Food Pantries

Little Free Pantry on Peak

contact via Facebook 112 E Peak Blvd, under the awning Open 24/7

Take what you need, leave what you don't.

First Assembly of God

918-682-9000 3100 Gulick St Monday-Friday 9am-12pm Tuesday, Wednesday, Friday 1pm-4pm Once visit every 2 weeks; call to check for availability!

Faith Love Baptist Church

918-616-3568 1208 Tamaroa Wednesday 4pm-5:30 pm Sunday 12pm-1pm One visit a month, every other month, up to 6 times a year

Muskogee Community Food Pantry

facebook.com/mcm.pantry
601 E Broadway
Monday-Wednesday 1pm-3pm
Thursday 1pm-3pm and 4pm-6pm
Photo ID & proof of residence in
Muskogee County required. One visit
per month, up to 6 times a year.

Community Gardens

Grow your own food at one of Muskogee's free Community Gardens!



Use your phone's camera to scan the QR code above or visit

https://www.muskogeeonline.org/departments/ parks_and_recreation/community_gardens.php for more information

NEED A RIDE?





Use your phone's camera to scan the QR code above for a map of Muskogee County Transit routes with stops at or near the resources on this guide, as well as healthy food retailers.

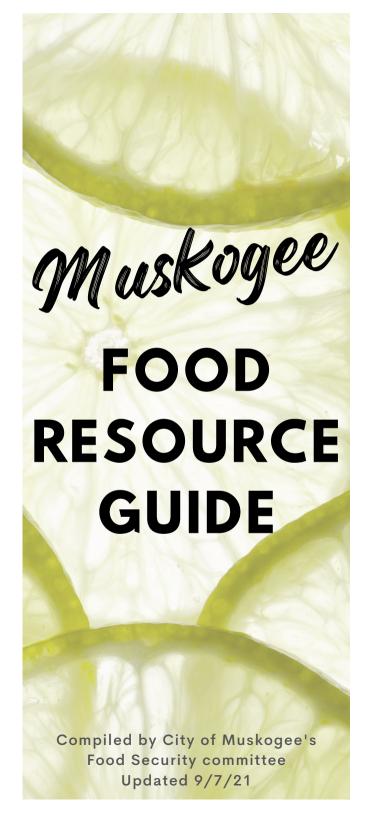
Call Muskogee County Transit at 918-682-1721





Questions or concerns? Please contact the Muskogee County Extension Office 918-686-7200

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Food Pantries

First Baptist Church: Community First Center

918-682-3496

Corner of 8th and Boston
Tuesday 10am-12pm & 6pm-8pm
Thursday 10am-12pm
Closed first Thursday of month!
Photo ID & proof of residency required.
Social Security cards of each member in household.

Joseph's Storehouse Food Pantry

918-577-6288 615 S Main St Monday 10am-1pm No special information or documents required

Muskogee Catholic Charities: Food Pantry and Infant Supply Closet

918-681-6115 1220 W Broadway Monday-Friday 9am-12pm (noon) Photo ID & proof of residency required. One visit every 30 days.

The Salvation Army

918-682-3384 700 Independence Ave

Monday-Thursday 9am-4pm
Photo ID & proof of residence in Muskogee
County required. One visit per month.

Free Meals

Gospel Rescue Mission

www.grmmuskogee.org
918-682-3489
323 Callahan St
Sack lunches available Monday
through Friday from 12:00-12:30 pm

Muskogee Creek Nation

www.mcn-nsn.gov/services/elderly-

<u>nutrition</u>

918-682-2072

111 S Virginia S

Must be 55+ and belong to federally recognized tribe and have CDIB card. Open to any American Indian, Alaskan Native or Native Hawaiian living within Creek Nation boundaries

Douglas Nutrition Center

918-683-7282 602 Indianapolis St Call for more information

Honor Heights Towers

918-910-5570 300 N 40th St Monday-Friday 11:30am-12:30 pm 60+ pay \$1.75 per meal, under 60 pay \$4 per meal

Other Resources

Meals on Wheels & Meal Delivery Services

Call to check for availability!
Grace Episcopal Church: 918-687-5416
Presbyterian Church: 918-683-2666
St. Joseph Catholic Church: 918-687-1351
St. Paul Methodist Church: 918-687-7511
Area Agency on Aging: 918-682-7891 ask
for outreach

OKFresh!

Go to

www.okfresh.org/participatingclinics to see if your healthcare provider is participating in this program or call 1 (833) 623-6157 for more information

Double Up Oklahoma

Participants in SNAP (Supplemental Nutrition Assistance Program) can use EBT and PEBT cards at the Muskogee Farmers' Market to purchase SNAP-eligible items and will be matched up to \$20 in additional tokens for purchasing produce.

Muskogee Farmers' Market is held at the Muskogee Civic Center every Wednesday from 8am-1pm and Saturdays from 8am-12pm from April through October