



Food Banks & Other Resources

Everyone Deserves Food

Philadelphia has many resources for finding healthy food for free. This booklet includes a map of food banks in different regions across the city. Next to the map, you will find a list of addresses, food pick-up times, phone numbers, and requirements for each food bank.

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Food Bank Tips

1. Stay Home if You are Sick

Many food banks allow you to have a friend or family member pick up food for you, but call the food bank to confirm. Turn to the next page for information on free food delivery services in Philadelphia.

2. Bring Your Own Bags

Bring more bags than you think you will need, and make sure they are strong. Some food banks have bags, but they are often small and weak.

3. Wear a Mask and Gloves

Food banks are often crowded, making it hard to physical distance. Wear a mask and gloves, even if you are fully vaccinated. Wear double masks if you are not fully vaccinated.



4. Arrive Early

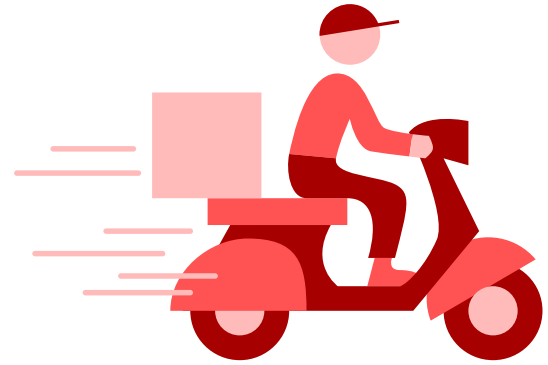
Many food banks close when they run out of food, so try to arrive as early as possible...at least ten minutes before pick-up-time if you can.

5. Call Food Bank Before Visiting

Food bank schedules and requirements change often. Please call the food bank before you visit to confirm when they are open, when the pickup time is, and any requirements they have.

Delivery Services

These services can deliver free food while you isolate and quarantine for COVID-19.



Masjidullah

- Delivers food on the 3rd Sunday of each month. Must call in advance to request delivery.
- Free Halal lunch available.
- Call 215-621-7800 to schedule a delivery and for more information.

Northwest Mutual Aid Collective

- Call 484-640-2892 to schedule a delivery and for more information.

OURChive Food Requests

- Delivers on Fridays.
- Schedule a pickup online at bit.ly/IHS-OURchive
- Call 267-399-3719 for more information.

MANNA

- Delivers meals to those who are facing life-threatening illnesses such as cancer, renal disease, and HIV/AIDS.
- Ask a medical professional to fax a referral form to (215) 496-9102.
- You can also refer yourself by calling (215) 496-2662, extension 5.

Share Food Program

- Delivers senior food boxes to those over the age of 60 and living below 150% of the poverty line. See page 11 for more information on senior food boxes.
- To sign up for senior food box delivery, call 215-223-2220, extension 122.

Northwest Philadelphia



Kitchen of Love

- 8500 Pickering St. 19150
- Food pickup:
 - Wed. through Fri., 8:30am-10am.
- Please bring your own bag.
- Phone: 215-868-4092
- Asistencia en español está disponible.

Upper Room Baptist Church

- 7236 Ogontz Ave. 19138
- Food pickup:
 - Mon. 10am, Tues. 9am, Wed. 8:30am, and Fri. 9am.
- The pantry closes when food runs out.
- Phone: 267-593-4989

