

October 2021 Cape Girardeau County Church Meals & Pantries

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Another list of pantries: https://www.semofoodbank.org/pantry-locator/</p> <p>Mobile Food Pantries: https://www.semofoodbank.org/mobile-food-pantries/ October 1 @ 10:00 am Cape Girardeau Osage Centre 1625 N Kingshighway, Cape Girardeau, MO</p>					<p>1 FISH Food Pantry** Pantry 9 AM-Noon Fruitland Community Pantry 9:00 AM - 4:00 PM Red Star Pantry Pantry 5:30 PM</p>	<p>2 Catholic Social Ministries Pantry 9:30 AM - 11:30 AM</p>
<p>3</p>	<p>4 Christ Episcopal Church* Pantry 10-11 AM JMA Food Pantry**** 9-11 AM & 1-3 PM Apostolic Promise Church TAP into Recovery Meal 6:30 PM FISH Food Pantry** Pantry 9 AM-Noon Fruitland Community Pantry 9:00 AM - 4:00 PM</p>	<p>5 Trinity Lutheran Church To Go Meal Noon – 1:00 pm Salvation Army Pantry 9 AM-noon Catholic Social Ministries Pantry 9:30 AM - 11:30 AM Rock of Cape*** Pantry 9-11 AM Cape First Church of The Nazarene Pantry 10 a.m.-12 p.m. Lighthouse United Free Meals for Children 3:00 PM – 6:00 PM Fruitland Community Pantry 9:00 AM - 4:00 PM Red Star Pantry Pantry 5:30 PM</p>	<p>6 Centenary Methodist Community Meal 5:30 PM FISH Food Pantry** Pantry 9 AM-Noon Fruitland Community Pantry 9:00 AM - 4:00 PM</p>	<p>7 Salvation Army Pantry 1-3 PM Christ Episcopal Church* Pantry 10-11:30 AM JMA Food Pantry**** 1 PM — 3 PM Cape First Church of The Nazarene 10 a.m.-12 p.m. Fruitland Community Pantry 9:00 AM - 4:00 PM</p>	<p>8 FISH Food Pantry** Pantry 9 AM-Noon St Andrew Lutheran Seconds Meal Table & Curbside 5:30 PM—6 PM Fruitland Community Pantry 9:00 AM - 4:00 PM Red Star Pantry Pantry 5:30 PM</p>	<p>9 Catholic Social Ministries Pantry 9:30 AM - 11:30 AM</p>
<p>10</p>	<p>11 Christ Episcopal Church* Pantry 10 AM – 11 AM JMA Food Pantry**** 9-11 AM & 1-3 PM Apostolic Promise Church TAP into Recovery Meal 6:30 PM FISH Food Pantry** Pantry 9 AM-Noon Fruitland Community Pantry 9:00 AM - 4:00 PM</p>	<p>12 Salvation Army Pantry 9 AM-noon Catholic Social Ministries Pantry 9:30 AM - 11:30 AM Rock of Cape*** Pantry 9-11 AM Cape First Church of The Nazarene Pantry 10 a.m.-12 PM Lighthouse United Free Meals for Children 3:00 PM – 6:00 PM Fruitland Community Pantry 9:00 AM - 4:00 PM Red Star Pantry Pantry 5:30 PM</p>	<p>13 Centenary Methodist Community Meal 5:30 PM FISH Food Pantry** Pantry 9 AM-Noon Fruitland Community Pantry 9:00 AM - 4:00 PM House of Hope First Assembly 4:30-6:30 p.m.</p>	<p>14 Salvation Army Pantry 1-3 PM Christ Episcopal Church* Pantry 10-11:30 AM JMA Food Pantry**** 1 PM — 3 PM Cape First Church of The Nazarene 10 a.m.-12 p.m. Fruitland Community Pantry 9:00 AM - 4:00 PM</p>	<p>15 FISH Food Pantry** Pantry 9 AM-Noon Fruitland Community Pantry 9:00 AM - 4:00 PM Red Star Pantry Pantry 5:30 PM</p>	<p>16 Catholic Social Ministries 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.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17 	18 Salvation Army Meals with Friends Noon -1 PM Christ Episcopal Church* Pantry 10 AM – 11 AM JMA Food Pantry**** 9-11 AM & 1-3 PM Apostolic Promise Church TAP into Recovery Meal 6:30 PM FISH Food Pantry** Pantry 9 AM-Noon Fruitland Community Pantry 9:00 AM - 4:00 PM	19 Salvation Army Meals with Friends Noon-1 PM Pantry 9 AM-11:45 AM Catholic Social Ministries Pantry 9:30 AM - 11:30 AM Rock of Cape*** Pantry 9-11 AM Cape First Church of The Nazarene Pantry 10 a.m.