridgewood	314-352-0141	T w th 10:00 AM – 12:00 PM 63116, 63109	63116, 63109 Bring ID, SSN card, proof of address, and proof of income.  Transportation available for elderly and disabled in South City.
63118	Chapel For The Exceptional	3436 Winnebago	314-776-7172	Tues, Thursday 10:30 AM – 11:00AM	63116, 63118; Bring State ID Call for Emergency Food
	Lifewise STL	1321 S. 11 <sup>th</sup>	314-421-0400	Wed 9:00AM-12:00PM Thurs 10:00AM-12:00PM 4:00PM-6:30PM	63104, 63111, 63118; emergency assistance City Harvest Market offers fresh food for accessible purchase
	Guardian Angel Settlement Association	2700 Cherokee Street	314-773-9027	Mon-Fri 9:00 AM – 3:30 PM Appointment Required Call for Emergency Food	63104, 63118; Bring photo ID, SS card, proof of residence and income.
	Metro Christian Worship Center	3452 Potomac	314-772-8444 Ext. 135	3 <sup>rd</sup> Saturday 11:00 AM	Any zip code; Bring photo ID, Proof of residence, and SSN  <b>Must complete an application</b>
	Salvation Army Temple Corps	2740 Arsenal	314-771-3460	Monday 10:00 AM-12:00 PM Thursday 3:00 PM-5:00 PM	Any zip code in St. Louis City Bring photo ID, proof of residency, and IDs for entire family. Walk-in emergency food may be available
	St. Anthony of Padua Church*	3130 Meramec	314-352-1460	Mon, Thu 10:00 AM - 12:00 PM Wed 4:00 PM – 6:00 PM	63111, 63116, 63118 Bring photo ID & proof of residency
	St. Pius V Church	3310 S. Grand	314-772-1525	Tues 2:00 PM - 3:30 PM Sat 10:00 AM - 11:30 AM	Parish boundaries Bring photo ID and proof of residence. Emergency Assistance

63118	St. Wenceslaus Catholic Church	3014 Oregon	314-865-1020	3rd Mon, 9:30 AM - 11:30 AM	63118; Parish boundaries; Bring photo ID, proof of residence, SSN <b>Call for eligibility</b>
-------	--------------------------------	-------------	--------------	--------------------------------	--

\* indicates Society of St. Vincent de Paul Parish; to find nearest location visit <http://svdpstlouis.org> or call 211.

### North St. Louis

Zip Code	Name	Address	Phone Number	Hours of Operation	Zip Codes Served; Additional Comments
63101	St. Nicholas Church*	701 N. 18 <sup>th</sup>	314-231-2860	Monday 10:00-12:00 PM	63101, 63102, 63103, 63106, 63155; Service once a month; Bring proof of residence
63103	Central Baptist Church	2842 Washington	314-533-0747	Community Meal on Tuesdays 12:00 PM	Any zip code
	Third Baptist Church	620 N. Grand (corner of Grand & Washington)	314-533-7340	3rd Sat 8:00 AM -10:30 AM	Any zip code
63107	Key Life Enrichment Center	2917 Natural Bridge	314-704-5783	3 <sup>rd</sup> Tue 6:00 PM - 8:00 PM 2 <sup>nd</sup> Fri 10:00 AM – 2:00 PM	63107 <b>Will open in November</b> Call to confirm hours
	Our Lady of Perpetual Help Food Pantry	4335 Warne	314-535-9794	Tue, Thu, Sat 9:00 AM – 12:00 PM	63107; Bring photo ID; proof of residence; SSN
63108	Community Women Against Hardship	3963 W. Belle	314-289-7523	Monday 11:30 AM – 2:00 PM By appointment only	<u>Clients Only</u> ; Bring photo ID; <u>Referral required</u>
	Lane Tabernacle CME Church	910 N. Newstead	314-533-0534	2 <sup>nd</sup> & 4 <sup>th</sup> Thu, 10:00 AM – 12:00 PM	Any zip code;
	People's Community Action Corporation	5868 W. Florissant	314-862-6270	By appointment only	Emergency Assistance
	Second Presbyterian Church	4501 Westminster	314-367-0366	Sat 10:00 - 11:00 AM	Any zip code; bring photo ID
	Trinity Episcopal	600 N. Euclid	314-361-4655	Tue 1:30 PM -3:00 PM Thurs 4:00 PM-5:00 PM Sun Hot Lunch 2:00 PM-2:30 PM	Any zip code; What to bring: Head of household: SSN & photo ID Household members: SSN

Zip Code	Name	Address	Phone Number	Hours of Operation	Zip Codes Served; Additional Comments
63112	Grace U.M. Food Pantry	6199 Waterman	314-863-1992	Tue 9:45 AM- 11:45 AM	Any zip code, no income restrictions; Bring ID
	St. Paul AME Church	1260 Hamilton	314-385-8900	2nd & 4th Tue 9:30 AM – 12:00 PM	Any zip code; Bring ID and utility bill
63113	Urban League of Metro St. Louis	1408 N. Kingshighway	314-615-3600	Tue, Wed, Thurs 2:00 PM -4:00 PM	City Residents Bring photo ID; <u>Call to confirm hours.</u>
	Estell Ministries Food Pantry	3803 Page	314-602-8107	Thu, 10:30 AM-12:30 PM	Any zip code Emergency Food Call: 314-602-8107
	Salvation Army - Euclid	2618 N. Euclid	314-376-5121	By appointment only	63106, 63107, 63108, 63112, 63113, 63115, 63147; Bring proof of address
	Westside Missionary Baptist Church	4675 Page	314-535-9002	Thu 10:00AM-1:00 PM	Any zip code
63115	Memorial Blvd Christian Church	3000 N. Kingshighway	314-367-6817	Thu, 12:00 PM-2:00 PM Closed due to fire.	Any zip code; referral required. Pending repairs from fire.
	Wesley House	4507 Lee	314-385-1000	3rd Thu, 1-3:00 PM	St. Louis City Residents
63120	St. Matthews Pantry	5402 Wren	314-261-7765	2nd & 4th Wed, 9:00 AM-12:00PM	63120; bring ID showing zip code
63133	St. Augustine Wellston Center	1371 Hamilton	314-382-5187	Tues & Wed 9:00 AM – 12:00 PM	63112, 63133, 63120, 63120; bring photo ID & proof of residence
63147	Church of God at Baden	8375 N. Broadway	314-255-7530	2nd & 4th Sat, 9:30 AM-10:30 AM	Any zip code
	Circle of Light Food Pantry	8759 ANNETTA	Text number: 314-329-8594	1st & 2nd Sat, 10:00 AM-12:00 PM	Text for information

\* indicates Society of St. Vincent de Paul Parish; to find nearest location visit <http://svdpstlouis.org> or call 211.

**United Way Information & Referral:** Dial 2-1-1 or visit [www.211helps.org](http://www.211helps.org) to quickly and easily find non-emergency services in your area, including basic needs, physical and mental health resources, job programs, support for seniors and more. Now accessible via phone, online chat, self-service web directly, and mobile app.