

LOCAL FOOD PANTRIES AND SOUP KITCHENS

Cape Girardeau, Missouri 63701

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| APOSTOLIC PROMISE CHURCH | 750 N. Mt. Auburn Rd. Cape Girardeau, MO 63701 (573) 208-9144 | Pantry: Fridays 10 a.m. – 12 p.m. Senior Pantry: Thursday after the second Tuesday of each month, 12 p.m. – 2 p.m. |
| BIRTHRIGHT | 2633 Hopper Rd. Cape Girardeau, MO 63702 (573) 335-0750 | Closet with groceries to give to clients as needed when they come in. |
| CAPE FIRST CHURCH OF THE NAZARENE | 2601 Independence St. Cape Girardeau, MO 63703 (573) 335-6767 | Pantry: Tues. – Fri., 8:00 a.m. – 3 p.m. |
| CATHOLIC SOCIAL MINISTRIES | 134 Sprigg St. Cape Girardeau, MO 63703 (573) 579-5677 | Pantry: Tues. and Sat. (except 5th Sat.), 9:30 – 11 a.m. (non-USDA) Tues. and Sat., 8:30 – 11:30 a.m. (TEFAP) |
| CHRIST EPISCOPAL CHURCH (RED DOOR MINISTRIES) | 38 N. Fountain St. Cape Girardeau, MO 63701 (573) 335-2997 | Pantry: Mon., 10 a.m. – 11 a.m.; Thurs., 10 a.m. – 11:30 a.m. Community Supper: Last Sun. of each month, 4:30 p.m. |
| COMMUNITY CARING COUNCIL | 937 Broadway St., Suite 306 Cape Girardeau, MO 63701 (573) 651-3747 | Advocacy and case-management for low-income, convicted felons, and those with mental health needs |
| FISH VOLUNTEERS OF CAPE | 106 S. Sprigg St. Cape Girardeau, MO 63703 (573) 450-3799 | Pantry: Mon., Wed., and Fri., 9 a.m. – 12 p.m. (Call before arrival) |
| RED STAR PANTRY | 1302 N. Main St. Cape Girardeau, MO 63701 | Every 4th Sat., 9 a.m. – 11 a.m. (TEFAP and non-USDA) |
| RED STAR PANTRY (FOR SENIORS) | 1301 N. Main St. Cape Girardeau, MO 63701 (573) 200-1565 | Every 3rd Thurs., 1 p.m. – 3 p.m. |
| ROCK OF CAPE | 4250 State Highway K Cape Girardeau, MO 63701 (573) 339-1811 | Pantry: Tues., 9 a.m. – 11 a.m. (By appointment only; must call ahead) |
| SALVATION ARMY PANTRY | 701 Good Hope St. Cape Girardeau, MO 63702 (573) 335-7000 | Pantry: Tues. and Thurs., 9 a.m. – 12 p.m., 1 p.m. – 3 p.m. |
| SALVATION ARMY SOUP KITCHEN | 701 Good Hope St. Cape Girardeau, MO 63702 (573) 335-7000 | Last 2 full weeks of the month, 12 p.m. – 1 p.m. |
| SAMARITAN REGIONAL HEALTH CLINIC | 937 Broadway St., Suite 203 Cape Girardeau, MO 63701 (573) 388-4504 | Open Wed. and Fri. of most weeks |