

Free Food Banks, Soup Kitchens & Pantries in Charlotte and Mecklenburg County

Mount Olive Presbyterian Church Food Pantry

5125 Mt. Olive Church Rd.
Charlotte, North Carolina 28208
(704) 394-8814

Mallard Creek United House of Prayer Food Pantry

1739 Grace Lane.
Charlotte, NC 28262
(704) 547-1007

Loaves & Fishes @ Statesville Ave. Presbyterian Church [Mecklenburg County]

3435 Nevin Rd.
Charlotte, NC 28206
(704) 523-4333
Free hot meals are served along with emergency boxes of groceries. Household products, baby formula from a ministry, and Meals on Wheels are also provided by the faith based charity.

Thrift United Methodist Church Food Pantry

8245 Moores Chapel Road
Charlotte, NC 28214
(704) 392-9807
Call for food, groceries, clothing and referrals. There are also household items for sale at the thrift store, including pots or pans, kitchen appliances, cookers, microwaves, and other food items.

Saint Paul Baptist Church has an on site Food Pantry

1401 N. Allen St.
Charlotte, North Carolina 28205
(704) 334-5309

Northeast Seventh-Day Adventist Church Food Pantry

Church address - 827 Tom Hunter Rd.
Charlotte, NC 28215
(704) 921-6342
Some assistance offered includes food vouchers, meals, and groceries. Also ask about baby formula and diapers, meals, shelter, and other products.

New Hope Baptist Church

7841 Idlewild Rd
Charlotte, NC 28212
For the food bank or soup kitchen, dial (704) 537-6340

The Relatives Youth Center

1100 East Blvd
Charlotte, North Carolina 28203
(704) 377-0602

Children can get snacks during the Summer, apply for Feeding American backpack weekend food, after school care and more. Immigrants, Latinos, and children from single mother households can all get help.

CAM - Crisis Assistance Ministry of Charlotte - Mecklenburg County

A leading social service agency. They offer assistance such as appliances, food, and money management classes, which can help shoppers use coupons to save on groceries. Financial help, free Meals on Wheels for the elderly or homebound, fresh or canned food and other items are offered. Find help from Crisis Assistance Ministry of Charlotte - Mecklenburg County at <https://www.crisisassistance.org/> or call (704) -371-3001.

The New Antioch Church

8324 Idlewild Rd
Charlotte, NC 28227
(704) 712-1102

Urban Ministry Center

945 N College St
Charlotte, NC 28206
(704) 347-0278

A main assistance program for the low income, minorities, Hispanics, and disadvantaged. Free personal hygiene supplies, food, financial aid and other support, including SNAP food stamps, are offered in Mecklenburg County.

Silver Mount Baptist Church

501 West Arrowood Rd
Charlotte, North Carolina 28217
(704) 522-1528

They help the poor, low income, homeless and others. Hot meals, sandwiches, water, feminine products, Boxed Pastas, Rice, and more may be offered from the food pantry.

Charlotte Rescue Mission

2855 West Blvd.
Charlotte, NC 28233
(704) 332-3999

The homeless in Mecklenburg County can use the shelter or get a meal from the soup kitchen. They also offer drug and alcohol counseling.

Project 658, Inc.

3646 Central Ave
Charlotte, North Carolina 28205
(828) 448-5782

Christian Mission-Charlotte

2400 West Blvd
Charlotte, NC 28208
(704) 334-5736

A faith based charity. Free food, hot meals, wipes, diapers, baby formula, fruits, vegetables and more. They help people from all religions. There may also be snacks for kids during the summer, food programs for single or teen moms and more.

Seventh Day Adventist Hispanic

4620 E WT Harris Blvd
Charlotte, NC 28210
(704) 492-2083

Hispanics, Latinos, and immigrants can get help. Services are in Spanish too. Free food, groceries, financial help for bills, information on benefits including food stamps or WIC vouchers, and other assistance programs are offered.

Charlotte Berean Seventh Day Adventist Church Community Center

1801 Double Oaks Road
Charlotte, NC 28206-2301
(704) 377-6313

The pantry may have canned tuna or salmon, cereal, dairy supplies, fruits, eggs, baby formula, & even supplements like Ensure for senior citizens. Referrals are needed from social services.

Liberty Baptist Church Food Pantry

3000 Sam Wilson Rd
Charlotte, North Carolina 28214
(704) 399-0142

Can offer emergency food boxes and vouchers. Can refer individuals to shelter, government programs like food stamps, and other Mecklenburg charities and non-profits.

