

## July 2021 Cape Girardeau County Church Meals & Pantries

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Another list of pantries:</b>  <a href="https://www.semofoodbank.org/pantry-locator/">https://www.semofoodbank.org/pantry-locator/</a>  <b>Mobile Food Pantries:</b>  <a href="https://www.semofoodbank.org/mobile-food-pantries/">https://www.semofoodbank.org/mobile-food-pantries/</a></p> <p>July 10 @ 10:00 am                      New Bethel Missionary Baptist 1029 South Benton, Cape Girardeau                      Partner: Buzzi Unicem USA Inc.</p>				<p><b>1</b>  <b>Salvation Army</b>                      Pantry 1-3 PM  <b>Christ Episcopal Church*</b>                      Pantry 10 AM - 11:30 AM  <b>JMA Food Pantry*****</b>                      1 PM — 3 PM  <b>St Andrew Lutheran LAC</b>                      Shower Ministry and meal Noon—2 PM  <b>Cape First Church of The Nazarene*****</b>                      10 a.m.-12 p.m. by appointment  <b>Fruitland Community</b>                      Pantry 9:00 AM - 4:00 PM</p>	<p><b>2</b>  <b>Apostolic Promise Pantry</b>                      Pantry 10AM - noon  <b>FISH Food Pantry**</b>                      Pantry 9 AM-Noon  <b>Fruitland Community</b>                      Pantry 9:00 AM - 4:00 PM</p>	<p><b>3</b>  <b>Catholic Social Ministries</b>                      Pantry 9:30 AM - 11:30 AM</p>
<p><b>4 Independence Day</b></p>	<p><b>5</b>  <b>Christ Episcopal Church*</b>                      Pantry 10-11 AM  <b>JMA Food Pantry*****</b>                      9-11 AM &amp; 1-3 PM  <b>Apostolic Promise Church</b>                      TAP into Recovery Meal 6:30 PM  <b>FISH Food Pantry**</b>                      Pantry 9 AM-Noon  <b>Fruitland Community</b>                      Pantry 9:00 AM - 4:00 PM</p>	<p><b>6</b>  <b>Salvation Army</b>                      Pantry 9 AM-noon  <b>Catholic Social Ministries</b>                      Pantry 9:30 AM - 11:30 AM  <b>Rock of Cape***</b>                      Pantry 9-11 AM  <b>Cape First Church of The Nazarene*****</b>                      Pantry 10 a.m.-12 p.m. by appointment  <b>Lighthouse United</b>                      Free Meals for Children 3:00 PM — 6:00 PM  <b>Fruitland Community</b>                      Pantry 9:00 AM - 4:00 PM</p>	<p><b>7</b>  <b>Centenary Methodist</b>                      To Go Meal 5:30 PM  <b>FISH Food Pantry**</b>                      Pantry 9 AM-Noon  <b>Fruitland Community</b>                      Pantry 9:00 AM - 4:00 PM</p>	<p><b>8</b>  <b>Salvation Army</b>                      Pantry 1-3 PM  <b>Christ Episcopal Church*</b>                      Pantry 10-11:30 AM  <b>JMA Food Pantry*****</b>                      1 PM — 3 PM  <b>St Andrew Lutheran LAC</b>                      Shower Ministry and meal Noon—2 PM  <b>Cape First Church of The Nazarene*****</b>                      10 a.m.-12 p.m. by appointment  <b>Fruitland Community</b>                      Pantry 9:00 AM - 4:00 PM</p>	<p><b>9</b>  <b>Apostolic Promise Pantry</b>                      Pantry 10AM – noon  <b>FISH Food Pantry**</b>                      Pantry 9 AM-Noon  <b>St Andrew Lutheran</b>                      Seconds Meal Table &amp; Curbside 5:30 PM—6 PM  <b>Fruitland Community</b>                      Pantry 9:00 AM - 4:00 PM</p>	<p><b>10</b>  <b>Catholic Social Ministries</b>                      Pantry 9:30 AM - 11:30 AM</p>
<p><b>11</b>  <b>St Andrew Lutheran Church</b>                      Celebrate Recovery Dine-In &amp; Carryout Meal 5 PM</p>	<p><b>12</b>  <b>Christ Episcopal Church*</b>                      Pantry 10-11 AM  <b>JMA Food Pantry*****</b>                      9-11 AM &amp; 1-3 PM  <b>Apostolic Promise Church</b>                      TAP into Recovery Meal 6:30 PM  <b>FISH Food Pantry**</b>                      Pantry 9 AM-Noon  <b>Fruitland Community</b>                      Pantry 9:00 AM - 4:00 PM</p>	<p><b>13</b>  <b>Salvation Army</b>                      Pantry 9 AM-noon  <b>Catholic Social Ministries</b>                      Pantry 9:30 AM - 11:30 AM  <b>Rock of Cape***</b>                      Pantry 9-11 AM  <b>Cape First Church of The Nazarene*****</b>                      Pantry 10 a.m.-12 p.m. by appointment  <b>Lighthouse United</b>                      Free Meals for Children 3:00 PM — 6:00 PM  <b>Fruitland Community</b>                      Pantry 9:00 AM - 4:00 PM</p>	<p><b>14</b>  <b>Centenary Methodist</b>                      To Go Meal 5:30 PM  <b>FISH Food Pantry**</b>                      Pantry 9 AM-Noon  <b>House of Hope First Assembly</b>                      4:30-6:30 p.m.  <b>Fruitland Community</b>                      Pantry 9:00 AM - 4:00 PM</p>	<p><b>15</b>  <b>Salvation Army</b>                      Pantry 1-3 PM  <b>Christ Episcopal Church*</b>                      Pantry 10-11:30 AM  <b>JMA Food Pantry*****</b>                      1 PM — 3 PM  <b>St Andrew Lutheran LAC</b>                      Shower Ministry and meal Noon—2 PM  <b>Cape First Church of The Nazarene*****</b>                      10 a.m.-12 p.m. by appointment  <b>Fruitland Community</b>                      Pantry 9:00 AM - 4:00 PM</p>	<p><b>16</b>  <b>Apostolic Promise Pantry</b>                      Pantry 10AM - noon  <b>FISH Food Pantry**</b>                      Pantry 9 AM-Noon  <b>Fruitland Community</b>                      Pantry 9:00 AM - 4:00 PM</p>	<p><b>17</b>  <b>Catholic Social Ministries</b>                      Pantry 9:30 AM - 11:30 AM</p>

