

(\*\* crystalcoastnonprofits.org \*\*) **FOOD SECURE CARTERET** (\*\* crystalcoastnonprofits.org \*\*)

**FOOD PANTRIES**

name of pantry	when	street address	town	contacts	phone	comments	en espanol
Bethlehem UMC	call for schedule	728 Bogue Loop Rd	Bogue/ Newport	Jr Posey	540-623-0658	delivery on request, serving neighbors near church	Entrega a pedido, sirviendo a los vecinos de la iglesia
Glad Tidings Church	M-Th 9-12 & 1-5	4621 Country Club Rd	MHC	Belinda Loftin	726-0160	1 bag per family, sized accordingly	Una bolsa por familia, portozionada
Ladies Outreach Committee	call for schedule	951 Merrimon Rd	Beaufort	Matilda Stewart	646-1628	open on request	Abierto a peticion
Lighthouse Pantry	2nd Sat 8-10 (DE only), 4th Sat 8-10 (all county)	2015 Hwy 70E	Stacy	Joyce Gaskill	241-8687	Food Bank CENC partner	El banco de comida del este de Carolina del Norte
Loaves and Fishes	first, second, third, fourth Mondays 10-1	1730 Live Oak St	Beaufort	David Bruce	728-2680	Food Bank ENC partner, for Carteret residents	El banco de comida del este de Carolina del Norte
Loaves and Fishes	last Thursday 1:00	Harkers Island Fire Station	Harkers Island	David Bruce	728-2680	Food Bank ENC partner, for Carteret residents	El banco de comida del este de Carolina del Norte
Martha's Mission	M & W & F 10:30-3	901 Bay St.	MHC	Ginger Wade	726-1717	Food Bank ENC partner, MM uses a voucher system which they have expanded. They do not turn away hungry people. They have a bag specifically for children aged 3-13 with extra snacks and treats	El banco de comida del este de Carolina del Norte utiliza un sistema de cupones lo cual han ampliado, no rechazan las personas. Tienen una bolsa específicamente para niños entre 3-13 años con bocadillos
Matthew 25/ St James UMC	M & Th 9-11	1007 Orange St	Newport	Rick Heal	725-3311/ 223-4231/ 223-4727	Food Bank CENC partner, serves Newport Township only	El banco de comida del este de Carolina del Norte atiende al municipio de Newport
Carteret Community College, Smith Building	M-Th 9-5	College Circle	MHC	Jennifer Fox and Trish Miller	222-6152	open to students, faculty and staff of CCC, assisted by Phi Theta Kappa	Abierto a estudiantes, facultad y empleados de CCC
Salvation Army	M-F 8-12 and 1-5	2800 Bridges St	MHC	Brandon Waldrep	726-7147	schedule an appointment to discuss other services and funding for rent and utilities	Programas una cita para discutir otros servicios y fondos de alquileres y los servicios públicos
Storehouse Pantry	M-F 10-1	3114 Bridges St	MHC	Delicia Linteau	725-5539/ 443-956-4633	Food Bank CENC partner, offers healthy food choices and fresh produce	El banco de comida del este de Carolina del Norte ofrece comida saludable y productos frescos
Wildwood Presbyterian Church	Th 8:30	276 Wildwood Rd	Newport	Vivian Ross	726-9118	Produce, dairy and bakery items available weekly. Nonperishable food, frozen meat, hygiene and cleaning products available monthly.	Productos frescos, lácteos y productos de panadería disponibles semanalmente. Alimentos no perecederos, carne congelada, higiene, y productos de limpieza disponibles mensualmente

**HOT MEALS - 'DRIVE THROUGH/ TAKE OUT'**

open to everyone, some available at very reasonable rate/ some free, all accept donations

