

# Food Pantry Resources – St. Louis City

(community resources for low income and uninsured)

## South St. Louis

ZIP CODE	NAME	ADDRESS	PHONE NUMBER	TIME & DATE	ZIP CODES SERVED; ADDITIONAL COMMENTS
63104	EMMANUEL ADVENTIST	1401 LASALLE	314-482-2594	Every other Mon 10 AM- 12:00 PM <b>(63103, 63104)</b> Every other Thu 9-11:00 AM (all zip codes)	<b>63103 &amp; 63104</b> ; bring proof of income, residence & social security for everyone in the house <b>COVID-19: 3115 Park Ave, Mon-Thurs (10-12pm), Fri (12-while supplies last)</b>
	FOCUS NORTH AMERICA - ST. LOUIS CENTER	1901 ANN	314-776-4205	2nd and 4th Wed 9-11:30 AM	<b>63104, 63118</b>
	ISAIAH 58 MINISTRIES	2149 S. GRAND	314-776-1410	Tue, Wed, Thu 10:00AM-1:00 PM	<b>63104, 63110, 63116, 63118</b> <b>COVID-19: Food distribution, Mon-Fri, 10am-1pm</b>
	KINGDOM HOUSE	1321 S. 11TH	314-421-0400	Mon-Fri 9:00AM-5:00PM	<b>63104, 63111, 63118</b> ; emergency assistance <b>COVID-19: Thursdays ONLY, 10am-12pm and 4-7pm while supplies last</b>
	TRINITY LUTHERAN CHURCH	812 SOULARD	314-231-4092	Groceries: Fri, 9-10:30 AM Soup Alley: Mon-Fri, 9-10:30 AM & Sat 10-11:30 AM	<b>63104</b> ; bring proof of income, residence, & ID. Fill out application at soup kitchen. <b>COVID-19: CLOSED</b>
	ST. VINCENT'S CHURCH*	1408 S. 10TH	314-231-9328	Tue & Thu, 9 AM-2:00 PM 3rd Sat, 9:30 AM-12:00 noon (need appointment)	<b>63104 &amp; 63118</b> ; must make an appointment by calling St. Vincent's 314-231-9328 <b>COVID-19: Meals have shifted to sack meals</b>
63109	FAMILY FOOD PANTRY	4228 S. KINGSHIGHWAY	314-696-2939	Sat, 9:30-11:30 AM	<b>63109, 63111, 63116, 63139</b>
	TRINITY ASSEMBLY OF GOD	4720 JAMIESON	314-752-1015	1st and last Thu, 12:30-1:30 PM	Any zip code
63110	ST. CRONAN CATHOLIC CHURCH*	1202 S. BOYLE	314-533-0651	2nd, 4th & 5th Sat, 9-11:00 AM	<b>63110</b> ; bring photo ID, proof of residence, SSN; emergency assistance <b>COVID-19: Open on Saturdays, 9-10:30am. Call ahead to verify.</b>
63111	CARONDELET COMMUNITY BETTERMENT FEDERATION	6408 MICHIGAN	314-752-6339	Mon, Wed 8:15 AM-11:45 AM	City Residents; bring photo ID and proof of residence <b>COVID-19: By appointment only</b>
	GRACE HILL PATCH NEIGHBORHOOD CENTER	7925 MINNESOTA	314-584-6961	by appointment only	<b>63111</b> , Lemay-MS R, Hwy H-Alabama; Head Start location

	NEW JOURNEY BAPTIST CHURCH	4555 VIRGINIA	314-832-2142	Wed, 2:00 PM - 3:00 PM	Any zip code
	PEOPLE'S COMMUNITY ACTION CORPORATION	6827 S Broadway	314-353-145	Mon thru Fri 9:00 am-2:00 pm	City residence-Bring ID, SS of each member of household & proof of income & residency COVID-19-OPENED
	ST. TRINITY LUTHERAN CHURCH	517 W. KOELN	314-353-3276	Mon, Wed, Sat, 9-10:30 AM	63111, 63116; bring photo ID, SSN for household members, proof of income and residence COVID-19: Doing intake over the phone – call number listed. Offer pick-up and delivery options
63116	BEVO AREA COMMUNITY IMPROVEMENT CORPORATION	4705 RIDGEWOOD		Mon-Friday appointment only	St. John the Baptist Catholic Church Boundaries; call to make an appointment. Leave all information on voicemail. COVID-19: May be closed

