

# List of Food Pantries.

## Bay

Type of Program	Program/ Agency Name	Location	Days & Time	Requirements / Notes	Contact
Food Pantry	Bay United Methodist Church	<a href="#">300 Central Ave. Bay, AR 72411,US</a>	Thursdays, 3-5 p.m.		870-770-1905

## Brookland

Type of Program	Program/ Agency Name	Location	Days & Time	Requirements / Notes	Contact
Food Pantry	Brookland Baptist Church	<a href="#">200 N. Oak Brookland,AR 72417,US</a>	Fourth Monday of the Month 10 a.m. - noon  Fourth Wednesday of the Month 4:30 - 6 p.m.		870-932-0173
Food Pantry	Brookland Church of Christ	<a href="#">9664 Hwy 49B N. Brookland,AR 72417,US</a>	Second Thursday of the Month  1 - 5:30 p.m.	USDA agency	870-932-5307
Food Pantry	Brookland United Methodist Church	<a href="#">301 W. Matthews Brookland,AR 72417,US</a>	Second Saturday of the Month  9 - 11 a.m.		219-229-8263

## Bono

Type of Program	Program/ Agency Name	Location	Days & Time	Requirements / Notes	Contact
Food Pantry	Herman Missionary Baptist Church	<a href="#">Hwy 91 West 79 CR 111 Bono, AR 72416,US</a>	Last Saturday of the Month  8 a.m. - Noon		870-972-0040

## Caraway

Type of Program	Program/ Agency Name	Location	Days & Time	Requirements / Notes	Contact
Food Pantry	Community of Christ Blessing Box	201 San Francisco St. Caraway, AR 72419,US	Third Saturday of the Month  9 - 11 a.m.		870-482-3789
Commodity Distribution	Caraway Housing Authority	<a href="#">325 Missouri St. Caraway, 72419,US</a>	Wednesday, January 22, 2025  9-11 a.m. or until food runs out		

Community meals

RIVERSIDE



# Community Thanksgiving Dinner

TUESDAY, NOVEMBER 25TH

Turkey & Dressing, Mashed Potatoes,  
Green Beans, Corn, Dinner Roll, Dessert

Riverside students and staff will be preparing  
traditional Thanksgiving Dinners to deliver to  
families in the Riverside Community.

All meals are FREE & delivered to your home!

Volunteers &  
Delivery Drivers  
Needed!



The meal is for any individual or family in need of assistance or facing food insecurity, as well as those who may not have a traditional Thanksgiving meal otherwise.

If you would like to receive meals, please sign up here!

<https://forms.gle/VusZ5DyLujfDZoz3A>

Jonesboro

Type of Program	Program/ Agency Name	Location	Days & Time	Requirements / Notes	Contact
College Food Pantry	A-State Food Pantry	<a href="#">2907 E. Johnson Jonesboro, AR 72401, US</a>	2 - 6 p.m. Mondays, Tuesdays, & Thursdays	Only for A-State students, faculty and staff You can only go once a week Must your A-State ID	870-972-2055 <a href="mailto:pantry@AState.edu">pantry@AState.edu</a>
Food Pantry	Helping Neighbors	<a href="#">501 W. Highland Jonesboro, AR 72401, US</a>	Monday, Tuesday, Thursday 10 a.m. - 2 p.m.  First Tuesday of the month 5 - 7 p.m	<a href="#">Helping Neighbors (Craighead County, AR): Who is Eligible</a>  USDA Agency	870-935-7298
Food Pantry	Nettleton Baptist Church	<a href="#">7001 E. Johnson Jonesboro, AR 72402, US</a>	Third Wednesday of the month 1 -3 p.m.		870-932-4960
Food Pantry	New St. John Missionary Baptist Church	<a href="#">310 N. Main St. Jonesboro, AR 72401, US</a>	Call for assistance & leave voicemail		870-317-1269 or 870-932-6915
Food Pantry	Northpointe Church of Christ	<a href="#">1512 E. Washington Jonesboro, AR 72401, US</a> Section C	Third Saturday of the month 9 - 11 a.m.	Drivers License or other form of State Issued ID	870-275-6427
Food Pantry	Provision 88	<a href="#">1405 Bittle St. Jonesboro, AR 72404, US</a>	Tuesdays & Thursdays 10 a.m.-1:45 p.m.	Once per month  USDA Agency  ID Needed	870-934-1663