where to pick up hot meals	when	street address	town	contacts	phone	comments	en espanol
Atlantic UMC	Thursdays 11:30-12:00	146 School Dr	Atlantic	Penny Smith	225-7701	for seniors, all of downeast, reserve by Tues at 5	Para personas mayores, todo el este, por favor reserve antes del martes a las 5:00 pm.
"Five Loaves Supper" at First Baptist Church of Beaufort	Mondays 5:00-6:00	403 Ann St.	Beaufort	Nancy Ustach	728-6811	collaboration - Ann St UMC, St Paul's Episcopal, First Baptist of Beaufort	Colaboración - Ann St. UMC, St. Paul's Episcopal, First Baptist of Beaufort
Hand 2 Hand	Mondays 11:00	425 Hwy 70	Smyrna	Elizabeth Bielak	418-0000/ 703-732-4793	lunch meals	Almuerzo
Harlowe UMC	Saturdays 11:30-1:00	4261 Hwy 101	Newport	Tanya Lewis	241-5896	Grab & Go! - Meals include a sandwich, chips, fruit, dessert, and bottled water; first Saturday of the month is a hot meal.	Agarra y listo! - Las comidas incluyen un sándwich, sabritas, fruta, postre, botella de agua. El primer sábado, una comida caliente.

**HOT MEALS - 'EAT IN'**

name of kitchen	when	street address	town	contacts	phone	comments	en espanol
Hope Mission Soup Kitchen	11:00-12:30 Mon-Sat	1410 Bridges Street	MHC	John Sotyrkys	240-2359	free hot meal served six days a week	Comia caliente servida 6 días a la semana
Congregate Nutrition at Senior Center	M-F 11:30 am	3820 Galantis Drive	MHC	Carol Neglic	247-2626	meal, companionship, lunch, reservations requested for at least three days per week, reasonable rate	Comida, compañía, almuerzo, reservaciones par requerir al menos 3 días a la semana

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<b>HOT MEALS - 'DELIVERY'</b>		<b>all meals have a price, but delivery is free and they accept donations and volunteers</b>				
<b>name of organization</b>	<b>when</b>	<b>free, accepts donations</b>	<b>contacts</b>	<b>phone</b>	<b>comments</b>	<b>en espanol</b>
Home Delivered Meals from Leon Mann Senior Center	Monday - Friday	free, accepts donations	Carol Neglic	247-2626	Limit of 32 seniors, full now but waitlist available, criteria = age 60 and older and homebound. One grant covers delivered free meals delivered by volunteers, and another grant for 'congregate nutrition' (see 'hot meals - eat in')	Completo (limite de 32) lista de espera disponible, criterio = 60 años y mas, entrega de comidas gratos, nutricion colectiva incluye la comida recogida y voluntarios entregan hasta 12 comidas por ruta.
MOW - Atlantic/ Cedar Isle/ Stacy/ Sea Level	Monday, Tuesday, Wednesday	donation	Lou Ann Taylor	225-2491	only 1 client now, Pruitt Health is cooking for them, part of Loaves and Fishes	Solamente un cliente por ahora, Pruitt Health esta cocinando para ellos
MOW - Smyrna/ Marshallberg/ Williston, Davis	Monday - Saturday	\$4.85	Beth Piner	528-0038	5 days, 4 clients, 3 drivers, cooked at Seaside and Fish Hook	5 dias, 4 clientes, 3 conductores, cocinado en Seaside y Fish Hook
MOW - Straits, Harkers Island, Bettie, Otway, Gloucester	Monday - Saturday	\$4.85	Lillie Miller	728-4566	6 days, 4 clients, 5-6 drivers, cooked at Seaside and Fish Hook, promo by word of mouth and churches	6 dias, 4 clientes, 5-6 conductores, cocinado en Seaside y Fish Hook, la promoción es de boca en boca e iglesias
MOW - Beaufort	Monday - Saturday	\$5.60, or pay what they can	Sandra Howarth	241-4292	Donna's Deli cooks for Beaufort, currently 12 meals and 20 drivers, from High School to Parker Boats and in town, Monday-Saturday	Donna's Deli cocina para Beaufort, actualmente 12 comidas y 20 conductores, desde la preparatoria hasta Parker Boats y en la ciudad, de lunes a sábado
MOW - Morehead City/ Atlantic Beach	Monday - Friday	free	John Sotirkys	240-2359	64 clients, 5 will 6 routes, Hope Mission cooks	35 clientes ahora = 5 rutas, Hope Mission cocina
MOW - Newport	Monday - Friday		Susan Plisko	223-4231	15 clients, cooked at Country Kitchen, MHC	15 clientes, cocinado por Country Kitchen, MHC
MOW - Emerald Isle, Pelletier, Bogue, Hubert, Stella, Cape Carteret, Swansboro	Monday - Friday	\$8	Bob	910-352-8511	45-50 clients per week, catered by Class Act Catering, \$8,000 annual cost, clients are asked to pay some of \$8 fee, White Oak ecumenical outreach covers half, some Onslow clients too, varied menu	Algunos en el condado de Onslow, menu ariado, 45-50 clientes por semana, solicite pagar una tarifa de \$7 al proveedor, 8,000 el cosro, alcande de White Oak cubre la mitad, cocinado por Class Act Catering
Salvation Army	1st Thursday - 4:00 Ecclesia	free	Major Aaron Goldfarb	726-7147	cooked at Hope Mission now, need to hire a full time cook, call Major Goldfarb ASAP!	
"Soup, Soap & Salvation"	4:30 Willis TP MHC, 5:00 Crystal Coast Apts MHC					
Salvation Army	2nd Thursday - 4:00 Ecclesia	free	Major Aaron Goldfarb	726-7147	cooked at Hope Mission now, need to hire a full time cook, call Major Goldfarb ASAP!	
"Soup, Soap & Salvation"	4:45 Weeping Oaks TP, 5:30 Sunset Pines, Newport					