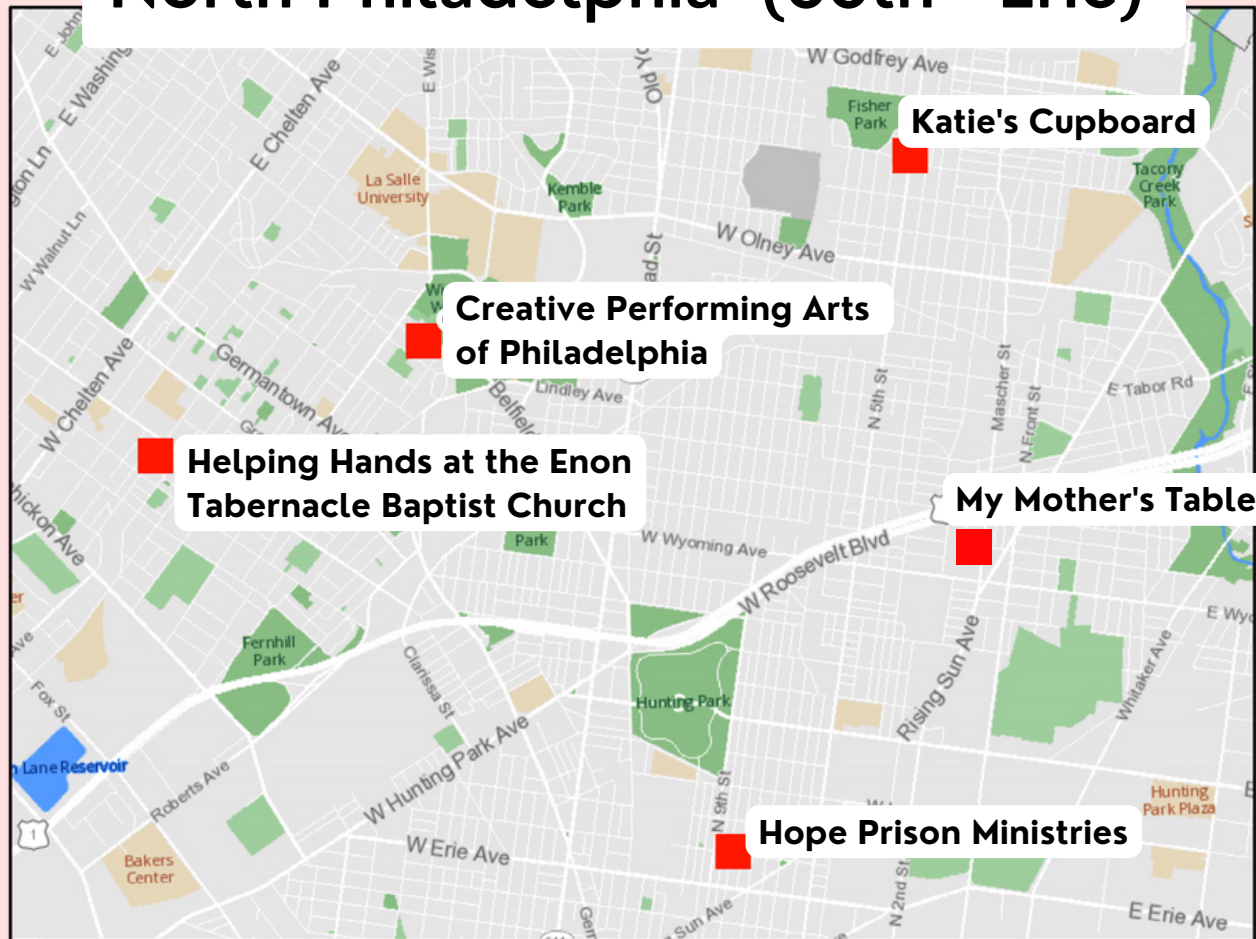
Annunciation Food Cupboard

- 324 Carpenter Lane. 19119
- Food pickup:
 - Tues. 11am – 2pm.
- Please bring photo ID or proof of residency.
- Must live in 19118, 19119, 19138, or 19150.
- Phone: 267-230-2676

Saint Benedict

- 1940 E Cheltenham Ave. 19138
- Food pickup:
 - Mon. and Fri. 10am-11:30am.
- Phone: 215-548-2700

North Philadelphia (66th - Erie)



Katie's Cupboard

- 5900 N 5th St. 19120
- Food pickup:
 - Wed. 9am-12pm.
- Available once every four weeks per guest.
- Please bring photo ID or proof of residency.
- Phone: 215-424-4800

Creative Performing Arts Center of Philadelphia

- 4954 Rubicam St. 19144
- Food pickup:
 - Thurs. 3pm, Fri 10am-4pm
 - Every other Mon. 11:30am-4pm.
- Please bring photo ID and bags.
- Phone: 215-626-1314

Helping Hands

- 226 W. Coulter St. 19144
- Food pickup:
 - Mon. through Thurs. 10am-12pm.
- Phone: 215-276-7200, ext. 3039

