

Kingsport, Tennessee Community Food Assistance

- **Arcadia United Methodist Church**
3954 Bloomingdale Road Kingsport 37660
423-251-5131
Second Harvest Mobile Food Pantry on 1st Monday, 1 PM (suggest arrive 10-15 min early).
arcadiaunitedmethodistchurch@gmail.com
- **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, 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.
- **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 available on 1st & 3rd Thursday, 9:30 AM – 12 PM. 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 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 1st & 3rd 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 3rd Tuesday, 8 - 11 AM. Requirements: photo ID, proof of address (utility bill); serving Lynn Garden area residents.

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- **Lighthouse Christian School**
145 Shipp Springs Road Kingsport 37660
(top of second hill)
423-247-3578

Bags of food available on 2nd Saturday through May 10, 2025, 9 - 11 AM. First come, first served.

- **Orebanks Missionary Baptist Church**
5930 Orebanks Road Kingsport 37664
423-288-4881

Boxes of food available on 3rd Sunday, 5 – 6 PM.

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

Boxes of food available on 4th Tuesday, 5 – 6:30 PM. Exceptions: 3rd Tuesday in Nov & Dec. Requirements: proof of income & residency (first visit), photo ID (each visit).

- **Salvation Army**
505 Dale Street Kingsport 37660
423-246-6671

Food pantry assistance available Wednesday to Saturday, 10 AM – 2:30 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

1st Monday in Kingsport
1 PM Arcadia United Methodist Church
3954 Bloomingdale Rd
12:30 PM Holston Terrace
1924 Bowater Drive

1st Friday in Kingsport
11 AM George Washington School Apartments
205 E Sevier Avenue

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, 12 PM – 3 PM, and Friday, 10 AM – 12 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 3rd 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 3rd 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 1st Saturday, 9 -11 AM.

- **Vernon Heights Baptist Church**
2547 Russell Street Kingsport 37660
423-360-7049

Boxes of food available on 4th 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.