

Southern 7 Counties Food Pantry List

Alexander, Hardin, Johnson, Massac, Pope, Pulaski, & Union Counties

Information is subject to change.

Last updated: 04/12/2022

If you have updates/revisions that need to be made, please contact Toni Kay Wright at tkwright@illinois.edu

Alexander County	<p><u>Arrowleaf Client Choice Food Pantry</u> 1401 Washington Ave. Cairo, IL 62914 (618) 734-2665 (Contact: Sherrie Crabb) info@myarrowleaf.org</p>	<ul style="list-style-type: none"> • Monday – Friday 8:30 am – 4:30 pm • Closed state and federal holidays • 1 visit per household per month • Alexander & Pulaski counties are primary focus; Hardin, Johnson, Pope, Massac, and Union counties are secondary focus
	<p><u>Daystar Community Program</u> 909 Washington Ave. Cairo, IL 62914 (618) 734-0178 (Contact: Sherry Miller, Amy Conaway) daystarcommunityprogram@gmail.com</p>	<ul style="list-style-type: none"> • Monday, Tuesday, Thursday and Friday 9:30 am – 1:00 pm • Outreach, rent assistance, help with health care bills, food pantry
	<p><u>The Kitchen Table (Soup Kitchen)</u> 1001 Washington Ave. Cairo, IL 62914 (618) 734-0178 or (618) 734-9441 (Contact: Sherry Miller) daystarcommunityprogram@gmail.com</p>	<ul style="list-style-type: none"> • Tuesday, Wednesday, Thursday, Friday 11:30 am – 1:00 pm • Soup kitchen
	<p><u>God’s House of Blessings Food Pantry</u> Route 3 MCClure, IL 62957 (573) 270-4608 (Contact: Jamie and Jessica Meyers) momof3ts2015@gmail.com</p>	<ul style="list-style-type: none"> • Tuesday, Wednesday, Thursday, Friday 11:30 am – 1:00 pm • Soup kitchen, mobile food pantry, veteran’s program
	<p><u>Thebes Food Pantry</u> 413 6th St Thebes, IL 62990 (618) 764-2658 (Contact: Charlotte Woolfe and Stormy Easton) villageofthebes@yahoo.com</p>	<ul style="list-style-type: none"> • 2nd Wednesday of the month – 10:00 am – 2:00 pm
	<p><u>Shawnee Development Council Food Pantry</u> 147 N Main St. Elizabethtown, IL 62931 (618) 287-7071 (Contact: Kara Taber) kara.t@shawneedevelopment.org</p>	<ul style="list-style-type: none"> • Wednesday 9:30 am – 11:30 am & 12:30 pm - 2:30 pm
Hardin County		

Johnson County	<p><u>Goreville Ministerial Alliance</u> 114 S. Broadway St. Goreville, IL 62939 (618) 995-9360</p>	<ul style="list-style-type: none"> • By appointment only • Serves Village of Goreville area • Must fill out forms
	<p><u>Salvation Army (Marion)</u> 906 Tower Square Plaza, Suite A Marion, IL 62959 (618) 997-9355 (Contact: Cami Horn) camilla.horn@usc.salvationarmy.org</p>	<ul style="list-style-type: none"> • Serves Johnson and Williamson County • Wednesday and Friday 9:00am – 11:30am • Photo ID and proof of residency needed
	<p><u>The Table – Shawnee Worship Center</u> 98 Oliver St Vienna, IL 62995 (309) 433-7867 Contact: Casey Pollard, Pastor pastor.swc20@gmail.com</p>	<ul style="list-style-type: none"> • 3rd Saturday of the month 11:00 am
	<p><u>Vienna First Baptist Food Pantry</u> 301 N 7th St. Vienna, IL 62995 (618) 658-3741 Contact: Travis Wilson vbc301@gmail.com</p>	<ul style="list-style-type: none"> • 3rd Saturday of the month 9:00 am – 11:00 am • Serves Johnson County • Photo ID needed, proof of income & family size
Massac County	<p><u>COPE Food Pantry</u> 1017 N Ave Metropolis, IL 62960 (618) 524-3635 (Contact: Bob Lingle or Gene Tilker) barnes4240@yahoo.com</p>	<ul style="list-style-type: none"> • Monday, Wednesday, Friday 9:00 am – 3:00 pm • Must meet income guidelines for senior box program • Photo ID & proof of residency • Serves Massac County
	<p><u>Feed My Lambs Ministry</u> Grace Church 102 E 20th St Metropolis, IL 62960 (618) 309-2427 or (618) 309-2562 (Contact: Pat Davis) patdavis789@yahoo.com</p>	<ul style="list-style-type: none"> • Saturday 10:00 am – 3:00 pm
	<p><u>Lighthouse Assembly of God</u> 670 Airport Rd. Metropolis, IL 62960 (618) 524-2256</p>	<ul style="list-style-type: none"> • 2nd and 4th Tuesday evenings 6:00 pm - 7:30 pm • Must fill out form with current address, phone number, and number in household • Sign waiver
Pope County	<p><u>Shawnee Development Council Food Pantry</u> 212 Decatur St. Golconda, IL 62938 (618) 683-2107</p>	<ul style="list-style-type: none"> • Tuesdays 9:30 am - 12:30 pm