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63118	CHAPEL FOR THE EXCEPTIONAL	3436 WINNEBAGO	314-776-7172	Thurs, 12:30 -1:00 PM	63116, 63118; bring state ID Soup Kitchen Mon-Fri 12-12:30PM
	GUARDIAN ANGEL/SETTLEMENT ASSOCIATION	2700 CHEROKEE ST	314-773-9027	Mon-Fri, 9AM-12noon, 1pm - 3pm (need appointment)	63104, 63118; appointments required; photo ID, SS card, proof of residence and income COVID-19-CLOSED TILL APRIL 27
	INSTITUTE FOR CHRIST THE KING (ST. FRANCES DE SALES) *	2836 IOWA	314-289-6101 ext.1147		63104, 63118 (in parish boundaries); COVID-19-work with clients by giving a Schnucks Food voucher
	LOVE AND CARE CHURCH	3137 S. JEFFERSON	314-776-1655	Fri, 12:30-2:00 PM	Any zip code; Leave number, will call back
	METRO CHRISTIAN WORSHIP CENTER	3452 POTOMAC	314-772-8444 ext.135	Wed, Thurs 11:00 AM-4:00 PM 3rd Sat 10:30 am (pantry not open on Wed or Thurs of 3rd week)	Any zip code; bring photo ID, proof of residence, and SSN; must fill out an application
	SALVATION ARMY TEMPLE CORPS	2740 ARSENAL	314-771-3460	Mon 10 am-12 pm Thurs 3-5 pm	63101, 63102, 63103, 63104, 63109, 63110, 63118, 63139; Photo ID, proof of residency and ID for entire family; walk-in emergency food may be available COVID-19 OPENED Mon 10-12 and Thursday 3-5

ST. AGATHA FOOD PANTRY	930 WITHNELL	314-772-4491	Mon, Tue, Thu, 1 - 2:30 PM 2 <sup>nd</sup> Tues 1-2 pm –baby room for diapers & wipes (need appointment)	<b>63118</b> within parish boundaries; emergency assistance for gas/electric <b>COVID-19-Food Pantry only Open to anyone but call for appt.</b> Baby room (for diapers & wipes open 2 <sup>nd</sup> Tues for <b>63118</b> within parish boundaries
ST. ANTHONY OF PADUA CHURCH*	3140 MERAMEC	314-352-1460	Mon, Thu 10:00 AM-noon Wed, 4-6:00 PM	<b>63111, 63116, 63118 COVID-19-Open to anyone in STL Metro area. Request photo ID &amp; proof of residency.</b>
ST. PIUS V CHURCH	3310 S. GRAND	314-772-1525	Tues- 2:00-3:30 PM Sat 10:00-11:30 AM	parish boundaries bring photo ID and proof of residence; emergency assistance <b>COVID-19 OPEN</b> Tues-2-3:30 pm Sat-10-11:30 am
ST. WENCESLAUS CATHOLIC CHURCH	3014 OREGON	314-865-1020	3rd Mon, 9:30-11:30 AM	<b>63118</b> ; parish boundaries; bring photo ID, proof of residence, SSN <b>COVID-19-CLOSED</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	TIME & DATE	ZIP CODES SERVED; ADDITIONAL COMMENTS
63101	ST. NICHOLAS CHURCH	701 N. 18TH	314-231-2860	Mon, 12:00-1:30 PM	<b>63101</b> ; 63102, 63103, 63106, 63155
63103	CENTRAL BAPTIST CHURCH	2800 WASHINGTON	314-533-0747	2nd and 4th Tue (closed August) 12:45-1:45 PM	Any zip code; bring photo ID; proof of family size and residence <b>COVID-19-FOOD PANTRY CLOSED BAG LUNCH SERVED ON TUES AT NOON</b>
	ST. VINCENT de PAUL	1310 Papin St.	314-881-6000	By appointment only	Any zip codes
	THIRD BAPTIST CHURCH	620 N. GRAND (corner of Grand & Washington)	314-533-7340	3rd Sat, 8-10:30 AM	Any zip code; bring photo ID <b>COVID-19-OPENED ON 3rd SAT 8-10:30 AM</b>
63106	STS. TERESA AND BRIDGET CATHOLIC CHURCH*	2401 N. GRAND	314-531-1190	Thu, 9 AM - noon	Any zip code; bring names and SSN for all household members; emergency assistance
	SUNSHINE MINISTRIES, INC.	1520 N. 13TH	314-231-8209	Call to enroll	Must enroll in & attend M meeting; assigned day & time <b>COVID-19 OPENED ONLY TO THOSE ALREADY ENROLLED NO NEW CLIENTS. DRIVE UP PICK UP</b>
	ZION LUTHERAN CHURCH	2500 N 21ST	314-231-0382	Mon, 9:00 AM - 1:00 PM	<b>63106, 63107</b> ; bring proof of income and residence; <b>COVID-19 OPEN Mon 9:00 am to 1:00 pm</b>
63107	INNER CITY CHRISTIAN CHURCH	1956 E. WARNE	314-385-9375	By appointment only	Any zip code; bring photo ID; proof of income
	KEY LIFE ENRICHMENT CENTER	2917 NATURAL BRIDGE	314-704-5783	3rd Sat, 10 AM-2 PM & Wed night if extra food	<b>63107 COVID-19-CLOSED</b>
	OUR LADY OF PERPETUAL HELP FOOD PANTRY	4335 WARNE	314-535-9794	Tue, Thu, Sat 9 AM-noon	<b>63107</b> ; bring photo ID; proof of residence; SSN <b>COVID-19- OPEN TO ALL, BRING ID</b>
	ST. JOHN UCC	4138 N. Grand	314-534-4400	Mon, Tues, Wed: 10:30 am-2:00 pm	<b>63107 COVID-19-OPEN Mon, Tues, Wed 10:30-2</b>
	STAR BETHEL FULL GOSPEL	3529 N. JEFFERSON	314-531-3554	Every other SAT 9 AM-noon	
63108	COMMUNITY WOMEN AGAINST HARDSHIP	3963 W. BELLE	314-289-7523	By appointment only	Clients Only; bring photo ID; referral required
	LANE TABERNACLE CME CHURCH	910 N. NEWSTEAD	314-533-0534	Every other Thu, 10 AM-noon	Any zip code; bring photo ID

