

**SITUATION: A PERSON/FAMILY IS IN NEED OF EMERGENCY FOOD**

<b>Dilworth Soup Kitchen at First Christian Church</b>	1200 East Blvd. Charlotte	Lunch served every Monday	11:30AM-12:30PM	704-334-3771
<b>Harvest Center (Isabella's Kitchen)</b>	225 Freedom Dr. Charlotte	Tues & Wed	Breakfast 6:30AM-8AM Lunch 11:30AM-12:30PM	704-335-1616
<b>Urban Ministry Center</b>	945 N. College St. Charlotte	Food served daily including holidays	1:15AM-12:15PM	704- 347-0278
<b>Ascension Lutheran Church</b>	1225 E Morehead St. Charlotte	Tuesdays	11:30AM - 12:30PM	704 372-7317
<b>Camino Community Center</b>	133 Stetson Dr. Charlotte	Tuesday: Friday:	3:30AM-6:30PM 9:30AM-2:00PM	
<b>Catholic Social Services</b>	1123 S. Church St. Charlotte	Monday-Friday	9AM-5PM	704- 370-3262
<b>Oakhurst Baptist Church</b>	5037 Monroe Rd. Charlotte	Pantry is open second Saturday of the month	Contact the church for pantry hours	704- 537-0604

**Loaves and Fishes** Provides food for 20 emergency food pantries in the county  
 Referrals made by human services agencies, follow link for more information  
<http://www.loavesandfishes.org/food-pantries/> 704-523-4333

**SITUATION: AN INDIVIDUAL/FAMILY NEEDS HELP TO PURCHASE FOOD**

<b>Mecklenburg County Dept. of Social Services Food and Nutrition Services (EBT card)</b>	301 Billingsley Rd. Charlotte	Monday – Friday 8:00AM-5:00PM	Provides financial assistance for food. Households may be eligible for expedited food benefits if qualified.	704-336-3000
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**SITUATION: A INDIVIUAL/FAMILY WANTS TO BUY FRESH LOCALLY GROWN PRODUCE**

<b>Charlotte Regional Farmers Market</b>	1801 Yorkmont Rd, Charlotte	Closed: Monday Open: Tuesday- Saturday 8AM-6PM Sunday 12PM-6PM	704-357-1269
<b>Atlantic Farmers Market</b>	3122 Eastway Dr. Charlotte	Monday-Sunday 9AM-9PM	704 568-0151
<b>Cotswold Farmers Market</b>	309 S Sharon Amity Rd Charlotte	Saturday only 8AM-12PM	704 975-5054
<b>NoDA Farmers Market</b>	701 E 36th St Charlotte	: Saturday only 9AM -12PM	805 459-5777
<b>Simpson's Market</b>	938 S Kings Dr, Charlotte	Closed: Monday, Wednesday, Thursday & Sunday Open: Tuesday 6AM-6PM Friday 6AM-8PM Saturday 7AM- 3PM	704-332-6344
<b>Mecklenburg County Market</b>	1515 Harding Pl	Monday-Friday 9AM-6PM, Saturday 7AM-6PM Sunday 12PM-5PM	
<b>Rosa Parks Farmers Markets</b>	3725 Beatties Ford	Monday- Friday 3:00PM	number unavailable

**SITUATION: A PREGNANT OR POST-PARTUM FEMALE NEEDS NUTRITION SERVICES OR FOOD**

<b>WIC Charlotte East</b> 5624 Executive Center Dr. Charlotte 7:45AM-7PM Mon-Thurs 7:45AM-5PM Fri	<b>WIC CRC Valerie C Woodard</b> 3205 Freedom Dr. Charlotte 8AM-5PM Mon-Fri	<b>Health Dept. WIC.</b> 2845 Beatties Ford Charlotte 7:45AM-7PM Mon-Thurs 7:45AM-5PM Fri
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704-336-4700 covers all three sites. Offices close 12PM-1PM for lunch

**SITUATION: AN INDIVIDUAL/FAMILY NEEDS NUTRITION INFORMATION**

**Second Harvest Food Bank of Metrolina** Hunger Education Program  
 Contact Second Harvest for more information at 704-376-1785

**SITUATION: A SENIOR OR DISABLED PERSON DOES NOT HAVE TRANSPORTATION TO GO SHOPPING OR GET TO A FOOD PANTRY**

<b>Friendship Trays</b>	2401 Distribution St # A, Charlotte	Monday-Friday 8AM- 2PM	704-333-9229
<b>Love INC of Mecklenburg County</b>	2304 the Plaza, Suite 300 Charlotte	Contact them directly for hours	704-536-5588

**SITUATION: AN INDIVIDUAL/ FAMILY IS SEEKING AN INTERNATIONAL/ETHNIC GROCERY STORE OR MARKET IN CHARLOTTE**

Due to the many international/ethnic stores and markets in Charlotte, we have only listed a few. Google "International/Ethnic grocery stores and markets" for a more comprehensive list.

