

WD Food Resources

October 2026

MONDAYS

Swannanoa First Baptist Church - Blessing Boutique / Clothes Closet

Location: 503 Park St, Swannanoa, NC (Housed on the lower level underneath the gym)

Hours: Mondays from 12:00 PM – 4:00 PM (weekly)

Phone: 828-686-5123

Free clothing, cleaning supplies, and miscellaneous household items to individuals and families. Supports residents in Swannanoa, Black Mountain, Montreat, Ridgecrest, and East Asheville.

WEDNESDAYS

Bounty and Soul

Location: Beacon Community Center 216 Whitson Ave, Swannanoa, NC

3:30 pm - 5:30 pm (weekly)

The Blessing Project - Swannanoa Stop

Location: 2299 US-70, Swannanoa, NC

1st and 3rd Wednesday of the Month from 12 - 1:30 PM (10/7 and 10/21 ONLY)

Blessing Bags and seasonal supplies (with resources changing throughout the year based on community needs and donations). Items may include food, household supplies, hygiene items, school supplies, holiday resources and Cede's Place children's clothing up to 5T. No appointment necessary. Supplies are available while they last.

Black Mountain United Methodist Church - Open Table

Location: 101 Church St, Black Mountain, NC

Free community lunch in the Fellowship Hall

11:30 am to 1:00 pm (weekly)

All are welcome!

THURSDAYS

Appalachian Community Relief

Location: 104 Eastside Drive, Unit 308, Black Mountain, NC

10 am – 6 pm

By appt only; register online @

<https://www.appalachiancommunityrelief.org/shop-in-person>

* Closed 10/1 – 10/3 for fall break *

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Bounty and Soul @ BiLo (Drive-thru)

Location: Bi Lo 205 NC-9, Black Mountain, NC

3:30 pm - 5:30 pm

YMCA of WNC – Mobile Food Market

Location: Swannanoa Library 101 W. Charleston Ave Swannanoa, NC

11 am – 12 pm

10/8 ONLY

United Way @ Owen Middle School (Dine in or carry out)

Location: Owen Middle School 730 Old US Hwy 70, Swannanoa, NC

Community Night offers hot meals and tutoring. Meals are provided by a restaurant contracted with United Way. Free to all students and their families within the Owen District.

5:00 pm – 6:30 pm

10/8 and 10/22 ONLY

FRIDAYS

Appalachian Community Relief

Location: 104 Eastside Drive, Unit 308, Black Mountain, NC

10 am – 6 pm

By appt only; register online @

<https://www.appalachiancommunityrelief.org/shop-in-person>

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SATURDAYS

Bounty and Soul

Location: ArtSpace 2030 US 70, Swannanoa, NC

10 am - 11:30 am

Appalachian Community Relief

Location: 104 Eastside Drive, Unit 308, Black Mountain, NC

10 am – 2 pm

By appt only; register online @

<https://www.appalachiancommunityrelief.org/shop-in-person>

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STREET PANTRIES:

BeLoved:

- Black Mountain: Highway 9 close to the railroad tracks just up from the bus stop and the SunTrust Bank across the street from the old Bilo grocery
- Oteen Pantry: In front of the former RV Park 1325 Tunnel Rd. Across the street Bojangles
- Swannanoa: In front of the Ingles at 2299 US-70, Swannanoa

Black Mountain Presbyterian Church - Blessing Box

Location: 117 Montreat Road, Black Mountain, NC

Operates on a "take what you need, give what you can" model, providing free 24/7 access to non-perishable food items, bottled water, and personal care essentials for anyone in the community.

CRISIS MINISTRIES:

Swannanoa Valley Christian Ministry

Location: 101 N Ridgeway Ave, Black Mountain, NC

Days & hours: Monday through Friday from 9:00 AM to 3:00 PM for packaged food assistance.

Phone: 828-669-9404

OTHER:

If you receive SNAP or Medicaid benefits and are a client of Appalachian Mountain Health, Buncombe County WIC, Hot Springs Health Program, MAHEC Care Navigation, or Nurse Family Partnership, talk with your healthcare provider to find out if you are eligible for a prescription referrals for Farm Fresh Produce to be used at the local farmers markets. For more information see:

<https://asapconnections.org/resources/farm-fresh-for-health/prescription/>