If My People Mission Center

2511 Lucena St
Charlotte, NC 28206
(704) 756-5176

Urban Restoration

2128 Remount Rd.
Charlotte, NC 28208
(704) 391-0022

Oak Grove UMC

6440 Old Statesville Rd
Charlotte, NC 28269
(704) 596-4084

The free food bank may have, based on donations, Boxed stuffing, fresh produce to families, paper products like toilet paper or napkins, Peanut Butter, Jelly, Bread, Nuts, and more.

Reeder Memorial Baptist Church

3725 Beatties Ford Road
Charlotte, NC 28216
For hours of the pantry, dial (704) 398-2914

Haven's Closet - Blue Haven

1909-J N. Pease Place
Charlotte, NC 28262
Call (704) 960-2250

Low income families and working poor may get diapers, apply for financial literacy classes, diapers, clothes (including maternity) and more.

HIV/ AIDS Food Pantry-Metropolitan Community Church of Charlotte

1825 Eastway Dr.
Charlotte, NC 28205
(704) 563-5810

Harvest Center

Address is 1800 Brewton Dr.
Charlotte, NC 28206
(704) 333-4280

A regional pantry. Volunteers may pass out a box of groceries in Mecklenburg County that can feed a family for a few days. Or learn about Surplus USDA commodities or free summer snacks for children.

Catholic Social Services

1123 S. Church St.
Charlotte, North Carolina 28203
(704) 370-3262 for food or other financial or government assistance. Runs many social services too. Learn about federal government aid such as LIHEAP and homeless prevention. Read more on Catholic Charities Mecklenburg County.

Loaves and Fishes food program at First Presbyterian

200 W. Trade St.
Charlotte, NC 28202
(704) 523-4333

Loaves & Fishes of Mecklenburg County

A number of churches are part of the regional charity. They help the poor, Spanish speakers, immigrants, unemployed and needs. Free emergency food may be provided to last up to one week. Food and meals are USDA approved. Some churches help the vulnerable shop and hold cooking classes too. (704) 523-433 - Locations:

2800 Campus Ridge Road, Charlotte, NC 28105.

9229 N Lawyers Rd, Charlotte, NC 28227

315 Hebron St, Charlotte, NC 28273. For the social services, call the church.

5301 Wilkinson Blvd, Charlotte, NC 28208.

500 Ingle Street, Charlotte, NC 28216.

1206 Elizabeth Ave, Charlotte, NC 28206. Drop in for free food, household goods, clothes, etc

3205 Freedom Dr., Charlotte, NC 28208.

217 W Todd Ln, Charlotte, NC 28208.

648 B Griffith Road, Charlotte, NC 28217.

3546 Beatties Ford Rd., Charlotte, NC 28216, New Emmanuel Congregational

G.O.R.E. Community Development Corporation, Inc.

2118 Breezewood Dr.

Charlotte, NC 28262

(704) 549-1953

Matthews Help Center

119 N. Ames St.

Matthews, NC 28105

(704) 847-8383

A number of low income assistance and government programs are available. The charity offers assistance in Spanish as well.

Community Service Center - Berean Seventh Day Adventist Church

1332 Oaklawn Ave.

Charlotte, North Carolina 28206

(704) 377-4741

Volunteers feed the hungry and low income using donations.

Salvation Army food banks and pantries

There are multiple sites. Various social services are available, ranging from free food from a pantry to case management, shelter, and referrals to government benefits. The homebound can also get a meal, and free Thanksgiving turkeys as well as Christmas meals or gifts may be passed out. 11328 E Independence Blvd in Matthews (call (704) 814-7031) or another emergency food pantry is at 534 Spratt St, Charlotte, NC, dial (704) 348-2560. Find more details on Salvation Army assistance programs in Mecklenburg County.

Jackson Park Ministries

5415 Airport Dr.
Charlotte, North Carolina 28208
(704) 392-4981

The non-profit is a Loaves and Fishes Food Pantry. In order to pick up a week's supply of groceries, applicants will need to have a referral phoned in for you to Loaves and Fishes by a professional who knows your situation.

St. Giles Presbyterian Loaves & Fish food pantry

2027 Emerywood Dr.
Charlotte, North Carolina 28210
(704) 523-4333

Can offer meals, groceries, perishable items, and other aid to the low income and working poor.

