

Oklahoma Food Resource List

About This Document

This document is a compiled and verified list of food resources across Oklahoma, updated through late 2025. It was created to help individuals and families access free or low-cost food, meals, and assistance, especially as SNAP benefits have decreased.

Each entry includes:

- Name
- Address
- City
- Phone
- Information (hours, requirements, and services)

Anyone with access to this document is encouraged to add new verified resources following the same format.

This list is meant to remain accurate, editable, and shareable for community use.

Regional Food Bank Food & Resource Center

2635 N Shields Blvd

Moore, OK 73160

Phone: 405-600-3182

Hours: Monday 12:30–5:30 p.m.; Wednesday–Friday 10 a.m.–3:30 p.m.; Saturday 9:30 a.m.

Services: Food pantry and resource assistance.

Cross & Crown Mission

1008 N McKinley Ave

Oklahoma City, OK 73106

Phone: 405-232-7696

Hours: Tuesday & Thursday 1–4 p.m.

Services: Food pantry, clothing closet, and hygiene items. ID required.

Jesus House

1335 W Sheridan Ave

Oklahoma City, OK 73106

Phone: 405-232-7164

Hours: Food distribution Wednesday 10 a.m.–12 p.m.; hot meals daily at 12 p.m. and 5 p.m.

Services: Meals, pantry, recovery programs, and case management.

Salvation Army Central Oklahoma

1001 N Pennsylvania Ave

Oklahoma City, OK 73107

Phone: 405-246-1100

Hours: Monday–Friday 9 a.m.–12 p.m. & 1–4 p.m.

Services: Food pantry every 30 days. Bring photo ID and proof of address.

Skyline Urban Ministry

500 SE 15th St

Oklahoma City, OK 73129

Phone: 405-632-2644

Hours: Monday–Thursday 9 a.m.–2 p.m.

Services: Food pantry, clothing closet, and eye clinic (by appointment). ID required.

Mission Norman

2525 E Lindsey St

Norman, OK 73071

Phone: 405-321-8880

Hours: Monday–Thursday 1–4 p.m.

Services: Serves Cleveland County residents. Photo ID and proof of address required.

McFarlin United Methodist Church Food Pantry

419 S University Blvd

Norman, OK 73069

Phone: 405-321-3484

Hours: Monday–Thursday 1–4 p.m.

Services: Food pantry for Cleveland and McClain County residents. ID required.

Regional Food Bank of Oklahoma

Statewide Resource

Phone: 405-972-1111

Website: www.regionalfoodbank.org

Services: Use website or phone to find the nearest pantry or resource center by ZIP code.

St. Andrew's Community Church

2727 SW 119th St

Oklahoma City, OK 73170

Phone: 405-691-2646

Hours: 3rd Saturday of each month, 9–11 a.m.

Services: Food pantry, clothing, and hygiene items. ID required.

Love Link Ministries

320 SE 38th St

Oklahoma City, OK 73129

Phone: 405-235-5683

Hours: Tuesday–Friday 9 a.m.–2 p.m.

Services: Food, hygiene items, clothing, and recovery support. Open to all OKC zip codes.

Holy Family Cathedral Outreach

820 S Boulder Ave

Tulsa, OK 74119

Phone: 918-582-6247

Hours: Monday–Thursday 9 a.m.–12 p.m.

Services: Food pantry open to all. Photo ID required.

Tulsa Dream Center

200 W 46th St N

Tulsa, OK 74126

Phone: 918-430-9984

Hours: Tuesday & Thursday 9 a.m.–12 p.m.

Services: Food pantry, clothing closet, and community programs.

Iron Gate

501 W Archer St

Tulsa, OK 74103

Phone: 918-879-1702

Hours: Breakfast daily 8–9 a.m.; Pantry Monday–Friday 8:30–11 a.m.

Services: Free meals and pantry. ID required for pantry access.

Restore OKC

2222 NE 27th St

Oklahoma City, OK 73111

Phone: 405-254-3064

Hours: Monday–Friday 9 a.m.–4 p.m.

Services: Pantry, community garden, and senior delivery program for NE OKC residents.

Edmond HOPE Center

1251 N Broadway

Edmond, OK 73034

Phone: 405-348-1340

Hours: Monday–Friday 8 a.m.–1 p.m.

Services: Food assistance for residents in Edmond school district. Bring ID and proof of residence.

Mid-Del Food Pantry

6227 SE 15th St

Midwest City, OK 73110

Phone: 405-737-2933

Hours: Monday, Wednesday, Friday 10 a.m.–1 p.m.

Services: Serves residents of Del City, Midwest City, Choctaw, Harrah, Jones, and Nicoma Park.

Regional Food Bank Mobile Pantry

Various locations statewide

Phone: 405-972-1111

Services: Mobile food distributions across Oklahoma counties. No ID required.

Norman Community Church of the Nazarene

1801 N Porter Ave

Norman, OK 73071

Phone: 405-321-5121

Hours: Thursday 10 a.m.–12 p.m.

Services: Food pantry for Cleveland County. Must bring ID.

St. John's Episcopal Church

235 W Duffy St

Norman, OK 73069

Phone: 405-321-3020

Hours: 2nd and 4th Saturdays, 9 a.m.–12 p.m.

Services: Food pantry open to all residents.

Food and Shelter, Inc.

201 Reed Ave

Norman, OK 73071

Phone: 405-360-4954

Hours: Breakfast 8–9 a.m.; Lunch 11 a.m.–12:30 p.m. daily.

Services: Free meals, shelter, and case management. No ID required.

Regional Food Bank Senior Servings

Statewide

Phone: 405-972-1111

Services: Free meals for seniors 60+ through partner agencies and home delivery programs.