	PEOPLE'S COMMUNITY ACTION CORPORATION	4236 LINDELL	314-862-6270	By appointment only	Emergency Assistance <b>COVID-19 NOT OPENED AT THIS LOCATION</b>
	PILGRIM CONGREGATIONAL UCC FOOD PANTRY	826 UNION	314-367-8173	1st & 3rd Wed of the month 10-11:30 AM	Any Zip Code; bring photo ID <b>COVID-19-CLOSED</b>
	SECOND PRESBYTERIAN CHURCH	4501 WESTMINSTER	314-367-0366	Sat, 10:00 - 11:00 AM	Any zip code; bring photo ID <b>COVID-19-OPEN Sat 10:00-11:00 am</b>
	TRINITY EPISCOPAL	600 N. EUCLID	314-361-4655	Tue & Wed, 1-3:00 PM	Any zip code; What to bring: Head of household: SSN & photo ID Household members: SSN <b>COVID-19 Open Tues 1:30-3:00 pm and Thur 4:00-5:00 pm</b>
	URBAN LEAGUE OF METRO ST LOUIS	935 N VANDEVENTER	314-615-3690	Tue, Wed, Thu 2-5 PM	City residents; bring photo ID; can come once a month
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	GRACE AND PEACE FELLOWSHIP	5574 DELMAR	314-367-8959	1st & 3rd Wed, 1:30-2:30 PM	Any zip code; bring photo ID
	GRACE U.M. FOOD PANTRY	6199 WATERMAN	314-863-1992	Tue, 9:45-11:45 AM	<b>63105, 63018, 63110, 63112, 63113, 63115, 63120, 63121, 63130, 63133</b> ; bring ID or SSN for each household member; referral preferred; clothing closet
	NEIGHBORHOOD OUTREACH CENTER	5325 DR. MARTIN LUTHER KING DR	314-361-7878	Mon, Tue, Wed 10:00 AM-12:00 PM	Any zip code; bring photo ID
	SOLOMON'S TEMPLE CHURCH	5569 PAGE	314-361-4460	4th Sat 11:00 AM-1:00 PM	Any zip code; bring photo ID
	ST. AUGUSTINE I AND II WELLSTON CENTER	1371 HAMILTON	314-382-5187	Mon & Wed 9:30-11 AM	<b>63112, 63113, 63115, 63120, 63121, 63130</b> ; bring photo ID; proof of income & residence <b>COVID-19-Open Tues 7:30-10:360 am-Wellston residence only</b>
	ST. PAUL AME CHURCH	1260 HAMILTON	314-385-8900	2nd & 4th Tue, 9:30-11:30 AM	Any zip code; bring photo ID <b>COVID-19-CLOSED</b>
<b>63113</b>	CHRIST PILGRIMS REST	1341 N. KINGSHIGHWAY	314-367-2974	Tue, 8-10:00 AM	Any zip codes <b>COVID-19 -CLOSED</b>
	ESTELL MINISTRIES FOOD PANTRY	3803 PAGE	314-602-8107	Thu, 10:30 AM-12:30 PM	Any zip codes <b>COVID-19 -CALL TO SEE IF OPEN</b>
	GREAT THINGS INC	4675 PAGE	314-363-8679	Last two weeks of the month Tue, Wed, Thu 11 AM-1:00 PM	Any zip code; bring photo ID; referral letter required
	NEWSTEAD AVE MISSIONARY BAPTIST CHURCH	4370 N. MARKET	314-371-4436	4th Sat, 10:30-11:30 AM	<b>63113</b> ; bring photo ID; referral required

