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 – 12 PM. Requirement: application and photo ID, 1 box of food each 6 months.

Colonial Heights Christian Church  
105 Meadow Lane  Kingsport 37663  
423-239-2500  
Boxes of food provided on Monday, 8 - 9:30 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.

Gravely Baptist Church  
647 Gravely Road  Kingsport 37660  
(located in former Gravely Elem School Bldg.)  
423-246-6086  
Bags of food available on Saturday, 10 AM - 12 PM. Requirements: photo ID, 1 box of food each 6 months. Call for more information.

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 37646 zip code.

Heritage First Church of God  
470 Rock Springs Road  Kingsport 37663  
423-245-4988  
Box of food for emergencies available on Thursday, 9 AM - 12 PM. Requirement: visit once each month.

Higher Ground Baptist Church  
1601 Lynn Garden Drive  Kingsport 37665  
(inside white HGBCC Care House below church)  
423-247-6776  
Food assistance Tuesday & Thursday, 10 AM - 2 PM. Requirement: visit once each month.

Hope Helps TN  
4540 W Stone Drive, Suite 1  Kingsport 37660  
423-297-4675  
Facebook: Hope Helps, Hope Helps TN  
hopehelpshcca@gmail.com  
hopehelpsntn@yahoo.com  
Food assistance Tuesday & Thursday, 10 AM – 4 PM. Requirements: sign-in by 3:30 PM, visit once each month.

Hunger First Tri-Cities TN-VA  
829 Myrtle Street  Kingsport 37660  
423-967-5368  
Bags of food available on Monday & Friday, 9 AM - 3 PM, Wednesday - emergency only. Meals served Tuesday & Thursday, 12:00 - 1:30 PM (provided by Grace Fellowship Church, Kingsport).

www.feedkingsport.org  
Deadline for updates: May 1 & Nov. 1

Page 1 of 2  
Latest update: April 2020  
Changes? frontdesk@uwaykpt.org  (423) 378-3409
Kingsport, Tennessee Community Food Assistance

- **Indian Springs Community Mission Center**
  406 Cooks Valley Road  Kingsport 37664
  (located at back left corner of old Sunnyside Baptist Building)
  423-288-8431
  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
  423-246-6792
  3rd Tuesday, 9 - 11 AM. Requirements: photo ID, proof of address (utility bill); serving Lynn Garden area residents.

- **Kingsport Senior Center Congregate Meal Site**
  1200 East Center Street  Kingsport 37660
  423-246-8060
  Congregate meals served to adults age 60+
  Monday–Friday at noon (except holidays).
  Suggested donation $2 per meal. To receive home-delivered meals, call FTAAAD at 423-928-3258 to be screened for eligibility.

- **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. 202
  2nd Wednesday in Kingsport  *Seniors Only*
  10:30 AM  *Kiwanis Towers 2701 E Center Street*
  11:30 AM  *Forest Ridge Manor 1252 Bloomingdale Pike*
  12 PM  *Finley Villa Apts. 100 Finley Villa Private Court*
  3rd Wednesday in Kingsport
  9 AM  Maple Oak Apts. 818 Oak Street
  4 PM  Glen Alpine Church 3200 Glen Alpine Road

- **Shades of Grace, a United Methodist Congregation**
  313 E. Sullivan Street  Kingsport 37660
  423-765-2440
  Community meal on Sunday, 2:30 – 3:30 PM.
  Community 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
  423-279-2777 for appointment
  Food provided for pregnant women and children up to age 5. Requirement: qualify for WIC (Women, Infants, and Children).

- **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.

COVID-19 Food Access Updates!
(up-to-date schedule changes for food pantries, congregate meals, other food assistance, schools)
available on www.feedkingsport.org

www.feedkingsport.org
Deadline for updates: May 1 & Nov. 1

Latest update: April 2020
Changes? frontdesk@uwaykpt.org  (423) 378-3409