\*Downtown Residents Only. \*\*Call FISH first at 573-334-0207. \*\*\*Call the Rock first at 573-339-1811. \*\*\*\*Residents of Jackson R-2 School District Only. \*\*\*\*\*Call the Nazarene first 573-335-6767

## July 2021 Cape Girardeau County Church Meals & Pantries

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>18</b> <b>St Andrew Lutheran Church</b> Celebrate Recovery Dine-In & Carryout Meal 5 PM	<b>19</b> <b>Salvation Army</b> To Go Meal Noon -1 PM <b>Christ Episcopal Church*</b> Pantry 10 AM – 11 AM <b>JMA Food Pantry****</b> 9-11 AM & 1-3 PM <b>Apostolic Promise Church</b> TAP into Recovery Meal 6:30 PM <b>FISH Food Pantry**</b> Pantry 9 AM-Noon <b>Fruitland Community</b> Pantry 9:00 AM - 4:00 PM	<b>20</b> <b>Salvation Army</b> To Go Meal Noon-1 PM Pantry 9 AM-11:45 AM <b>Rock of Cape***</b> Pantry 9-11 AM <b>Cape First Church of The Nazarene*****</b> Pantry 10 a.m.-12 p.m. by appointment <b>Lighthouse United</b> Free Meals for Children 3:00 PM – 6:00 PM <b>Fruitland Community</b> Pantry 9:00 AM - 4:00 PM <b>Catholic Social Ministries</b> Pantry 9:30 AM - 11:30 AM	<b>21</b> <b>Salvation Army</b> To Go Meal Noon-1 PM <b>Centenary Methodist</b> To Go Meal 5:30 PM <b>FISH Food Pantry**</b> Pantry 9 AM-Noon <b>Fruitland Community</b> Pantry 9:00 AM - 4:00 PM	<b>22</b> <b>Salvation Army</b> To Go Meal Noon-1 PM Pantry 1-3 PM <b>Christ Episcopal Church*</b> Pantry 10-11:30 AM <b>JMA Food Pantry****</b> 1 PM — 3 PM <b>St Andrew Lutheran LAC</b> Shower Ministry and meal Noon—2 PM <b>Cape First Church of The Nazarene*****</b> 10 a.m.-12 p.m. by appointment <b>Fruitland Community</b> Pantry 9:00 AM - 4:00 PM	<b>23</b> <b>Salvation Army</b> To Go Meal Noon—1 PM <b>Apostolic Promise Pantry</b> Pantry 10AM – noon <b>FISH Food Pantry**</b> Pantry 9 AM-Noon <b>Fruitland Community</b> Pantry 9:00 AM - 4:00 PM	<b>24</b> <b>Red Star Pantry</b> Pantry 9 -11 AM Call 573-200-1565 for emergency food. <b>Catholic Social Ministries</b> Pantry 9:30 AM - 11:30 AM <b>New Bethel Missionary Baptist</b> Pantry 10 AM – Noon <b>Revival Center Pantry</b> 8 a.m.-12 p.m.
<b>25</b> <b>St Andrew Lutheran Church</b> Celebrate Recovery Dine-In & Carryout Meal 5 PM <b>Christ Episcopal Church</b> To Go Meal 4:30 PM	<b>26</b> <b>Salvation Army</b> To Go Meal Noon -1 PM <b>Christ Episcopal Church*</b> Pantry 10 AM – 11 AM <b>JMA Food Pantry****</b> 9-11 AM & 1-3 PM <b>Apostolic Promise Church</b> TAP into Recovery Meal 6:30 PM <b>FISH Food Pantry**</b> Pantry 9 AM-Noon <b>Fruitland Community</b> Pantry 9:00 AM - 4:00 PM	<b>27</b> <b>Salvation Army</b> To Go Meal Noon-1 PM Pantry 9 AM-11:45 AM <b>Rock of Cape***</b> Pantry 9-11 AM <b>Cape First Church of The Nazarene*****</b> Pantry 10 a.m.