Monroe County Food Assistance Programs

Food Pantries - Regional (Income Guidelines & Residential Restrictions Apply for Regional Pantries)

BUSHKILL OUTREACH - Food Pantry - NEW LOCATION
Lehman Township Community Park, 168 Lehman Park Rd, Bushkill, PA 18324 (Located off of Winona Falls Road)
Phone: 570-588-0660
Office Hours: Tuesday - Thursday 9:00am-Noon (Call for appointment)
Eligibility: Residents of Lehman & Middle Smithfield Townships. Income guidelines apply. ID/Proof of residence required.

CHRISTIAN AWARENESS MINISTRIES ECUMENICAL (C.A.M.E.) - Food Pantry
Route 447, High Acres Park, Canadensis, PA 18325
Phone: 570-595-9141
Pantry Hours: Mondays 8:30am-Noon (Other hours by appointment)

PLEASANT VALLEY ECUMENICAL NETWORK - Food Pantry
2334 Rt. 209, Sciota, PA 18354
Phone: 570-992-3136
UPDATE: Drive thru distribution, call for appointment
Pantry Hours: 1st, 2nd, 3rd, 4th Tuesdays & 2nd Saturday per month
Eligibility: West End Residents - Hamilton, Pocono, Stroudsburg, Delaware, and Tunkhannock townships. Income guidelines apply - ID/Proof of residence required. Client must make an appointment no later than noon the day before distribution.

POCONO MOUNTAIN ECUMENICAL HUNGER MINISTRY - Food Pantry
Basement of Coolbaugh Municipal Building, 5570 Municipal Drive/Route 611, Tobyhanna, PA 18466
Phone: (570) 894-2072
Pantry Hours: 1st Wednesday & 1st Saturday of the month 9:00am-Noon
Eligibility: Residents of Pocono Township, Borough of Mt. Pocono, Coolbaugh Township, and parts of Paradise and Tobyhanna Townships. Income guidelines apply – ID/Proof of residence required.

SALVATION ARMY - Food Pantry
226 Washington Street, East Stroudsburg, PA 18301 Drive Thru
Phone: 570-421-3050
Pantry Hours: 4th Thursday of the month, 9:30am-11:30am (Must register on website or call in advance)
Eligibility: Residents of Smithfield and Stroud Townships, Boroughs of East Stroudsburg, Stroudsburg, Delaware Water Gap and parts of Pocono Township. Income guidelines apply – ID/Proof of residence required.

TOP OF THE MOUNTAIN ECUMENICAL NETWORK at Five Loaf House – Food Pantry
133 Firehouse Road, Pocono Pines, PA 18350
Phone: (570) 646-7456 or 570-646-9181
Currently drive thru distribution
Pantry Hours: Day: 2nd Monday 8:30am-11am, 12pm-2pm & Tuesday following the 2nd Monday 8:30am-11am
Supplemental Food Programs

SEED OF FAITH MINISTRY
1087 Scenic Drive/Route 534, Kunkletown, PA 18058
Phone: 610-951-4303 – Drive thru – stay in car
Hours: 1st & 3rd Monday 9:30-11am Bring own bags
Eligibility: For residents of Saylorsburg, West End and Albrightsville only. Income guidelines apply. ID & proof of residence required.

SWIFTWATER FOOD PANTRY
Eglise Evangelique De La Renaissance Church
129 Lower Swiftwater Road, Swiftwater, PA 18370
Phone: 570-895-2344 – Drive thru
Hours: Tuesdays & Thursdays 9am-11am
Saturdays 9am–12pm
Eligibility: Proof of residence required.

LIGHTHOUSE FULL GOSPEL CHURCH OF GOD
700 Hammond Lane, Stroudsburg, PA 18360
Phone: 570-420-8196 Must wear mask
Hours: 1st & 3rd Tuesday of month 4pm-6pm
Eligibility: All are welcome. PA ID required.

ST. PAUL’S LUTHERAN CHURCH OF SMITHFIELD
139 Craig's Meadow Rd., East Stroudsburg, PA 18301
Phone: 570-223-9422 - Drive thru
Hours: 1st & 3rd Thursday 9:30am–Noon
Eligibility: Monroe County residents.

PASSION FOR CHRIST CHURCH
1087 Scenic Drive/Route 534, Kunkletown, PA 18058
Phone: 610-3663/570-3663
Hours: Currently emergency food only - call
Eligibility: Monroe & Pike Residents. ID & proof of residency required. Income guidelines apply.

WEST END FOOD PANTRY
178 Merwinsburg Road, Effort, PA 18330
Phone: 570-629-1890 – pick up outside the building
Pantry Hours: 2nd and 4th Saturday 10am–Noon
Eligibility: Residents of West End & nearby towns

COMMON GROUND MINISTRIES
Desaki Restaurant 2054 Rte. 611, Swiftwater, PA 18370
Phone: 570-801-2699
Hours: 4th Sunday of month 1pm-2:30pm (No appt necessary) Emergency food also available by appointment.
Eligibility: Monroe County residents. Valid PA ID.
Community Meals (All individuals served)

**SALVATION ARMY**
226 Washington Street, East Stroudsburg, PA, 18301
Phone: 570-421-3050 – 3-day supply of breakfast & lunch. Hours: **Monday, Wednesday, Friday** 10am – Noon

**EAST STROUDSBURG UNITED METHODIST**
83 South Courtland Street, East Stroudsburg, PA 18301
Phone: 570-421-3280 *(Use back entrance of church)*
Hours: **Monday-Friday** at 4:30pm take-out meal

**PLEASANT VALLEY ASSEMBLY OF GOD**
1086 Weir Lake Rd, Brodheadsville, PA 18322
Phone: 570-992-6799 – Take out meal
Hours: **Mondays** 3:00-5:00pm *(Except if schools are closed)*

