



Food Resources

Free Restaurant Meal Guide

Shelby County

Burger King

All locations

Offering two free kids meals for every adult meal purchased through the Burger King App and online ONLY. Must redeem the coupon for the offer. Available until supplies last.

South Memphis

Memphis Rox

879 E. McLemore Avenue

Memphis, TN 38106

Provides free and pay-what-you-can indoor rock climbing and healthy food bar. They are also providing 100 sack lunches Monday-Friday from 11am-2pm with no current end date.

Binghampton

Caritas Village Community Center and Café

2509 Harvard Avenue

Memphis, TN 38112

Provides free and pay-what-you-can lunch Monday-Friday from 11am-2pm. Features a wide variety of vegetarian and meat based meals.

Food Assistance

When sharing this guide with families, please have them contact the agency to ensure resources are available prior to going. Several agencies are making adjustments to their distribution schedules based on community need and others have had to adjust service availability. Each agency operates independently and may require documentation or pre-approval. **Please contact the agency to ensure you are able to receive assistance.**



Mid-South Food Bank Coronavirus Distribution Schedule ([check daily](#))

Various locations

(901) 527-0841

Various food distribution sites have been coordinated throughout Memphis to assist with the response to community need due to COVID-19. Please check this website daily for updates regarding food distribution schedules and requirements. Some food distribution sites require pre-registration. Please check the website daily for updates here:

https://www.midsouthfoodbank.org/coronavirus-response?fbclid=IwAR3GYCs3z4T0Vr_Y_NdgAu-a1s_YuKY9JqKBUPIFQsn6MDhoEiJKJeM7RkK

The Life Church

Highland and Austin Peay locations only

(901) 751-0095

Offers drive-thru food distribution to families. Pre-Registration is required for each day and only those who pre-register using the link below will be qualified to receive groceries. On Wednesdays, dry goods are available for pickup and on Saturdays, dry goods, produce and perishables available for pickup. Entry into the parking lot at each location will be closed at 11a. Please have your trunk cleared and open for the food to be placed in your vehicle. Please sign up here: <https://thelifechurch.com/mdccoronavirus>.

Neighborhood Christian Centers

785 Jackson Avenue

Memphis, TN 38107

(901) 881-6013

NCC offers a mobile food pantry for families in need. Pickup locations vary across the city of Memphis and you must register in advance. Limit of two families per car. Please call for more information or visit this link: <https://www.ncclife.org/covid-19-emergency-support>

Catholic Charities, Inc.

1325 Jefferson

Memphis, TN 38104

(901) 722-4700

Referrals are needed from MIFA in order to get help. For those that do this, on Monday, Tuesday, & Wednesday, the charity offers a clothes closet & food pantry from 9am - 12pm. Applicants are first required to visit MIFA (910 Vance Avenue, Memphis, TN 38104) to get a food voucher and bring some form of ID to the food pantry (1325 Jefferson Avenue) to redeem it for groceries.



Brinkley Heights Baptist Church

Address of the pantry is 3277 Rosamond Avenue
Memphis, TN 38122
(901) 458-0617

Clothing and food bank. Volunteers may also deliver a meal to a senior citizen in the parish.

Shelby County Community Services Agency – Commodities Program

100 North Main Street, #1300
Memphis, TN 38103
(901) 545-4526

This is a regional agency that provides free monthly food distribution of non-perishable groceries. They also help Shelby County families in poverty apply for food stamps or other benefits. Staff or partners have food items at community sites, and the goods are for eligible families, individuals and households.

Calvary Episcopal Church

Church address is 102 N. Second Street
Memphis, Tennessee 38103
(901) 525-6602

The location runs a soup kitchen and provides free meals and food.

Calvary Baptist Church

3812 Kirby Parkway
Memphis, Tennessee 38115
(901) 795-5407

A local free food pantry.

Healing Heart Ministries

Address of the food bank is 3208 James Rd
Memphis, TN 38128
(901) 327-4470

First Congregational Church Food Pantry

1000 S. Cooper
Memphis, TN 38014
(901) 278-6786



Church of the Holy Names

697 Keel Avenue
Memphis, TN 38107
(901) 525-9870

Some of the assistance programs administered on site include a food pantry, soup kitchen, and the charity also offers clothes closet. Families in an emergency take priority. Zip codes of 38103, 38105, and 38107 are covered.

First Presbyterian Church

166 Poplar Avenue
Memphis, TN 38105
(901) 525-5619

An on-site soup kitchen offers hot meals on Sundays at 2:00pm. Also get information and limited amounts of financial assistance for paying bills and rent.

Grace St. Luke's Episcopal Church

1720 Peabody Ave.
Memphis, TN 38104
(901) 272-7425

Get hot meal from the soup kitchen. Food is also passed out. Thanksgiving and Christmas meals may be served, and a child from a low income Memphis family could be given a free gift or toy.

First Works, Inc.

204 N. Second St.
Memphis, TN 38105
Dial the food bank at (901) 526-8228

Anyone, not just low income, can use the food pantry and possibly get clothing.

Highland Heights United Methodist Church

3476 Summer Avenue
Memphis, TN 38122
(901) 458-5966

The charity has volunteers that operate a free food pantry.

Memphis & Shelby County Health Department

757 Galloway
Memphis, TN 38105
(901) 544-7600

Some basic medical care, such as immunizations for women, children & infants, is offered in addition to food.



Memphis Union Mission

383 Poplar Ave.
Memphis, TN 38103
(901) 526-8434

Homeless can get a meal, fresh fruits, soup, and more. Blankets, personal hygiene items, and holiday programs are run too.