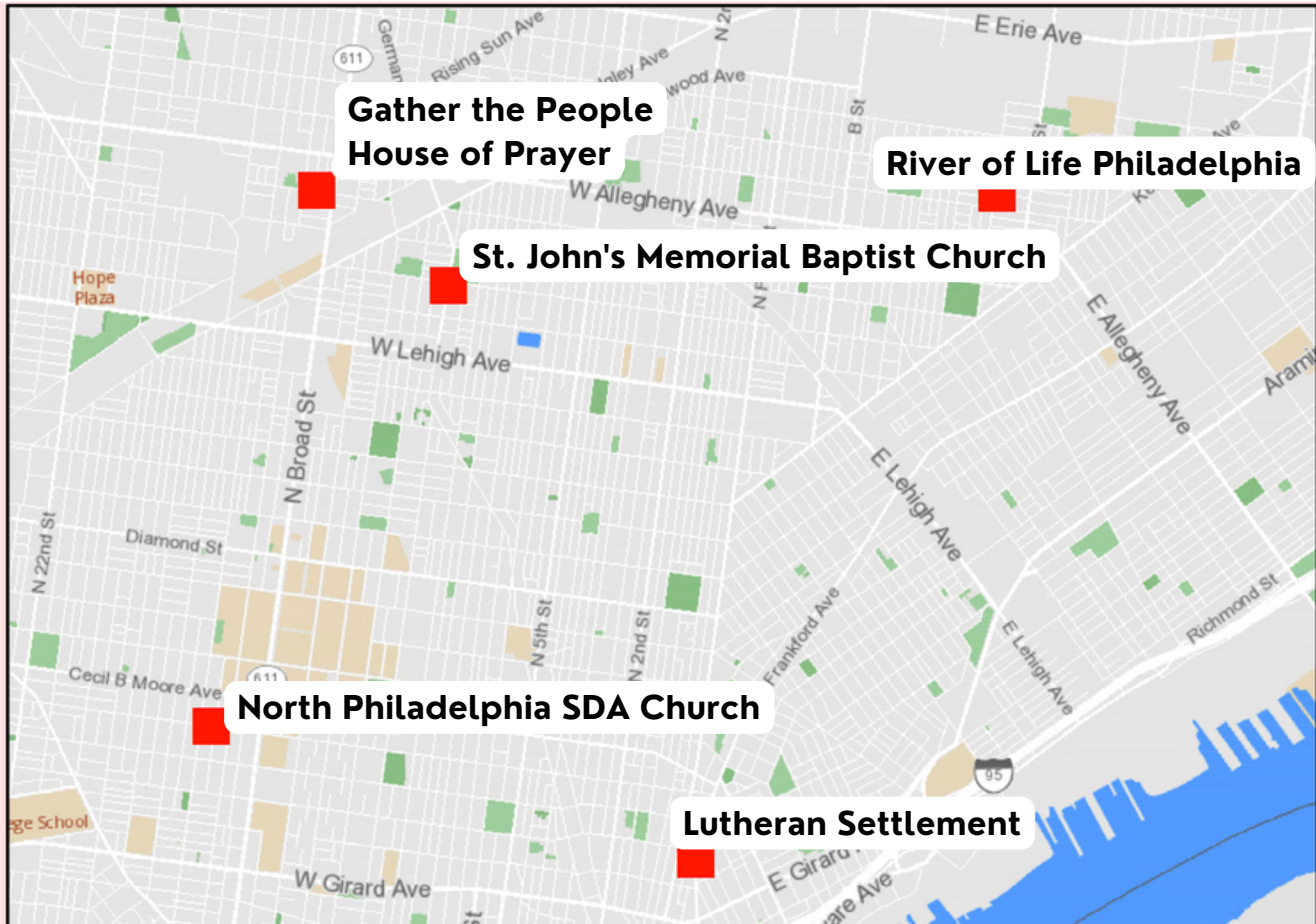
My Mother's Table

- 4740 Masher St. 19120
- Food pickup:
 - Tues. of each month 10am-1pm.
- Phone: 267-251-9354
- Asistencia en español está disponible.

Hope Prison Ministries

- 735 W. Butler St. 19140
- Food pickup:
 - Mon. and Fri. 11am-2pm.
- Please bring photo ID and bags.
- Phone: 267-446-5749
- Asistencia en español está disponible.

North Philadelphia (Erie - Spring Garden)



Gather the People House of Prayer

- 1429 W Clearfield St. 19132
- Food pickup:
 - Tues. 11am-3pm.
- Phone: 267-300-2397

River of Life Philadelphia

- 701 E Cornwall St. 19134
- Food pickup:
 - First and third Tues. each month 11am-1p.
- Photo ID required.
- Phone: 267-639-0314
- Asistencia en español está disponible.

Saint John's Memorial Baptist Church

- 2853 Germantown Ave. 19133
- Food pickup:
 - Mon. 8am-12pm
 - Weds. 1pm-2pm,
 - Fri. 8am-12pm.
- Phone: 267-288-7805
- Asistencia en español está disponible.