Pulaski County	<p><u>Bethel Temple Evangelist Ministry</u> 424 N Front St Mounds, IL 62964 (618) 306-0074 (Contact: Naomi Whitaker) Nomie.whitaker@yahoo.com</p>	<ul style="list-style-type: none"> • Saturday after the 2nd Thursday of each month • 10:00 am – 2:00 pm • Need photo ID
	<p><u>Bibleway Food Pantry</u> 460 N Chestnut St Pulaski, IL 62976 (618) 967-2565 (Contact: Roy Johnson)</p>	<ul style="list-style-type: none"> • 2nd Saturday of each month • 10:00 am – 2:00 pm • Need photo ID
	<p><u>Caledonia Community Church Food Pantry</u> 10076 US Highway 37 Olmstead, IL 62970 (618) 638-7464 (Contact: Tammy Wilson) tammyswilson29@aol.com</p>	<ul style="list-style-type: none"> • Second Monday of each month • 10:00 am – 2:00 pm
	<p><u>First Baptist Church of Karnak</u> 309 E Main St. Karnak, IL 62956 (618) 638-4676 (Contact: Brenda Crockett)</p>	<ul style="list-style-type: none"> • First and Third Wednesday • 2:00 pm – 4:00 pm
	<p><u>St. John Praise and Worship Center</u> 371 N Chestnut St Pulaski, IL 62976 (618) 967-7625 (Contact: Pastor Larry Barnett) larry.barnett@excite.com</p>	
Union County	<p><u>Anna 1st Baptist Church Food Pantry</u> 409 Morgan St. Anna, IL 62906 (618) 833-5416 (Contact: Pam Fisher)</p>	<ul style="list-style-type: none"> • Must call the church • Need name, address, telephone number, number of people in household • Food delivered based on availability
	<p><u>Loaves and Fishes - Anna United Methodist Church</u> 111 W. Monroe St. Anna, IL 62906 (618) 833-2234 (Contact: Christ Foster) cafrope@nwcable.net</p>	<ul style="list-style-type: none"> • Every 3rd Tuesday 5:00 pm - 6:30 pm
	<p><u>Bethany Village Food Pantry</u> 414 E. Davie St. Anna, IL 62906 (618) 833-1777 (Contact: Bob Braddock) bethanyvillageinc@gmail.com</p>	<ul style="list-style-type: none"> • Tuesday, Wednesday, Thursday 9:00 am – 4:00 pm, closed for lunch 12 – 1:00 pm and on Wednesday 12:00 – 2:00 pm • No Restrictions • Valid ID • Mail with address required

	<p><u>Cobden School PTO Food Pantry</u> 413 N Appleknocker St Cobden, IL 62920 (618) 697-1794 (Contact: Angie Gearhart) a.gearhart@cusd17.com</p>	<ul style="list-style-type: none"> • Food pantry located in portable gray & white building against the back wall of the elementary school • Saturday and Sunday 9am – 5pm • Open to community members living within the Cobden School District boundaries
	<p><u>Dongola 1st Baptist Church Food Pantry</u> 203 E. Cross St. Dongola, IL 62926 (618) 827-4391 (Contact: Ernest Rider) admin@dongolafirst.com</p>	<ul style="list-style-type: none"> • 1st & 3rd Wed of month 10:00 – 11:00am • No restrictions • Can receive assistance once per month • Call Monday before date of pantry
	<p><u>JESUS ES EL SEÑOR Methodist Church</u> 7780 Old Highway 51 N. Cobden, IL 62920 (618) 893-2050 (Spanish speaking available) (Contact: Alex Uribe) jeeschurch@hotmail.com</p>	<ul style="list-style-type: none"> • Food pantry and clothing 3rd Saturday of the month 10:00 am -12:00 noon • May receive food once per month • Clothing & kitchen items may be available on the 1st Saturday of the month 9:00 am – 2:00 pm • If you have any questions, call Monday - Thursday 9:00 am – 2:00 pm • 1st Saturday of month is clothing only • All good condition donations are greatly appreciated; leave them at the trailer
	<p><u>Salem Lutheran Church Food Pantry</u> 101 W. Market St. Jonesboro, IL 62952 (618) 833-0704 (Contact: Red Martin) martingauctioncompany@gmail.com</p>	<ul style="list-style-type: none"> • Tuesday 4:00pm – 6:00 pm • Last Wednesday of the month 5:30 pm - 7:00 pm
	<p><u>Shawnee Development Council Food Pantry</u> 1000 N. Main St. Anna, IL 62906 (618) 833-7431 (Contact: Brandy) brandy.s.unco@shawneedevelopment.org</p>	<ul style="list-style-type: none"> • Wednesday 10:30 am – 11:30 am and 12:30 pm - 2:30 pm • We serve all of Union County • Must bring a Photo ID