

Kingsport, Tennessee Community Food Assistance

- **Central Assembly of God**
1801 McGee Street Kingsport 37660
423-288-7382 (Chan Bishop)
As needed.
- **Central Baptist Church**
301 Carver Street Kingsport 37660
423-245-6978
Bags of food for emergencies on Wednesday, 12:15 – 1:30 PM. Requirements: photo ID, address verification, box for food. Manna Meals delivered on Saturday morning. Call for more information.
- **Colonial Heights Baptist Church**
108 Colonial Heights Road Kingsport 37663
423-239-5123
Food assistance available on Tuesday & Thursday, 9 AM – 2 PM. Requirement: completed form from office with proof of residence in 37663 zip code.
- **Colonial Heights Christian Church**
105 Meadow Lane Kingsport 37663
423-239-2500
Boxes of food provided on Monday, 9 - 10:45 AM. Requirements: call for appointment by noon on Wednesday before visit (call main number, choose option 3 and follow prompts); serving Sullivan County residents.
- **Crossroads United Methodist Church**
200 Bays Cove Trail Kingsport 37660
423-246-2982
Bags of food available Thursday, 10 AM - 12 PM. Requirement: visit once each month.
- **First Baptist Church**
3358 Highway 26 (Main St) Blountville 37617
Mail: PO Box 587 Blountville 37617
423-323-8033
Bags of food available on Monday, 1 - 4 PM. Requirements: photo ID; serving Blountville residents.
- **First Broad Street United Methodist Church**
100 E. Church Circle Kingsport 37660
423-224-1531
Bags of food available on Monday & Friday, 9 - 11 AM. Saturday Breakfast served in the Woodyard Center, 6:30 - 8 AM. Sunday Breakfast served in the Woodyard Center, 6 - 7 AM.
- **First Christian Church**
106 E. Charlemont Avenue Kingsport 37660
423-247-5159
Boxes of food available on 2nd Thursday, 9 - 10:30 AM. Requirements: proof of income; return crate from previous visit.
- **Freedom Fellowship**
401 West Sullivan Street Kingsport 37660
423-765-2995
Meals served and food distributed on Saturday, 11 AM - 1 PM. Call for more information.
- **Full Gospel Mission Kitchen of Hope, "3:30 Church"**
740 E. Sevier Avenue Kingsport 37660
423-246-1735, 423-817-8332
Meals served Monday to Saturday, 3:30 - 5 PM.
- **Gravelly Baptist Church**
647 Gravelly Road Kingsport 37660
(located in former Gravelly Elem School Bldg.)
423-246-6086
Bags of food available on Thursday, 4 – 5:30 PM. Closed on holidays. Requirements: visit once each month; serving Thomas Addition, Gravelly, Lynn Garden residents.
- **Help and Hope Ministries**
Ministry of Mountain View Methodist, St. Matthew Methodist, Belvue Christian Churches
Location: St. Luke United Methodist Church
2600 E Center Street Kingsport 37664
423-245-4947
Bags of food available on Saturday, 10 AM - 12 PM. Requirements: photo ID, proof of address; serving residents of 37664 zip code.
- **Heritage First Church of God**
470 Rock Springs Road Kingsport 37663
423-245-4988
Box of food for emergencies available on Thursday, 10 AM - 12 PM. Requirement: visit once each month.
- **Higher Ground Baptist Church**
1601 Lynn Garden Drive Kingsport 37665
(inside white HGBC Care House below church)
423-247-6776
Food assistance Tuesday & Thursday, 10 AM - 2 PM. Requirement: visit once each month.
- **Hope Helps (Hope Community Church)**
4540 W Stone Drive
Kingsport 37660
423-297-4675
Facebook: Hope Helps, Hope Helps TN
hopehelpshcca@gmail.com
Food assistance Tuesday & Thursday, 10 AM – 4 PM. Requirements: sign-in by 3:30 PM, visit once each month.