	PLEASANT GREEN BAPTIST CHURCH (RUTH FAULKNER FOOD PANTRY)	1220 REV G.H. PRUITT	314-535-7548	2nd & 4th Wed, 11 AM-1:00 PM	Any zip code; bring photo ID; referral required; emergency assistance; clothing closet
	SALVATION ARMY - EUCLID	2618 N. EUCLID	314-376-5121	By appointment only	St. Louis City North Side COVID-19-CALL FOR APPOINTMENT
	ST LUKE MEMORIAL BAPTIST	3623 FINNEY	314-531-1978	4th Sat, 9 AM-noon	
	WESTSIDE MISSIONARY BAPTIST CHURCH	4675 PAGE	314-535-9002	last two weeks on Tue, Wed, Thu 11 AM-1:00 PM	Any zip code; referral required and picture ID; emergency assistance COVID-19-CLOSED UNTIL APRIL 20, THEN CALL
	WILLIAM'S TEMPLE CHURCH OF GOD IN CHRIST	1500 UNION	314-361-7878	Tue, 1-2:00 PM	Any zip code; bring photo ID; proof of residence
ZIP CODE	NAME	ADDRESS	PHONE NUMBER	TIME & DATE	ZIP CODES SERVED; ADDITIONAL COMMENTS
63115	ALL SAINTS EPISCOPAL	5010 TERRY	314-367-2314	Sat, 9-11:00 AM	63115, 63113, 63112, 63120, 63108; must have voucher from social service agency; bring photo ID COVID-19-CLOSED
	MEMORIAL BLVD CHRISTIAN CHURCH	3000 N. KINGSHIGHWAY	314-367-6817	Tue & Thu, 2-4:00 PM	Any zip code; referral required COVID-19 OPEN Thurs 12-2 pm
	MT CHAPEL MISSIONARY BAPTIST CHURCH	2929 LAMB DIN	314-531-7994	By appointment only	63115; bring photo ID
	MT NEBO PANTRY	4981 THEODORE	314-389-2269	Wed, 9 AM-12 PM except 5th Wed of the month	63113, 63120, 63121, 63112, 63115, 63147; bring photo ID; proof of residence
	NEW HIGH POWER STEPPING STONE	4030 N. KINGSHIGHWAY	314-537-0000	Thu, 10:00 AM-noon	Any zip code; bring photo ID; proof of residence
	ST. ELIZABETH (ENGELBER)*	4746 CARTER	314-381-1900	Tue & Thu, 9-10:45 AM	63115; bring ID and SSN; clothing closet COVID-CLOSED
	ST LOUIS DREAM CENTER	4324 MARGARETTA	314-381-0700 x8043	Mon-Fri (except Thu) 10-11:30 AM & 1-3:00 PM; Sat 11 AM-1 PM; Sun 10:30-11 AM & 12:30-1 PM	Any zip code; bring photo ID
	ST. PETER AME CHURCH	4730 MARGARETTA	314-381-3345	Tue, 9 AM-1 PM	Any zip code; bring proof of income and one monthly bill for identification
	WESLEY HOUSE	4507 LEE	314-385-1000	3rd Thu, 1-3:00 PM	63104, 63106, 63107, 63112, 63113, 63115, 63120, 63147
63120	ST MATTHEWS PANTRY	5402 WREN	314-261-7765	Wed, 9 AM-noon	63120; bring ID showing zip code
63147	CHURCH OF GOD AT BADEN	8375 N. BROADWAY	314-261-1376	2nd & 4th Sat, 9:00-10:00 AM	Any zip codes COVID-19 OPEN 2nd & 4th Sat 9-10

CIRCLE OF LIGHT FOOD PANTRY	8759 ANNETTA	314-265- 6880 or 314-382- 5789	2nd & 4th Sat, 10:00 AM-1:00 PM	
LIFE CENTER INTERNATIONAL	8500 HALLS FERRY	314-452- 6899	Tue, 5:30-7:00 PM	Bring ID
OUR LADY OF THE HOLY CROSS CATHOLIC CHURCH*	1022 Baden Ave	314-381- 0323	Tue, 7-8:00 PM, closed first Tue	<b>63147, 63136, 63120</b> COVID-19 Open Tues 7- 8pm except 1 <sup>st</sup> Tues of month. Serve those in Parish Boundaries. Bring Photo ID, proof of residency & income, SSN for all household members

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**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.