North Philadelphia SDA Church

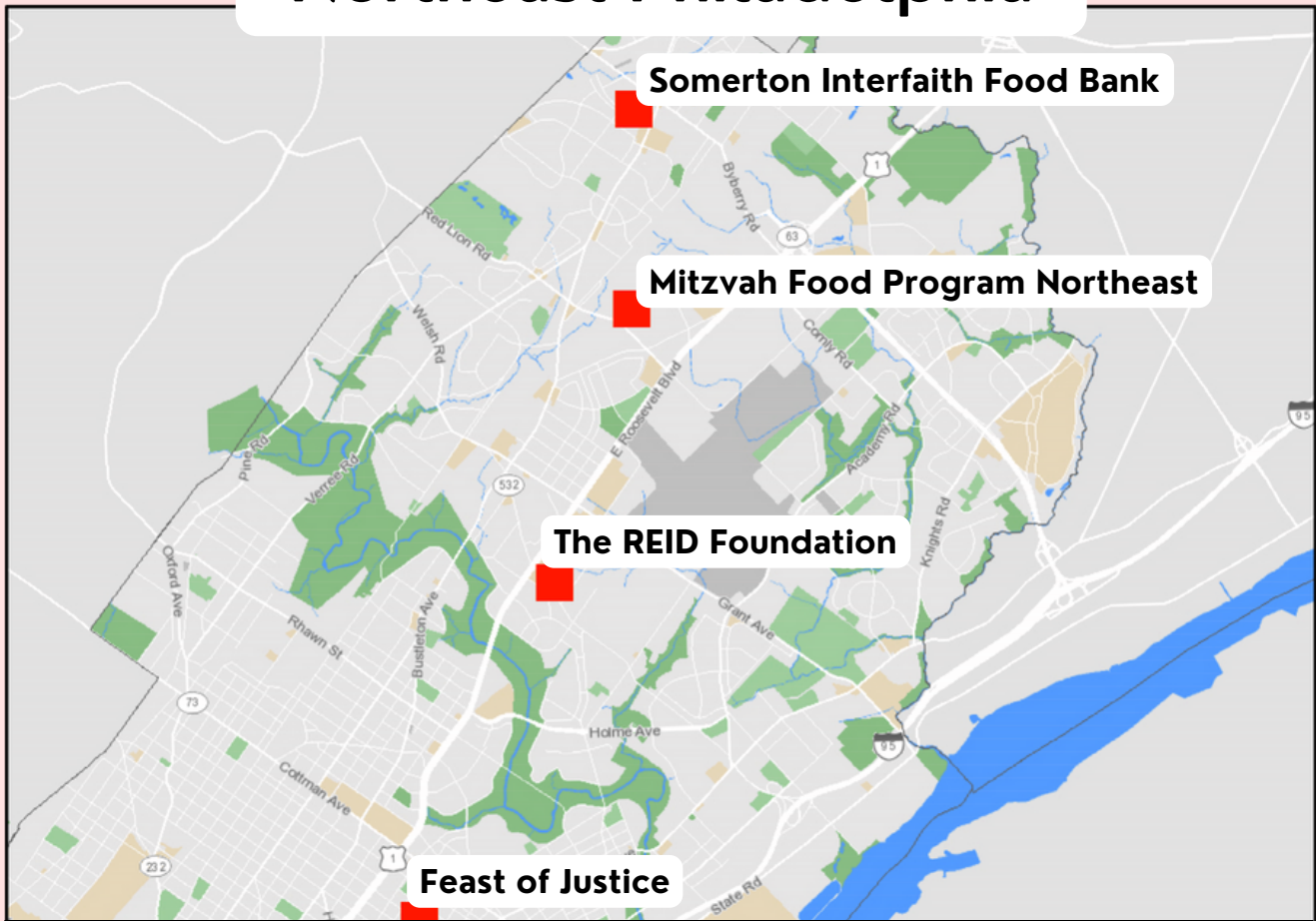
- 2853 Germantown Ave. 19121
- Food pickup:
 - Tues. 9am-12pm.
- Photo ID Required.
- Must live in Philadelphia county.
- Phone: 215-235-1001 for more information.

Lutheran Settlement

- 1340 Frankford Ave. 19125
- Food pickup:
 - Mon. through Fri. 9am-3pm.
- Phone: 215-246-8610, extension 1204
- Asistencia en español está disponible.

Northeast Philadelphia

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Somerton Interfaith Food Bank

- 510 Somerton Ave. 19116
- Food pickup:
 - Mon. and Wed. 9:30am-12pm.
- Once every two weeks per guest.
- Photo ID required.
- Phone: 215-673-1117

Mitzvah Food Program Northeast

- 10100 Jamison Ave. 19116
- Food pickup:
 - Tues. 1pm-630pm
 - Wed. and Thurs. 10am-4pm
 - Fri. 10am-1pm.
- Phone: 215-832-0509
- По средам и четвергам доступна поддержка на русском языке.