<b>Super G Mart Charlotte (Asian)</b>	2920 Central Ave Charlotte	Monday- Sunday 8AM-9:30PM	980- 321-4048
<b>Anh Dao Sakura Oriental Market</b>	4325 South Blvd Charlotte	Sunday-Tuesday 9AM-7PM Wednesday 9AM-8PM Thursday- Saturday 9AM-9PM	704- 525-9840

<b>International Supermarket</b>	4520 N Tryon St # 45 Charlotte,	Monday-Sunday 9AM-7PM	704- 509-1799
<b>Central Market Charlotte- Indian/ Nepali Store</b>	5718 Albemarle Rd Charlotte	Monday-Sunday 9AM-8PM	704- 567-2071
<b>Patel Brothers (Indian)</b>	8109-A University City Blvd. Charlotte	Monday-Sunday 10AM-8:30PM	704 509-2305
<b>Around the World Market</b>	6514 N Tryon St, Charlotte,	Monday-Sunday 10AM-10PM	704-494-0044
<b>Charlotte Market International (WEST AFRICA &amp; CARIBBEAN)</b>	4740 Old Pineville Rd Ste. D Charlotte	Monday-Saturday 10AM-8PM, Sunday Noon-7PM	704- 527-5771
<b>Jamiles Cuisine &amp; Grocery Store (African Food)</b>	4808 Central Ave G & H Charlotte	Hours unavailable	704-531-1180
<b>Compare Foods Supermarket (Hispanic Market)</b>	818 E Arrowood Rd. Charlotte	Sunday-Saturday 7AM-10PM	704- 716-1170 Contact this location for others Compare store locations

<b>Yafa halal Market</b> (Middle Eastern)	10703 Park Rd. , Charlotte	Sunday 10-7 Monday-Saturday 10-9	704- 544-5393
<b>Halal Market</b> (Middle Eastern)	3145 N Sharon Amity Rd, Charlotte	Monday-Sunday 10-8	704- 567-2025
<b>Supermercado El Rey</b> (Hispanic Market)	6300 South Blvd, Charlotte	Monday-Sunday 9AM-10PM	704- 557-3980
<b>Agora Greek Market</b>	5122 E Independence Blvd, Charlotte	Closed Sunday Monday-Friday 10-6 Saturday 10-4	704- 569-2301

### **SITUATION: A SENIOR OR DISABLED ADULT IS LOOKING FOR CONGREGATE MEALS SITES**

**Mecklenburg County** offers congregate meal at over 19 sites located throughout Mecklenburg County. Participants at the congregate nutrition sites meet Monday-Friday between the hours of 9 am and 1 pm to engage in positive, meaningful socialization, exercise and take part in a variety of fun activities, health promotion and educational programs. Volunteer opportunities are also available. At noon, participants eat hot, nutritious and appetizing meals that are planned by a dietitian and catered by a food vendor.

For more information call either the Senior Nutrition Information line 704-336-3144.

### **SITUATION: A SENIOR IS IN NEED OF A NUTRITIONAL MEAL SUPPLEMENT (ENSURE)**

**Mecklenburg County** provides Ensure nutritional supplements on a limited basis (up to 3 months per calendar year) to seniors with prescribed supplemental nutrition needs. A signed authorization must be obtained from the physician to receive this service. Participants or their representatives are responsible for picking up this product from the SCNP Warehouse monthly. Interested? Call 704-432-1111 for more information.

## **SITUATION: A SENIOR IS LOOKING FOR HOME DELIVERED MEALS OR “MEALS ON WHEELS”.**

**Mecklenburg County** provide weekly home-delivery of meals to seniors who are assessed to be “homebound”, therefore cannot attend a congregate nutrition site, they are unable to shop and prepare food for themselves and they have no reliable support. The goal of this program is to provide a support service to enable senior adults to remain independent in their own homes. Eligibility for home delivered meal services are assessed by a county case worker. For more information about this service or to sign up for this program, please call “Just1Call” at 704-432-1111.

A short term (up to 12 weeks) home delivered meal option is also available for those seniors recovering from hospitalization or rehabilitation and meet the homebound meal service eligibility as described above. For more information or to sign up for this program, please call our office at 704-336-3144.

- ***Still need help? Dial 2-1-1 or 1-888-892-1192 to speak to a call specialist 24/7/365.***