CSFP (Commodity Supplemental Food Program) is a monthly free box (35 lb) of nonperishable food for seniors over 60 and under an income threshold, currently offered at Lighthouse Pantry; contact Joyce Gaskill (241-8687) to register.

Meals on Wheels (MOW) are designed for folks who cannot cook a hot meal for themselves during the day. Safely delivered to your doorstep 3 or 4 or 5 or 6 days a week.

If you are elderly or unable to cook for yourself, call the MOW rep for your area. Most times they ask for a contribution to offset their cost, and they accept donations from local churches, donors and organizations. Sometimes MOW is limited because they don't have enough drivers; be a volunteer TODAY!

Comidas sobre ruedas esta diseñado para personas que no pueden cocinar durante el día. Entregado de forma segura en la puerta de casa 3, 4, 5, o 6 días a la semana

Si esanciano o no puede cocinar, llame al representante de comidas sobre ruedas en su área

La mayoría de las veces piden una contribución par compensar su costo y aceptan donaciones de iglesias, donantes y organizaciones locales

School-aged children may be identified through a social worker or guidance counselor at school and the family is invited to accept extra food donations for weekends delivered through unremarkable gym-bag style packs to avoid food shaming.

BACK PACK FRIENDS is managed by Danielle Abrams, 1backpackfriends@gmail.com, 810-348-5557.

BPF helps school children in western Carteret and eastern Onslow; they provide bags to Newport Middle and Newport Elementary, Croatan High School, Bogue Sound Elementary, White Oak Elementary, Bridges Alternative School, and Gramercy School.

BACK PACK BLESSINGS through Loaves and Fishes, Amber Blake, ambutry@gmail.com, 252-241-9149. Donations may help students at \$5/ week, or \$20/ month, or \$180/ year.

Bags are provided to students in need at Atlantic, Smyrna, Harkers Island, DownEast Middle, Beaufort, Beaufort Middle and East Carteret High School.

Los niños puden ser identificados a través de un trabajador social o consejero escolar y se invitan a las familias obtener mas donaciones los fines de semana a traves de bolsas de gimnasio

Bendiciones en la Mochila: Amber Blake, ambutry@gmail.com, 252-241-9149. Patrocina a un niño con una mochila por solo \$5 a la semana, \$20 al mes, \$180 annual

Actualmente servicios par los estudiantes en las escuelas primarias de Atlantic, Smyrna, Harkers Island, DownEast Middle, Beaufort, Beaufort Middle y East Carteret High School

Mochilas para los amigos es dirigido por Daniela Abrams, 1backpackfriends@gmail.com, 810-348-5557. Ayuda a 650 niños en los condados de oeste de Carteret y del este de Onslow

Ellos proveen bolsas a las escuelas de Newport Middle, Newport Elementary, Croatan High School y White Oak Elementary.

[www.crystalcoastnonprofits.org](http://www.crystalcoastnonprofits.org)

Use and share this website for the most up-to-date information.

[FoodSecureCarteret@gmail.com](mailto:FoodSecureCarteret@gmail.com). 252-515-4799

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