



**Please call for hours of operation and requirements, before visiting food sites.**

## ROWAN PANTRY LIST

Big Elm Retirement Inc	905 McKnight St, Kannapolis, NC	704-933-5862	Produce 2nd W 10-1 and Food Pantry M & F mornings until gone. Call for more information.
Freedom Christian Worship Center	509 China Grove Highway E, Rockwell, NC	704-267-5197	W, 8:30 to 12
Gethsemane Food Outreach	1114 W. Horah St, Salisbury, NC	704-637-6036	W, 8:30 to 12
Grateful Heart Community Svc	706 Dunns Mountain Rd, Salisbury, NC	704-209-2257	Tues & Thurs, 5 to 6
Rock Hill SDA Hispanic	728 Southwest St, Salisbury, NC	704-307-8925	Sat, 3 to 6
Rowan Helping Ministries	226 N.Long St, Salisbury, NC	704-637-6838	M - F, 9 to 3:30
Rowan Helping Ministries West Pantry	785 Grampian Rd., Mt Ulla, NC	704-637-6838	Fri 9-11
Rowan Helping Ministries East Pantry	2570 St. Peters Church, Salisbury, NC	704-637-6838	2nd & 3rd Sat 9-10:30
Salvation Army /Salisbury	620 Bringle Ferry Rd, Salisbury, NC	704-636-6491	M - Thurs, 9 to 12 & 1 to 5, F 9 to 12
South Side Community Outreach	157 Columbus Ave, China Grove, NC	704-792-5586	Tues, 12-3
Shadybrook Baptist Church-Kannapolis	1009 Oakwood Ave, Kannapolis, NC	704-932-6169	Thurs, 1 to 3
Stallings Memorial Baptist Church	817 S. Main St., Salisbury, NC	704-642-9781	Thurs, 2 to 3

## SOUP KITCHENS

Rowan Helping Ministries	226 N. Long St, Salisbury, NC	704-637-6838	Daily Lunch 12 to 1
South Side Community Outreach SK	157 Columbus Ave, China Grove, NC	704-792-5586	T, 12 to 3

## TO GET HELP: [SecondHarvestMetrolina.org](https://SecondHarvestMetrolina.org)

- Click "Need Food?" at the top of the homepage
- Click "Get Food Assistance"
- Enter your zip code in the search bar and press enter
- Click the pin points on your location for more information