Berean Seventh Day Adventist Church Schools & Community Center

1332 Oaklawn Ave.
Charlotte, NC 28206
(704) 377-6313

The Hearts & Hands Food Pantry - Serves the Charlotte Metro region. There is assistance for the communities including Huntersville, Concord, Cornelius, Davidson and Mooresville. The free food pantry is located at the following address of 202 South Old Statesville Road in Huntersville, NC. The hours are limited. Hearts and Hands is open on Thursdays from 3 pm – 6 pm and Fridays from 4 pm – 7 pm. In addition, there are also hours by appointment, and those can be made by calling (704) 885-5828, by email at help@heartsandhandsfoodpantry.com or through our website at www.heartsandhandsfoodpantry.com

Pineville Church of Nazarene

8614 Pineville-Matthews Rd
Pineville, North Carolina 28226
(704) 542-3618

A free food pantry with groceries, toiletries and more is on site at the charity.

Metropolitan Community Church of Charlotte

1825 Eastway Dr.
Charlotte, NC 28205
(704) 563-5810 for hours.

Can provide Thanksgiving and Christmas meals and gifts, and other emergency food vouchers. Meals and school lunches may be offered. Also get information on clothing closets and thrift stores in Mecklenburg County NC.

Loaves & Fishes at Calvary United Methodist Church

512 West Blvd.
Charlotte, NC 28203
(704) 523-4333

Park Road Baptist Church runs the Loaves & Fishes Program

Location is Holy Comforter Episcopal
3900 Park Rd.
Charlotte, NC 28209
(704) 523-4333

This program offers hot and cold meals to the unemployed, working poor, and low income. May have information on clothing programs and federal and state of North Carolina aid too, such as SNAP food stamps and LIHEAP energy bill assistance.

Loaves & Fishes @ St. Andrews Episcopal

3601 Central Ave.
Charlotte, NC 28205
(704) 523-4333

Breakfast or lunch may be served to families living in poverty.

Loaves and Fishes @ Huntersville United Methodist

14005 Stumptown Rd.
Huntersville, North Carolina 28078
Dial (704) 523-4333 to learn more or to apply for food assistance.

Ada Jenkins Center offers Loaves & Fishes

Stop by 212 Gamble St. for food, referrals, and other support.
Davidson, North Carolina 28036
(704) 523-4333
Other financial aid may be offered too, or referrals to SNAP food stamps.

Loaves and Fishes @ Plaza United Methodist

5600 The Plaza
Charlotte, NC 28215
(704) 523-4333

Loving Help Budgeting Program - Love INC

2633 Eastway Dr.
Charlotte, NC 28205
(704) 536-5588

They offer food delivery as part of Love 'n Labor Ministry, baby layette, toiletries and more. The pantry may also have toilet paper, laundry detergent, Senior Brown Bag, USDA Summer meals and more.

Second Harvest Food Bank of Metrolina

500-B Spratt St.

Charlotte, North Carolina 28206

(704) 375-9639 and extension 29

Works with regional and national churches and food banks. A national non-profit organization.

Loaves & Fishes @ Harvest Church

7429 Tuckaseegee Rd.

Charlotte, North Carolina 28214

(704) 523-4333

Loaves and Fishes is run by many churches in Mecklenburg County North Carolina. They are all committed to offering food and assistance to individuals in need.

*Churches pantries, soup kitchens, and social services

Faith based charities help the low income, unemployed, and needy. Some have food pantries or soup kitchens and they assist people of all ages, religions, and races - even immigrants. Free food, paper goods, hygiene or household supplies and other goods. More on free food from Mecklenburg County churches. Go to

https://www.needhelppayingbills.com/html/charlotte_church_assistance_programs.html for more information.

Free Pet Food at Spay Neuter Charlotte

2017 N. Davidson Street

Charlotte, NC 28205

(704) 970-2711

Free dog or cat food, treats, kibble, and other supplies are offered to the needy.

There are many other locations to turn to for free groceries or meals in the Mecklenburg County area. Options range from free non-profit food pantries near you to soup kitchens and government resources, such as the Emergency Food Assistance Program, summer meals for students, SNAP food stamps and Meals on Wheels. Call 704.376.1785 for information and referrals.

By Jon McNamara

https://www.needhelppayingbills.com/html/charlotte_food_banks.html#:~:text=Additional%20free%20food%20assistance%20in%20Charlotte%20area&text=Options%20range%20from%20free%20non,1785%20for%20information%20and%20referrals

Another link to find local resources is <https://www.freefood.org/c/nc-charlotte>