Mississippi Blvd Christian Church

1720 Peabody Ave
Memphis, TN 38104
(901) 726-1142

Items may be baby formula, diapers for single moms, gently used clothing, and Christmas food baskets for the working poor in Shelby County.

Broadmoor Baptist Church

3824 Austin Peay Highway
Memphis, TN 38128
(901) 386-9643 (call for hours)

RMBC Community Services

Address is 3560 S. Third Street
Memphis, TN 38109
(901) 789-4570

They operate a food pantry, thrift store, and clothing closet on Thursdays only.

Cross-Way Church

2633 Altruria Rd
Memphis, TN 38134
(901) 388-8515 (call for hours)

The pantry is open Saturday and Sunday only. Free emergency food boxes and Christmas meals are offered in Shelby County.

St John's United Methodist Church

1207 Peabody Avenue
Memphis, TN 38104
(901) 726-4104

The charity food bank will assist low income and working poor families with a voucher.

Hope for the Midsouth Ministries

7190 Pam Drive
Millington, TN 38053
(888) 926-4592

Food is sold at reduced prices to the public. The discount program may have meats, fruits, baby formula, and other groceries items, as well as some meals for senior needs.



St. Patrick's Catholic Church

277 South Fourth Street @ Linden
Memphis, TN 38126
(901) 527-2542

This church offers referrals to government programs, charities, and local food banks.

Fig Tree Food Pantry

1325 Jefferson
Memphis, Tennessee 38104
(901) 722-4797

Emergency boxes of food are passed out. Staff can also refer clients to public aid such as SNAP food stamp application sites.

New Era MB Church

797 Laurel
Memphis, TN 38114
(901) 327-3471

United Methodist Neighborhood Center

1647 Dellwood
Memphis, TN 38107
(901) 357-9538

Food pantry is offered for anyone.

The Life Church

1800 N. Germantown Pkwy
Cordova, TN 38016
(901) 751-0095

Good Neighbor Love Center Food Pantry

780 N. College Blvd
West Memphis, TN 72301
(870) 735-0870

Senior citizens can use this pantry for home delivered meals. Contents may be rice, milk, soup, and more. Other support can be referrals to school supplies or surplus USDA commodities.

Heartsong Church UMC Neighborhood Center

800 N. Houston Levee
Cordova, TN 38016
(901) 755-6332



United Methodist Neighborhood Center

3000 Walnut Grove Rd.
Memphis, TN 38111
(901) 323-4993

Both clothing and a food bank is run on site. Seniors as well as disabled often take priority.

United Methodist Neighborhood Center

602 Looney Street
Memphis, TN 38107
(901) 523-1036

Clothing and a food pantry is administered.

MIFA – Emergency Services

910 Vance Avenue
Memphis, TN 38126
(901) 527-0208

Shelby County residents who have experienced a job loss or reduction in hours, and the resulting unexpected loss of income in the last 90 days may be able to get help from this agency for food or rental assistance. The center can provide a free voucher for five-day supply of food, to be redeemed at an area food bank or pantry. Get assistance up to four times per year.

Tennessee Department of Human Services – Food Stamps, Families First, Medicaid,

TNCare
2003 Corporate Avenue
Memphis, TN 38132
(901) 320-7200
(901) 344-3648
Toll free: 1-866-311-4287

The government can provides monthly financial assistance and help with bills to low-income households and individuals through EBT (Electronic Benefit Transfer) cards which can be used to purchase food.

WIC (Special Supplemental Nutrition Program for Women, Infants and Children)

Several locations

Contact 901-528-0044 for location information.

Provides free baby formula and groceries, healthcare services to low-income pregnant, nutrition counseling, breast feeding and postpartum women, and support and programs to at-risk infants and young children.

Friends For Life

43 N Cleveland



Memphis, TN 38104

(901) 272-0855

The center provides food to eligible AIDS/HIV patients and their immediate families. Other support and guidance may be provided too.

Memphis Salvation Army

Main location 877 Blythe

Memphis, TN 38104

Main telephone number is (901) 729-8084

The center provides services, including a food pantry for seniors age 62 and above. A thrift store is on site, and Thanksgiving turkeys may be served. In addition, the location will also offer emergency food and groceries for anyone in need once a month. An appointment is needed.

St. Michael's Catholic Church

Food bank location is 3867 Summer Ave

Memphis, TN 38122

(901) 323-0896 (call for hours)

Runs a food pantry for only zip code 38122.

Raleigh Assembly of God - Monthly Food Pantry

3683 Austin Peay Hwy

Memphis, TN 38128

(901) 386-5055

Provides food pantry and groceries on Saturday once per month for anyone in need of help.

St. Andrew AME Church

1369 Mississippi Blvd

Memphis, TN 38106

(901) 948-3441

The charity partners with other agencies to offer meals and other social services.

First Baptist Church

2903 Washington Road

Eads, TN 38028

(901) 867-3502

Capleville Community Food Pantry

4725 Riverdale

Capleville, TN 38141

(901) 363-1859

Snacks may be given to children from low income families. Boxes of groceries are passed out to others.



Bellevue Baptist Church

3759 N Watkins
Memphis, TN 38127
(901) 358-3391

Food is offered for 38107 and 38127 zip codes.

Landmark Food Pantry

2489 Carnes Avenue
Memphis, Tennessee 38114
(901) 620-9558

In a crisis, there may be food provided from volunteers or referrals given to other local resources.

There are many other non-profit food pantries in Shelby County, as well as government programs. Call (901) 527-0841 for linkage to pantries or soup kitchens, or to learn about application sites for Supplemental Nutrition Assistance (SNAP), surplus USDA commodities, or even the Meals on Wheels service for the elderly and disabled in Memphis.