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- **Hunger First Tri-Cities TN-VA**
829 Myrtle Street Kingsport 37660
423-967-5368
Bags of food available on Monday & Friday, 1:30 - 3 PM, Wednesday - emergency only. Meals served Tuesday & Thursday, 12:00 - 1:30 PM (provided by Grace Fellowship Church, Kingsport).
- **Indian Springs Baptist Church, Glenwood Campus**
2601 E. Center Street Kingsport 37664
423-323-2187
Bags of food available on 3rd Tuesday, 6 - 8 PM, by appointment only.
- **Indian Springs Community Mission Center**
406 Cooks Valley Road Kingsport 37664
(located at back left corner of old Sunnyside Baptist Building)
423-288-4341
Monday, 6 - 8 PM, Wednesday, 10 AM - 12 PM.
Requirements: photo ID, income info, address proof; serving Greater Indian Springs once each month; serving all others once every 6 months.
- **Ketron Memorial United Methodist**
301 Virgil Avenue Kingsport 37665
423-247-8285, 423-963-0204, 423-246-6792
3rd Tuesday, 9 - 11 AM. Requirements: photo ID, proof of address (utility bill); serving Lynn Garden area residents.
- **Kingsport Senior Center Congregate Nutrition Meal Site**
1200 East Center Street Kingsport 37660
423-246-8060
Kiwanis Towers Nutrition Site
2701 East Center Street Kingsport 37664
423-246-0120
Congregate meals are served to senior adults Monday through Friday at noon. For home delivery, call 423-928-3258.
- **Lifebridge Christian Church**
617 Donelson Drive Kingsport 37660
(behind Jackson Elementary School)
423-246-0005
Boxes of food available on 2nd & 4th Mondays, 5:30 - 6:30 PM. Requirements: photo ID, proof of income.
- **Meals on Wheels of Kingsport**
PO Box 3346 Kingsport 37664
423-247-4511
Lunch time meals delivered Monday through Friday to your home for approved recipients. Call for more information and an application.
- **Rock Springs United Methodist Church**
231 Church View Drive Ext. Kingsport 37664
423-349-7531
Bags of food provided on 4th Tuesday, 5 - 7 PM.
Requirements: proof of income & address (first visit), photo ID (each visit); serving residents in Rock Springs, Sullivan Gardens, Fall Branch communities.
<http://www.rockspringsumc.com/pantry.html>
- **Salvation Army**
505 Dale Street Kingsport 37660
423-246-6671
Food pantry assistance available Monday to Thursday, 9 AM – 12 PM, 1 - 3:30 PM.
Requirements: proof of income, benefits, or emergency; identification for each person in household; visit once every 90 days.
Lunch served 7 days/week, 12 - 1 PM.
- **Second Harvest Mobile Food Pantries**
Contact Leyla Cruz at 423-279-0430, ext. 206
- **Shades of Grace, a United Methodist Congregation**
313 E. Sullivan Street Kingsport 37660
423-765-2440
Dinner on Sunday, 2:30 – 3:30 PM. Breakfast served Monday to Friday, 10 – 11 AM.
- **St. Paul's Episcopal Church**
161 E. Ravine Road Kingsport 37660
423-245-5187
Bags of food provided on Wednesday, 9:30 - 11 AM. Requirements: photo ID, proof of income.
- **Sullivan County Health Department**
1040 E. Sullivan Street Kingsport 37664
154 Blountville Bypass Blountville 37617
423-279-2777 for appointment
Food provided for pregnant women and children up to age 5. Requirement: qualify for WIC (Women, Infants, and Children).
- **Tri-Cities Baptist Church TouchPoint Community Ministry Food Pantry**
171 Promise Land Drive Gray 37615
423-349-7703
Bags of food provided Thursday, 4 - 6 PM.
Requirements: photo ID, proof of address, visit once each month.
- **Waverly Road Presbyterian Church**
1415 Waverly Road Kingsport 37664
423-247-5121
Bags of food provided on Friday, 10 AM - 12 PM.
Requirement: visit once each month.