-12 PM Lighthouse United Free Meals for Children 3:00 PM – 6:00 PM Fruitland Community Pantry 9:00 AM - 4:00 PM Crossroads Church Pantry 10 a.m.-12 p.m. Red Star Pantry Pantry 5:30 PM	20 Salvation Army Meals with Friends Noon-1 PM Centenary Methodist Community Meal 5:30 PM FISH Food Pantry** Pantry 9 AM-Noon Fruitland Community Pantry 9:00 AM - 4:00 PM	21 Salvation Army Meals with Friends Noon-1 PM Pantry 1-3 PM Catholic Social Ministries Pantry 9:30 AM - 11:30 AM Christ Episcopal Church* Pantry 10-11:30 AM JMA Food Pantry**** 1 PM — 3 PM Cape First Church of The Nazarene 10 a.m.-12 p.m. Fruitland Community Pantry 9:00 AM - 4:00 PM	22 Salvation Army Meals with Friends Noon–1 PM FISH Food Pantry** Pantry 9 AM-Noon Fruitland Community Pantry 9:00 AM - 4:00 PM	23 Catholic Social Ministries Pantry 9:30 AM - 11:30 AM Red Star Pantry Pantry 9 -11 AM Call 573-200-1565 for emergency food. New Bethel Missionary Baptist Pantry 10 AM – Noon Revival Center Pantry 8 AM-noon
24 	25 Salvation Army Meals with Friends Noon -1 PM Christ Episcopal Church* Pantry 10-11 AM JMA Food Pantry**** 9-11 AM & 1-3 PM Apostolic Promise Church TAP into Recovery Meal 6:30 PM FISH Food Pantry** Pantry 9 AM-Noon Fruitland Community Pantry 9:00 AM - 4:00 PM	26 Salvation Army Meals with Friends Noon-1 PM Pantry 9 AM-11:45 AM Rock of Cape*** Pantry 9-11 AM Cape First Church of The Nazarene Pantry 10 AM-noon Lighthouse United Free Meals for Children 3 PM – 6 PM Fruitland Community Pantry 9:00 AM - 4:00 PM Red Star Pantry Pantry 5:30 PM	27 Salvation Army Meals with Friends Noon-1 PM Centenary Methodist Community Meal 5:30 PM FISH Food Pantry** Pantry 9 AM-Noon Fruitland Community Pantry 9:00 AM - 4:00 PM	28 Salvation Army Meals with Friends Noon-1 PM Pantry 1-3 PM Christ Episcopal Church* Pantry 10 AM - 11:30 AM JMA Food Pantry**** 1 PM — 3 PM Cape First Church of The Nazarene 10 a.m.-12 p.m. Fruitland Community Pantry 9:00 AM - 4:00 PM	29 Salvation Army Meals with Friends Noon–1 PM FISH Food Pantry** Pantry 9 AM-Noon Fruitland Community Pantry 9:00 AM - 4:00 PM Red Star Pantry Pantry 5:30 PM	30 Vincent's Vittles St. Vincent de Paul Catholic Church Meal 6 PM
31 Christ Episcopal Church To Go Meal 4:30 PM	St Andrew Lutheran Church Celebrate Recovery 804 N Cape Rock St Andrew Lutheran LAC Shower Ministry and Meal 804 N Cape Rock (building to rear of church) Lighthouse United Church 710 Southern Expressway	FISH Food Pantry** 106 S. Sprigg 573-334-0207 Christ Episcopal Church* 38 N. Fountain Centenary Methodist 300 N. Ellis Street Cape First Church of The Nazarene 2601 Independence	House of Hope 1000 Ranney St The Bridge 428 S Fredrick Trinity Lutheran Church 100 N. Frederick St. Revival Center Pantry 914 Old Cape Road	Apostolic Promise Church 750 N. Mount Auburn Rd House of Prayer 1 N. Sprigg St Salvation Army 701 Good Hope St Fruitland Community Church 6040 Highway 61 North	First Baptist Church 1289 Lexington Ave Rock of Cape*** 4250 State Highway K Vincent Vittles St. Vincent de Paul Catholic Church 1913 Ritter Dr New Bethel Missionary Baptist 1029 S Benton	Catholic Social Ministries 134 S. Sprigg St Jackson Ministerial Alliance (JMA) Food Pantry**** 417 Washington House of Hope First Assembly 1000 Ranney Trinity Lutheran Church 100 N. Frederick (meal on Broadway under church sign)

Calendar compiled by Pastor Dan Johnson for the Cape Ministerial Alliance. Please send corrections and additions to calendar@loveincsemo.org

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