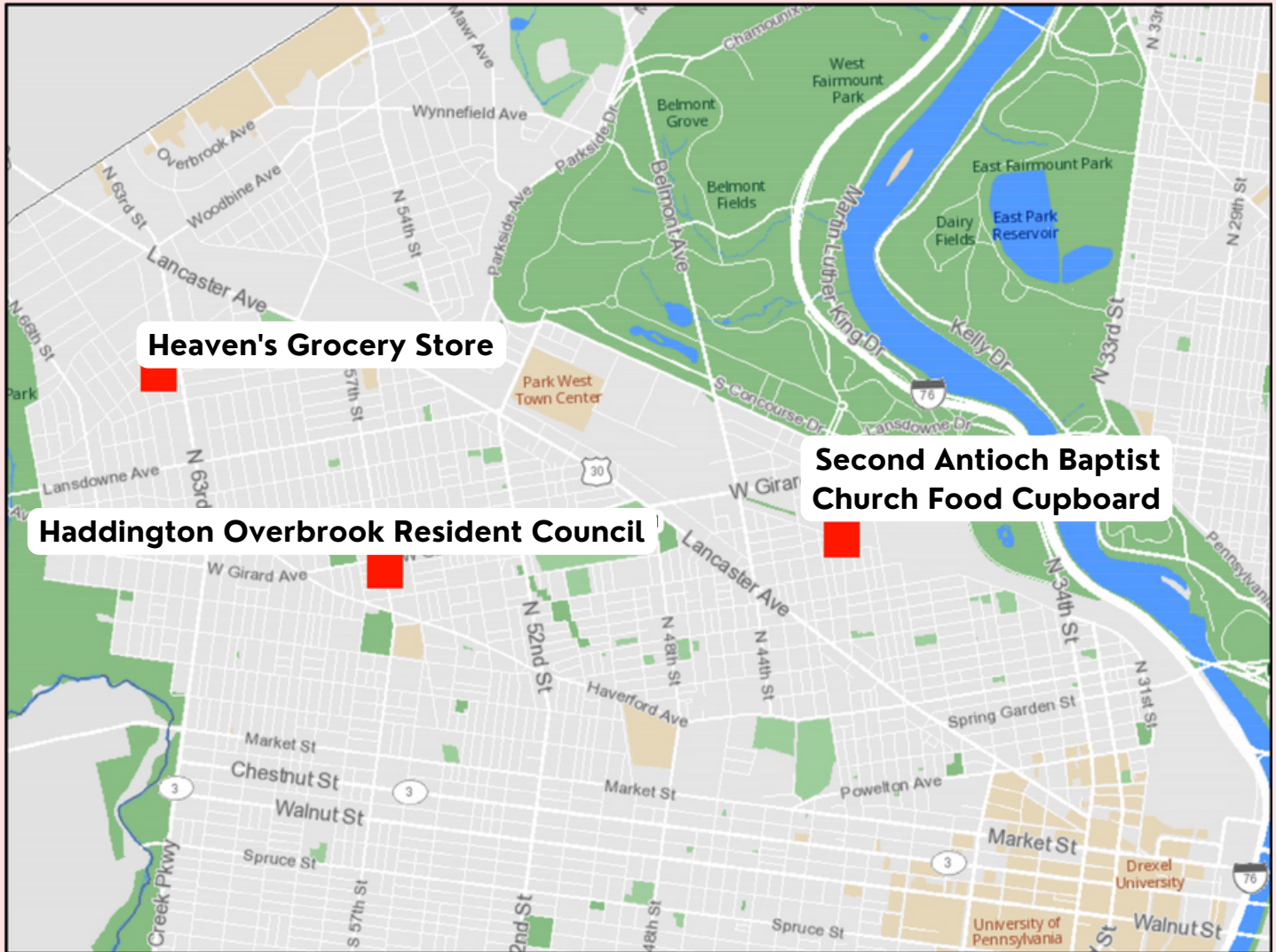
The REID Foundation

- 9150 Marshall St. Suite 11. 19114
- Food pickup:
 - Wed. 9am.
 - Pickup on other days if you call in advance.
- Phone: 484-684-9867

Feast of Justice

- 3103 Tyson Ave. 19149
- Must be Feast of Justice member to pick up food.
- To register call or visit:
 - feastofjustice.org/registration,
- Phone: 215-268-3510 extension 4.
- Food pickup by appointment
 - Tues. 9am-11am
 - Wed. 4pm-7pm
 - Sat. 11am-12:30pm.
- Food pickup without appointment
 - Tues. 11am-12pm
 - Sat. 1pm - 4pm.

West Philadelphia



Heaven's Grocery Store

Haddington Overbrook Resident Council

Second Antioch Baptist Church Food Cupboard

Heaven's Grocery Store

- 19101 Wynnewood Rd. 19151
- Food pickup:
 - Last Wed. of month 9am-11:30am.
- This food bank provides bags.
- Call 215-879-8190 for more information.

