

Kingsport, Tennessee Community Food Assistance (Food Pantries, Blessing Boxes)

- **Calvary Baptist Church**
1238 Pine Street Kingsport 37664
423-245-9157
Blessing Box open 24/7 (across street from church).
- **Central Baptist Church**
301 Carver Street Kingsport 37660
423-245-6978
Boxes of food available on Wednesday, 11:15 AM – 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.
- **Colonial Heights Presbyterian Church**
213 Colonial Heights Road Kingsport 37663
423-239-9194
Blessing Box available 24/7 (in front of church).
- **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.
- **Fire Station #7**
1440 Rock Springs Road Kingsport 37664
Blessing Box available 24/7 (located behind fire station).
- **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.
- **First Christian Church**
106 E. Charlemont Avenue Kingsport 37660
423-247-5159
Boxes of food available on 2nd Thursday, 4 - 6 PM. Requirements: proof of income & address, photo ID; return clean crate from previous visit.
- **Gravelly Baptist Church**
647 Gravelly Road Kingsport 37660
(located in former Gravelly Elem School Bldg.)
423-246-6086
Bags of food available on 2nd and 4th Thursdays, 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
423-765-2552
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 1st, 3rd, 5th 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](https://www.facebook.com/hopehelpstn) [hopehelpstn.com](https://www.hopehelpstn.com)
Food assistance available on Tuesday & Thursday, 10 AM – 4 PM. Requirements: sign-in by 3:15 PM, visit once each month.
- **Indian Springs Community Mission Center**
406 Cooks Valley Road Kingsport 37664
(across from new Sunnyside Baptist Church)
423-276-4715
Food assistance available on Monday, 6 - 8 PM, & Wednesday, 10 AM - 1 PM. Requirements: photo ID, income info, proof of address, (see next page)

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serving Greater Indian Springs once each month,
serving others once every 6 months.

- **Ketron Elementary School**
3301 Bloomingdale Pike Kingsport 37660
423-354-1710
Wildcat Pantry at Ketron Elem. available 24/7.
- **Ketron Memorial United Methodist**
301 Virgil Avenue Kingsport 37665
423-246-6792
Food assistance available on 3rd Tuesday, 8 - 11 AM. Requirements: photo ID, proof of address (utility bill); serving Lynn Garden area residents.
- **Lifebridge Christian Church**
617 Donelson Drive Kingsport 37660
423-246-0005
Blessing Box available 24/7.
- **Miller Perry Elementary School**
904 Fordtown Road Kingsport 37663
423-354-7760
Blessing Box available 24/7.
- **Morrison Chapel United Methodist Church**
2019 Chapel Drive Kingsport 37665
(423) 797-8610
Blessing Box available 24/7.
- **Mountain View United Methodist Church**
4405 Orebank Road Kingsport 37664
423-245-8371
Blessing Box available 24/7 (in front of church).
- **the ROCK church**
140 W. Main Street Kingsport 37660
(423) 390-8662
Blessing Box available 24/7.
- **Rock Springs United Methodist Church**
227 Church View Drive Kingsport 37664
423-349-7531
Boxes of food available on 4th Tuesday, 5 – 6:30 PM. Requirements: proof of income & residency (first visit), photo ID (each visit).
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.
www.feedkingsport.org
Deadline for updates: May 1 & Nov. 1

- **Second Harvest Mobile Food Pantries**
Contact Leyla Cruz at 423-279-0430, ext. 202
2nd Wednesday in Kingsport
12 PM Finley Villa Apts. 100 Finley Villa Private Court (*Seniors Only*)
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
Emergency food boxes available if you call ahead.
- **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.
- **The Storehouse**
2401 N John B Dennis Hwy Kingsport 37660
(next to Christian Life Center)
423-288-2211
Bags of food available on 3rd Saturday, 11 AM – 2 PM. 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 on 4th Saturday, 9 AM – 12 PM. 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.
Blessing Box available 24/7 (1401 Prospect Drive)