

# Kingsport, Tennessee Community Food Assistance

- **Central Baptist Church**  
301 Carver Street Kingsport 37660  
423-245-6978  
Boxes of food available on Wednesday, 12 – 1:30 PM. Requirements: photo ID, address verification. 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, serving 37663 residents only.
- **Colonial Heights Christian Church**  
105 Meadow Lane Kingsport 37663  
423-239-2500  
Boxes of food available 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. *Friendship Diner: see First Presbyterian Church*
- **First Christian Church**  
106 E. Charlemont Avenue Kingsport 37660  
423-247-5159  
Boxes of food available on 2<sup>nd</sup> Thursday, 9 - 10:30 AM. Requirements: proof of income & address, photo ID; return clean crate from previous visit.
- **First Presbyterian Church**  
100 W. Church Circle Kingsport, TN 37660  
423-245-0104  
Friendship Diner is in partnership with First Broad Street United Methodist Church. To-go breakfast is served from 7-8 am on Saturdays and Sundays under the First Presbyterian Church Breezeway.
- **Full Gospel Mission Kitchen of Hope, “3:30 Church”**  
740 E. Sevier Avenue Kingsport 37660  
423-246-1735, 423-817-8332  
To-go 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  
Boxes of food for emergencies available on 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> Thursdays, 9:30 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 available on Thursday, 10 AM - 4 PM.
- **Hope Helps TN**  
4540 W Stone Drive, Suite I Kingsport 37660  
423-297-4675  
Facebook: Hope Helps TN  
[hopehelpstn@yahoo.com](mailto:hopehelpstn@yahoo.com)  
[hopehelpstn.com](http://hopehelpstn.com)  
Food assistance available on Tuesday & Thursday, 10 AM – 4 PM. Requirements: sign-in by 3:15 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, Wednesday, Friday, 9 AM - 3 PM. Meals served Tuesday & Thursday, 12:00 - 1:30 PM (meals provided by Grace Fellowship Church, Kingsport).

# Kingsport, Tennessee Community Food Assistance

- **Indian Springs Community Mission Center**  
406 Cooks Valley Road Kingsport 37664  
(located in building across street from new  
Sunnyside Baptist Church)  
**423-288-4341**

Food assistance available on Monday, 6 - 8 PM, & Wednesday, 10 AM - 12 PM. Requirements: photo ID, income info, proof of address; 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

Food assistance available on 3<sup>rd</sup> 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

**Kiwanis Towers Congregate Meal Site**  
2701 East Center Street Kingsport 37664  
423-246-0120

Congregate sites currently closed to in-person dining. Call sites for meal pickup/delivery options. For adults age 60+ Monday–Friday at noon (except holidays). Suggested donation \$2 per meal. If you need to be screened, call FTAAAD, 423-928-3258.

- **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.

- **Morrison Chapel United Methodist Church**  
2019 Chapel Drive Kingsport 37665  
(423) 797-8610

Blessing Box is available 24 hours/7days per week. Please feel free to take what you need or bless others with your donation of non-perishable food.

- **Rock Springs United Methodist Church**  
227 Church View Drive Kingsport 37664  
423-349-7531

Boxes of food available on 4<sup>th</sup> Tuesday, 5 – 6:30 PM. Requirements: proof of income & residency (first visit), photo ID (each visit).

[www.rockspringsumc.com](http://www.rockspringsumc.com) (Ministries/Food Pantry)

- **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  
12 PM \*Finley Villa Apts.

100 Finley Villa Private Court  
3rd Wednesday in Kingsport  
2 PM 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. Take-out meals served in alley behind building.

- **St. Paul's Episcopal Church**  
161 E. Ravine Road Kingsport 37660  
423-245-5187

Bags of food available 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 available for pregnant women and children up to age 5. Requirement: qualify for WIC (Women, Infants, and Children). TN WIC Income Guidelines:

<https://www.tn.gov/health/health-program-areas/fhw/wic/redirect-wic/income-guidelines.html>

- **Vernon Heights Baptist Church**  
2547 Russell Street Kingsport 37660  
423-349-8020

Boxes of food available. Call for day and time. Pantry located in house behind church (118 Shady View Road). Requirement: visit once each month.

- **Waverly Road Presbyterian Church**  
1415 Waverly Road Kingsport 37664  
423-247-5121

Bags of food available on Friday, 10 AM - 12 PM.

*Many food pantries / programs  
are currently serving outdoors  
or with a drive-through option.*