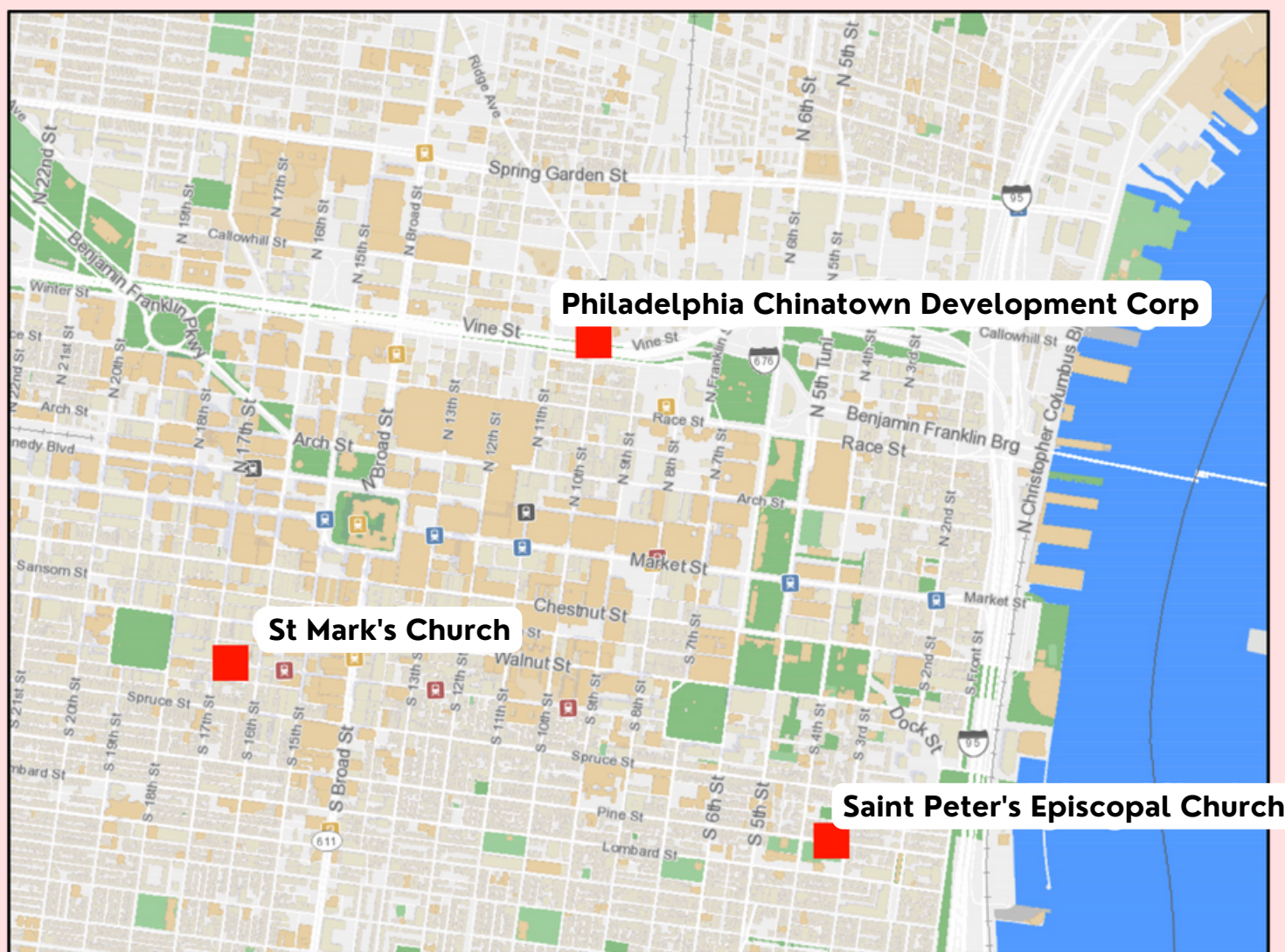
Haddington Overbrook Resident Council

- 648 N 57th St. 19131
- Food pickup:
 - Sat. 10am-1pm.
- Call 267-319-2223 to schedule an emergency pickup or for more information.

Second Antioch Baptist Church Food Cupboard

- 912 N 41st St. 19104
- Food pickup:
 - Mon. 11am-12pm
 - Wed. 12pm-2pm
 - Sat. 9am-11pm.
- This food bank provides bags.
- Call 215-387-6774 for more information.

Center City



Philadelphia Chinatown Development Center

- 1001 Vine St. 19107
- Food pickup:
 - Fri. 11am-2pm.
- Call 215-922-2156 for more information.
- Assistance in Cantonese and Mandarin available.