-12 p.m. by appointment <b>Crossroads Church Pantry</b> 10 a.m.-12 p.m. <b>Lighthouse United</b> Free Meals for Children 3:00 PM – 6:00 PM <b>Fruitland Community</b> Pantry 9:00 AM - 4:00 PM	<b>28</b> <b>Salvation Army</b> To Go Meal Noon-1 PM <b>Centenary Methodist</b> To Go Meal 5:30 PM <b>FISH Food Pantry**</b> Pantry 9 AM-Noon <b>Fruitland Community</b> Pantry 9:00 AM - 4:00 PM	<b>29</b> <b>Salvation Army</b> To Go Meal Noon-1 PM Pantry 1-3 PM <b>Christ Episcopal Church*</b> Pantry 10-11:30 AM <b>JMA Food Pantry****</b> 1 PM — 3 PM <b>St Andrew Lutheran LAC</b> Shower Ministry and meal Noon—2 PM <b>Cape First Church of The Nazarene*****</b> 10 a.m.-12 p.m. by appointment <b>Fruitland Community</b> Pantry 9:00 AM - 4:00 PM	<b>30</b> <b>Salvation Army</b> To Go Meal Noon—1 PM <b>Apostolic Promise Pantry</b> Pantry 10AM – noon <b>FISH Food Pantry**</b> Pantry 9 AM-Noon <b>Fruitland Community</b> Pantry 9:00 AM - 4:00 PM	<b>31</b> <b>Vincent's Vittles</b> St. Vincent de Paul Catholic Church Meal 6 PM
<b>Red Star Pantry</b> 1316 N Main St. If anyone wants to receive the pantry text alerts have them send a text to 573-200-1565 with their name. <b>Crossroads Church Pantry</b> 4400 East Jackson Blvd	<b>St Andrew Lutheran Church</b> Celebrate Recovery 804 N Cape Rock St <b>Andrew Lutheran LAC</b> Shower Ministry and Meal 804 N Cape Rock (building to rear of church) <b>Lighthouse United Church</b> 710 Southern Expressway	<b>FISH Food Pantry**</b> 106 S. Sprigg 573-334-0207 <b>Christ Episcopal Church*</b> 38 N. Fountain <b>Centenary Methodist</b> 300 N. Ellis Street <b>Cape First Church of The Nazarene</b> 2601 Independence	<b>House of Hope</b> 1000 Ranney St <b>Apostolic Promise Church</b> 750 N. Mt. Auburn <b>The Bridge</b> 428 S Fredrick Trinity <b>Lutheran Church</b> 100 N. Frederick St. <b>Revival Center Pantry</b> 914 Old Cape Road	<b>Apostolic Promise Church</b> 750 N. Mount Auburn Rd <b>Apostolic Promise Pantry</b> 361 Country Club Dr. <b>House of Prayer</b> 1 N. Sprigg St <b>Salvation Army</b> 701 Good Hope St <b>Fruitland Community Church</b> 6040 Highway 61 North	<b>First Baptist Church</b> 1289 Lexington Ave <b>Rock of Cape***</b> 4250 State Highway K <b>Vincent Vittles</b> St. Vincent de Paul Catholic Church 1913 Ritter Dr <b>New Bethel Missionary Baptist</b> 1029 S Benton	<b>Catholic Social Ministries</b> 134 S. Sprigg St <b>Jackson Ministerial Alliance (JMA) Food Pantry****</b> 417 Washington <b>House of Hope First Assembly</b> 1000 Ranney

Calendar compiled by Pastor Dan Johnson for the Cape Ministerial Alliance. Please send corrections and additions to [calendar@loveincsemo.org](mailto:calendar@loveincsemo.org)

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