

# Kingsport, Tennessee Community Food Assistance

- **Central Baptist Church**  
301 Carver Street Kingsport 37660  
423-245-6978  
Boxes of food available on Wednesday, 11:00 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, 7:30 - 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.
- **First Christian Church**  
106 E. Charlemont Avenue Kingsport 37660  
423-247-5159  
Boxes of food available on 2<sup>nd</sup> Thursday, 4 - 6 PM. Requirements: proof of income & address, photo ID; return clean crate from previous visit.
- **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 1<sup>st</sup>, 3<sup>rd</sup>, & 5<sup>th</sup> Thursday, 9:30 – 11:30 AM. Requirement: visit once each month.
- **Higher Ground Baptist Church**  
1625 Lynn Garden Dr, Bldg C Kingsport 37665  
(Located on the church's Main Campus)  
423-245-3141  
Food assistance available on Thursday, 10 AM - 4 PM.
- **Hope Helps TN**  
4540 W Stone Drive, Suite I Kingsport 37660  
423-530-7156  
Facebook: Hope Helps TN  
[hopehelpstn@yahoo.com](mailto:hopehelpstn@yahoo.com) [hopehelpstn.com](http://hopehelpstn.com)  
Food assistance available on Tuesday & Thursday, 10:15 AM – 3 PM. Requirements: by appointment only, visit once each month, call if emergency.
- **Hunger First**  
1697 Lynn Garden Drive Kingsport 37665  
423-765-0113  
Food assistance available Monday to Friday, 9 AM – 6 PM and 1<sup>st</sup> & 3<sup>rd</sup> Saturday, 10 AM – 1 PM.
- **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 - 12 PM. Requirements: photo ID, income info, proof of address, serving Greater Indian Springs once each month, serving others once every 6 months.
- **Ketron Memorial Methodist**  
301 Virgil Avenue Kingsport 37665  
423-246-6792  
Food assistance available on 3<sup>rd</sup> Tuesday, 8 - 11 AM. Requirements: photo ID, proof of address (utility bill); serving Lynn Garden area residents.
- **Orebank Missionary Baptist Church**  
5930 Orebank Road Kingsport 37664  
423-288-4881  
Boxes of food available on 3<sup>rd</sup> Sunday, 5 – 6 PM.
- **Rock Springs 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. Exceptions: 3<sup>rd</sup> Tuesday in Nov & Dec. Requirements: proof of income & residency (first visit), photo ID (each visit).

# Kingsport, Tennessee Community Food Assistance

- **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.
- **Second Harvest Mobile Food Pantries**  
Contact Renee Richardson at 423-279-0430, ext. 236  
1<sup>st</sup> Monday in Kingsport  
1 PM Arcadia United Methodist Church  
3954 Bloomingdale Rd  
  
1st Friday in Kingsport  
11 AM George Washington School Apartments  
205 E Sevier Avenue  
12:30 PM Holston Terrace  
1924 Bowater Drive  
  
2nd Wednesday in Kingsport  
9:30 AM Kiwanis Towers (Seniors Only)  
2701 E Center Street  
11 AM Forest Ridge Manor (Seniors Only)  
1252 Bloomingdale Pike  
12 PM Finley Villa Apartments (Seniors Only)  
100 Finley Villa Private Court  
  
3rd Wednesday in Kingsport  
2 PM Maple Oak Apartments  
818 Oak Street  
3:45 PM Glen Alpine United Methodist 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 Monday to Thursday, 9 AM – 3 PM, and Friday, 9 AM – 1 PM.
- **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 3<sup>rd</sup> Saturday, 11 AM – 1 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>
- **Tri-City Worship Church**  
121 Jack White Drive Kingsport 37664  
833-245-3329  
Food assistance available on 3<sup>rd</sup> Thursday, 9 AM – 12 PM. Requirements: proof of address, State photo ID.
- **Vermont United Methodist Church**  
1817 Bloomingdale Pike Kingsport 37660  
423-288-2801  
Boxes of food available on 1<sup>st</sup> Saturday, 9 -11 AM.
- **Vernon Heights Baptist Church**  
2547 Russell Street Kingsport 37660  
423-349-8020  
Boxes of food available on 4<sup>th</sup> Saturday, 9 AM – 12 PM. 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.