Saint Mark's Church

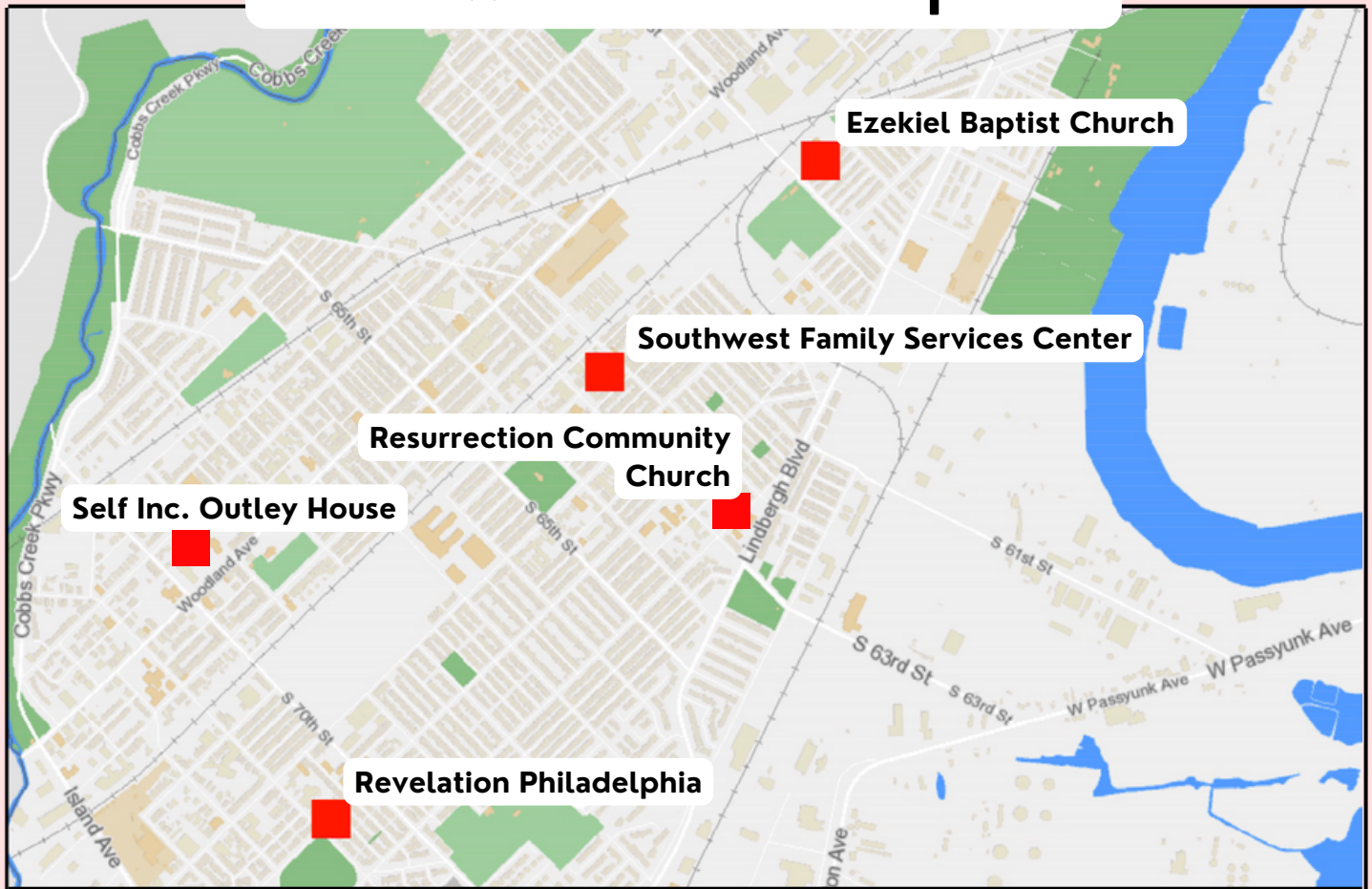
- 1625 Locust St. 19103
- Food pickup:
 - Tues. through Fri. from 9:30am-11am.
- Call 215-635-1416 for more information.

Saint Peter's Episcopal Church

- 313 Pine St. 19106
- Food pickup:
 - Sat. 8am-10am.
- Call 215-925-5968 for more information.

Southwest Philadelphia

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Ezekiel Baptist Church

- 5701 Grays Ave. 19143
- Food pickup:
 - Thurs. 8am-11am.
- Photo ID required.
- Phone: 215-727-2663.

Southwest Family Services Center

- 6214 Grays Ave. 19142
- Food pickup:
 - Wed. and Fri. 10am-12pm
- Guests may pick up once a week.
- Photo ID required.
- Phone: 215-724-8550.
- Asistencia en español está disponible.

Resurrection Community Church

- 6200 Dicks Ave. 19142
- Food pickup:
 - Wed. 10am-2:30pm
- Phone: 215-724-0822.