Catholic Charities of Oklahoma City

1232 N Classen Blvd

Oklahoma City, OK 73106

Phone: 405-523-3000

Hours: Monday–Friday 8 a.m.–5 p.m.

Services: Food pantry, emergency rent and utility assistance, and case management.

Community Market of Pottawatomie County

120 S Center St

Shawnee, OK 74801

Phone: 405-585-1750

Hours: Tuesday–Friday 10 a.m.–3 p.m.; Saturday 9 a.m.–12 p.m.

Services: Food pantry serving all Pottawatomie County residents. ID required.

Weatherford Food & Resource Center

122 S 8th St

Weatherford, OK 73096

Phone: 580-302-2359

Hours: Monday 12–5 p.m.; Wednesday & Thursday 10 a.m.–3 p.m.; Saturday 9 a.m.–12 p.m.

Services: Food pantry and resource support for western Oklahoma.

Enid Community Food Bank

701 E Maine Ave

Enid, OK 73701

Phone: 580-237-4022

Hours: Monday–Thursday 9 a.m.–2:30 p.m.

Services: Food pantry assistance for Garfield County residents.

Hope Center of Enid

214 S Independence St

Enid, OK 73701

Phone: 580-237-4800

Hours: Monday–Friday 9 a.m.–3 p.m.

Services: Food pantry, utility assistance, and clothing. Must show proof of residency.

Hands of Jesus Food Ministry

1130 S Crescent St

Stillwater, OK 74074

Phone: 405-624-4452

Hours: 2nd & 4th Saturdays 10 a.m.–12 p.m.

Services: Food pantry open to Payne County residents.

Our Daily Bread Food & Resource Center

701 E 12th Ave

Stillwater, OK 74074

Phone: 405-533-2555

Hours: Tuesday–Friday 10 a.m.–3 p.m.; Saturday 9 a.m.–12 p.m.

Services: Food pantry and community assistance. Serves all of Payne County.

Lawton Food Bank

1819 SW Sheridan Rd

Lawton, OK 73505

Phone: 580-353-7994

Hours: Monday–Friday 10 a.m.–1 p.m.

Services: Food pantry serving Comanche County. Photo ID and proof of residence required.

Manna Pantry of Elk City

1116 W 3rd St

Elk City, OK 73644

Phone: 580-225-5683

Hours: Tuesday & Thursday 1–4 p.m.

Services: Food pantry for Beckham County residents. ID and proof of address required.

Miracle Revival Center Church

901 NW 6th St

Oklahoma City, OK 73106

Phone: 405-236-8822

Hours: Monday 10 a.m.–12:30 p.m.

Services: Weekly food pantry.

Sister BJ's Center

819 NW 4th St

Oklahoma City, OK 73106

Phone: 405-232-3959

Hours: Saturday 7–9 a.m.

Services: Weekly food assistance and meals.

OKC Dream Center

2212 SW 55th St

Oklahoma City, OK 73119

Phone: 405-634-2615

Hours: Thursday 11 a.m.–12:30 p.m.

Services: Weekly food pantry and community outreach.

Bible Methodist Church

5801 S Douglas Ave
Oklahoma City, OK 73109
Phone: 405-632-2060
Hours: Wednesday & Friday 10 a.m.–12 p.m.
Services: Weekly food pantry.

CrossOver Church Outreach Ministry Center

5112 S Blackwelder Ave
Oklahoma City, OK 73119
Phone: 405-824-7070
Hours: Wednesday 6–8 p.m.
Services: Weekly food distribution and outreach.

Light and Salvation Church

3508 Newcastle Rd
Oklahoma City, OK 73119
Phone: 405-924-3951
Hours: Saturday 10 a.m.–2 p.m.
Services: Weekly food pantry.

Covenant Church OKC

2800 S Goff Ave
Oklahoma City, OK 73111
Phone: 405-582-0595
Hours: 3rd Saturday of the month, 10 a.m.–12 p.m.
Services: Monthly food pantry.

Regency Park Baptist Care Closet

2001 N Janeway Ave
Moore, OK 73160
Phone: 405-794-3507
Hours: Wednesday 10 a.m.–4 p.m.
Services: Food and essential items assistance.

Hilltop Assembly of God

419 SE 47th St

Oklahoma City, OK 73129

Phone: —

Hours: 1st Thursday of the month, 2–5 p.m.

Services: Monthly food pantry.

Baptist Mission Center

2125 Exchange Ave

Oklahoma City, OK 73108

Phone: 405-235-6162

Hours: Thursday 1–3 p.m.

Services: Weekly food pantry.

Christian Service Center

115 SW 24th St

Oklahoma City, OK 73109

Phone: 405-236-5956

Hours: Monday–Wednesday 10:30 a.m.–12:30 p.m.

Services: Weekly pantry and community support.

First Baptist Church of Moore – Care Center

301 NE 27th St

Moore, OK 73160

Phone: 405-793-2600

Hours: Monday 10 a.m.–1 p.m. & 5:30–7 p.m.

Services: Weekly food distribution.

St. Andrew's Catholic Church

800 NW 5th St

Moore, OK 73160

Phone: 405-799-3334

Hours: Tuesday & Friday 10 a.m.–12 p.m. (closed 2nd Tuesday monthly)

Services: Weekly food pantry.

Redemption Recovery Institute

720 SE 11th St

Oklahoma City, OK 73129

Phone: 405-361-9029

Hours: Monday–Tuesday 8–11 a.m.

Services: Food assistance and recovery support.

Billy Hooton Indian United Methodist Church

2444 NW 1st Terrace

Oklahoma City, OK 73107

Phone: 405-232-8742

Hours: 3rd Saturday of the month, 10 a.m.–12 p.m.

Services: Monthly food pantry.