**STROUDSBURG ALLIANCE CHURCH**
36 North 3rd Street, Stroudsburg, PA 18360
Phone: 570-424-8722 – Take-out meal
Hours: **Wednesdays** 4:00-5:30pm

**CHRISTIAN LIFE ASSEMBLY – NEHEMIAH CENTER**
2209 West Main St, Stroudsburg, PA 18360
Phone: 570-424-1179 – **Currently Inactive**
Hours: **Wednesdays** 6:15-6:45pm

**ST. PAUL’S LUTHERAN CHURCH TANNERSVILLE**
158 Fish Hill Road, Tannersville, PA 18372
Phone: 570-629-1992 – **Currently Inactive**
Hours: **3rd Wednesday** of month 4:30-6:30pm

**ZION UNITED LUTHERAN CHURCH**
1919 Route 209, Brodheadsville, PA 18322
Phone: 570-992-6988 – **5-6 pm drive thru**
Hours: **3rd Wednesday** of month 5:00-6:00pm

**WEST END MISSIONS (at Queen of Peace Church)**
1402 Route 209, Gilbert, PA 18331
Phone: 610-681-6137 **Currently Inactive**
Hours: **2nd & 4th Thursday** 4:30-5:30pm

**REFORMED CHURCH OF BUSHKILL**
5969 Milford Road, East Stroudsburg, PA 18302
Phone: 570-588-6773
Hours: **Thursdays** 5:00-6:30pm **currently inactive**

**STROUDSBURG WESLEYAN CHURCH**
915 N. 5th St., Stroudsburg, PA 18360
Phone: 570-421-0750 *(pantry follows meal)*
Hours: **Currently Inactive**

**HOLY TRINITY ORTHODOX CHURCH**
1501 Trinity Court, Stroudsburg, PA 18360
Phone: 570-763-8050 **Drive thru**
Hours: **2nd Friday** of the month 5pm
Hours: **Last Saturday** of each month 10am

**HOLY CROSS GREEK ORTHODOX CHURCH**
135 Stokes Avenue, Stroudsburg, PA 18360
Phone: 570-421-5734 – Take-out at the door
Hours: **4th & 5th Fridays** of the month 4:45-6pm

**LIVING HOPE BAPTIST CHURCH (Cherry Lane UMC)**
4326 Cherry LN Church Rd., Tannersville PA 18372
Phone: 570-839-5900 **Currently Inactive**
Hours: **1st Sunday** of month 2:00pm

**OUR LADY QUEEN OF PEACE CHURCH**
1402 Route 209, Gilbert, PA 18331
Phone: 610-681-6137 – Take out – stay in car
Hours: **2nd & 4th Sunday** of month 3pm-4pm

**CHRIST HAMILTON UNITED LUTHERAN CHURCH**
419 Bossardsville Rd. Stroudsburg, PA 18360
Phone: 570-992-4085 – **Currently Inactive**
Hours: **3rd Sunday** of month 4:30-5:30pm in Lighthouse

**STROUDSBURG UNITED METHODIST CHURCH**
547 Main Street, Stroudsburg, PA 18360
Phone 570-421-6020 *(Use the back entrance of church)*
Hours: **Sundays** 2:30-4:30pm Take-out

**MADY’S KITCHEN at ST. JOHN’S CATHOLIC CHURCH**
5171 Milford Road, East Stroudsburg, PA 18302
Phone: 570-223-9144 Call to be sure it is open
Hours: **Last Sunday** of month 4-6pm **Drive Thru**

**SEVENTH DAY ADVENTIST**
2023 West Main St, Stroudsburg, PA 18360
Phone: 570-476-0039
Hours: **4th Sunday** of month 1-3pm **Currently Inactive**
Other Food Assistance Programs

SHAWNEE INN – Community Outreach Dinner (Seasonal)
100 Shawnee Inn Dr., Delaware Room, Shawnee-on-Delaware, PA 18356
Phone: 570-424-4000 Time: 5:00-6:30pm (Available November-March)
(Transportation from American Ribbon parking lot, 827B Ann St. Stroudsburg. 4:30-4:45)

INNOVATION CHURCH COMMUNITY DINNER (Seasonal)
6048 Paradise Valley Rd/Rte. 940, Cresco, PA
Phone: 570-595-2000 ext.116 (currently inactive)
Eligibility: All families or individuals in need

THE OASIS OF LOVE, INC. – Emergency Food Pantry
814 Monroe Street - Suite 101, Stroudsburg, PA 18360
Phone: 570-972-0838
Pantry Hours: By Appointment Only (ID Required)
Eligibility: Based on individual emergency and need.

MONROE COUNTY MEALS ON WHEELS – Home Meal Delivery
901 Polk Valley Rd, Stroudsburg, PA 18360
Phone: 570-424-8794
Supplies and delivers nutritious meals to the home-bound who are physically or mentally unable to shop for and/or prepare meals for themselves. Call to apply for program.
Eligibility: Client fees are on a sliding scale, based on the client's ability to pay. SNAP/Food stamps are an acceptable form of payment.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) – FOOD STAMPS
1972 West Main Street, Stroudsburg, PA, 18360 (Monroe County Assistance Office)
Phone: 570-424-3030 ~ Toll Free: 1-877-905-1495
Apply online: www.compass.state.pa.us

WOMEN, INFANTS & CHILDREN (W.I.C.)
East Stroudsburg: 570-424-8784
Tobyhanna: 570-839-5901
Toll Free: 1-800-WIC-WINS (1-800-942-9467)

Monroe County's Information & Referral Line
Dial 570-517-3954
Email: info@poconoinfo.org
Or search online at: www.PoconoInfo.org