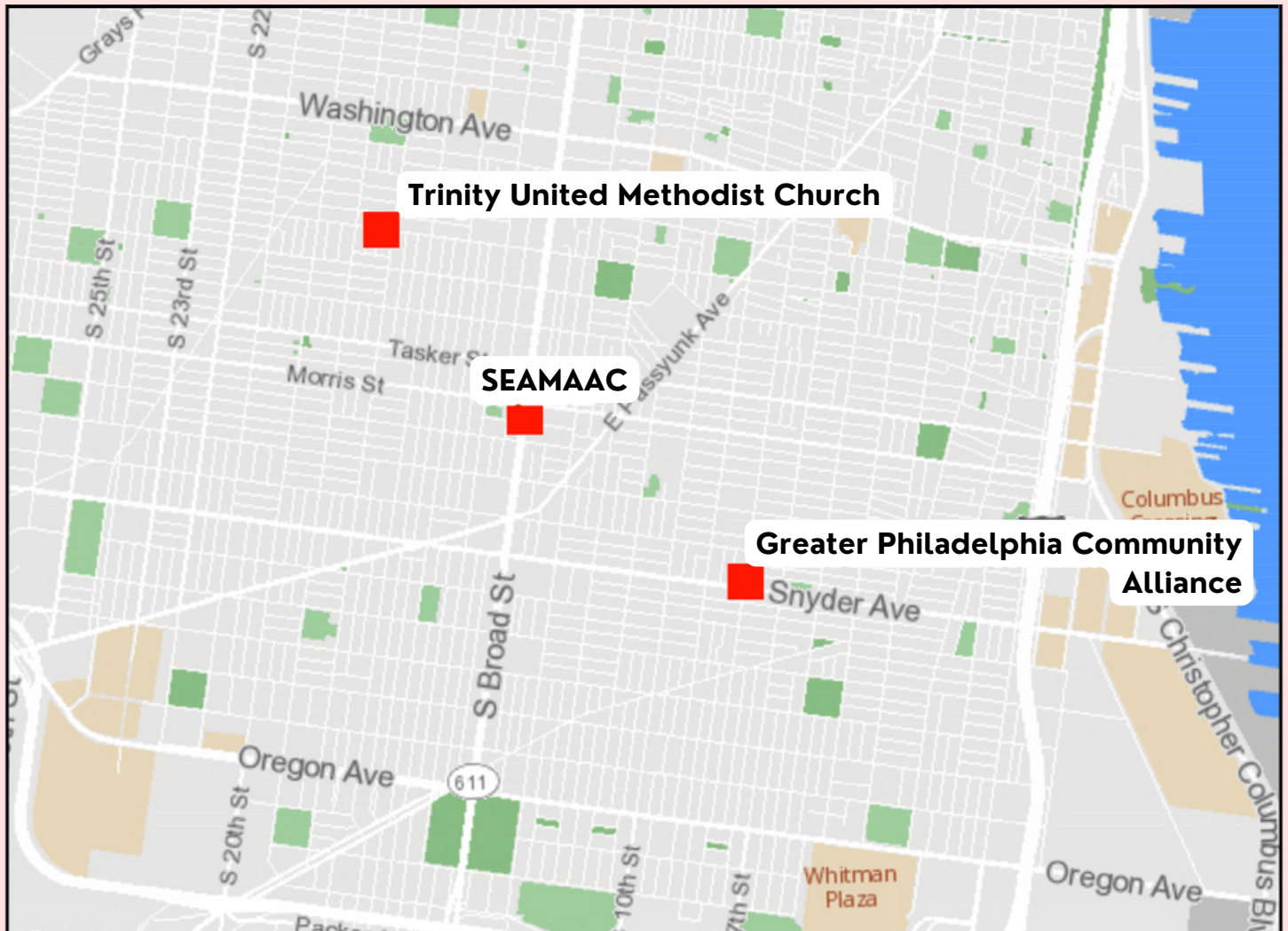
Self Inc. Outley House

- 6901 Woodland Ave. 19142
- Food Pickup:
 - 2nd and 4th Tues 3pm-5pm
 - Emergency pickup Mon - Fri from 10am-2pm
 - Postpones to the next day for bad weather.
- Phone: 215-724-8355 extension 377

Revelation Philadelphia

- 7047 Buist Ave. 19142
- Food pickup:
 - Sat. from 10am-4pm.
 - Call to schedule an emergency pickup.
- Phone: 267-901-5293

South Philadelphia



Trinity United Methodist Church

- 1814 Wharton St. 19146
- Food pickup:
 - 3rd Sat. of month 8:30am-11:30am.
- Phone: 215-468-1999.

SEAMAAC

- 1711 South Broad St. 19148
- Food pickup:
 - Mon. and Tues. from 10am-2pm.
- Please bring photo ID.
- Phone: 215-467-0690.
- Asistencia en español está disponible.

Greater Philadelphia Community Alliance

- 2029 S 8th St. 19148
- TEMPORARILY CLOSED AS OF 6 JUNE 2022. Call in advance to see if the food bank has reopened.
- Once every two months per guest.
- Photo ID and social security card are required for each household member.
- Phone: 215-468-1645, extension 7200.

The Supplemental Nutrition Assistance Program (SNAP) provides monthly funds for those under a certain monthly income level for buying groceries.

To apply, visit bit.ly/IHS-SNAP, or visit your local county assistance office. Call 1-800-692-7462 for questions (1-800-451-5886 for individuals with hearing impairments).



If you need help applying for SNAP, call **The SNAP Hotline** at 215-430-0556, available Monday through Friday from 9am to 4pm. An experienced counselor from the Coalition Against Hunger will help you with the SNAP application process.

Resources Connects offers resources to help with food, utilities, transportation and more at communityresourceconnects.org

BenePhilly offers one-on-one help for finding and applying for public benefits for food, taxes, utilities, college, and health benefits. A counselor will help you fill out applications and follow up on the status of your applications. Call (844) 848-4376 to begin service.

Senior Food Box provides a monthly box of nutrition-packed food that help older adults meet their daily nutrition recommendations.

- Applicants must be aged 60 years or older and live under 130% of the poverty line.
- To apply, call (800) 468-2433.
- To apply online:
 - Go to bit.ly/IHS-Help-WIC
 - Fill out the form, save it as a PDF, and email it to srfoodbox@pa.gov with the subject line: **SENIOR FOOD BOX APPLICATION**
- You can also apply through the Share Food Program.
 - Call 215-223-2220 extension 122.



The **Special Supplemental Nutrition Program for Women, Infants, and Children (or WIC)** offers food assistance and nutrition education to:

- Pregnant women
- Breastfeeding women, for up to one year postpartum
- Women up to six months postpartum, who are not breastfeeding
- Infants and Children under 5 years old, including foster children

Eligibility is based on income, household size, and medical risk. Schedule an appointment to apply by calling 1-800-WIC-WINS (1-800-942-9467) or by visiting: **bit.ly/IHS-Help-WIC**