Food Pantry/ Soup Kitchen/ Shelter	Salvation Army	<a href="#">800 Cate Ave, Jonesboro, AR 72401</a>	Food Pantry: Tuesdays and Thursdays 9 a.m. - 2 p.m.  Bag Lunch: Daily starting at 11am  Soup Kitchen: Daily at 5:30 p.m.	<b><u>Proof of residency</u> and <b>Social Security card or photo ID</b> (including state driver's license or state ID, United States military identification card, United States citizenship certificate, United States passport, work permit, green card, immigrant/no n-immigrant visa, and passport from another country).</b>	870-932-3785
Food Pantry	Southwest Church of Christ	<a href="#">1601 James St. Jonesboro, AR 72401, US</a>	Thursdays  10 a.m. - 2 p.m.	USDA Agency	870-919-4605
Food Pantry Clothes Closet	Temple Baptist Church	<a href="#">2834 Race St. Jonesboro, AR 72401</a>	Second Friday of the month 9 a.m. - 11 a.m.		870-935-7250
Food Pantry	New Beginnings Church	<a href="#">2304 North Church St. Jonesboro, AR 72401, US</a>	Call for assistance; please leave a voicemail		870-206-7439
Soup Kitchen	Two Saint Soup Kitchen	<a href="#">531 W. College Jonesboro, AR 72401, US</a>	Saturdays 11 a.m. - 12 p.m.	None	870-932-2124

College Food Pantry	ASUN Jonesboro	<a href="#">5504 Krueger Dr. Jonesboro, AR 72401, US</a>	Monday - Friday 9 a.m. - 4:30 p.m.	For students, faculty, & staff only. Students, faculty, and staff must complete an <a href="#">ASUN Pantry Intake Form</a> . <a href="#">ASUN Pantry Website</a>	870-512-7838
Soup Kitchen Food Pantry	Hope House of Jonesboro	<a href="#">111 N. Fisher St. Jonesboro, AR 72401, US</a>	Monday - Thursday  8 a.m. - 10 a.m.  11a.m - 1 p.m		(870) 333-5506  <a href="#">Hope House Website</a>
Food Pantry	Angel Backpack Program	<a href="#">814 Cobb St. Jonesboro, AR 72401, US</a>	Monday - Friday  8A.M-4P.M	For staff and inpatients only	870-207-3070
Commodity Distribution	Parker Park Community Center	<a href="#">1522 N. Church St. Jonesboro, 72401,US</a>	Wednesday, January 22, 2025  9-11 a.m. or until food runs out		

## Community Meals

[Free Soup \(Click for more information\)](#)

## Tuesday Soup at [The Parsonage](#)

☀️ A Message from The Parsonage ☀️

There's a heaviness in our community right now. The shutdown has left so many of our friends and neighbors unsure of what tomorrow looks like, especially when it comes to something as basic as a meal.

Chef John and all of us here at The Parsonage believe a hot bowl of soup can do more than fill a stomach. It can warm a heart, remind someone they're seen, and prove that this little town takes care of its own.

So for anyone facing food insecurity during this time, please come see us. No charge. No questions asked. Just kindness served by the bowl. 🍲

We will have big batches of Chef John's homemade soup ready to go on Tuesday. Chef John will be making soups all day tomorrow to be ready for Tuesday lunch service. Dine in or take it with you. If you need help, or you know someone who does, we are here. Truly.

This community has lifted us up more times than we can count. Now it's our turn to make sure no one goes hungry.

🌟 Let's continue to look after one another.

🌟 Let's be the reason someone feels hope today.



**Temple Jonesboro**

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If you are in need of a Thanksgiving meal for your family, we would love for you to join us Sunday, November 23rd at 5:00 for our Chili Supper. You will receive Thanksgiving groceries. Please share! [#templejonesboro](#) [#lovewalklead](#)

Upcoming Events:

### Thanksgiving Outreach Chili Supper (& Thanksgiving Groceries)

November 23rd | 5pm

Temple Baptist  
2834 Race St

Decorative elements include a cross, autumn leaves, and a Pilgrim hat on a pumpkin.



# CHRISTMAS NEIGHBORS IN NEED

## COMMUNITY PICNIC

DECEMBER 13, 2025 11A.M-3P.M

ST. BERNARDS AUDITORIUM  
505 EAST WASHINGTON  
JONESBORO, AR 72401

JOIN US FOR A  
FREE MEAL OPEN  
TO THE PUBLIC



Please join us for a  
**Thanksgiving**  
DINNER



November 26th 12pm - 3pm  
Hosted By:  
Kay's And Grace Print Shop  
Blessed And Beautiful Images  
Helping Hands Ministry  
Life Changers Empowerment Center  
1512 East Washington Ave Suit D  
Jonesboro, Arkansas  
If you would like to be a blessing please Contact  
Candie Mcking 870-819-6278

# Lake City

Type of Program	Program/ Agency Name	Location	Days & Time	Requirements / Notes	Contact
Food Pantry	The Southern Delta Church of Wicca-ATC	<a href="#">104 Main St. Lake City, AR 72437, US</a>	Every Thursday: 10 a -1:30 pm 4 pm-6:00 pm  Produce Stand open 24 hours	Government issued ID (Driver's license, state issued identification, medical marijuana card, passport, ect..)	870-206-0606  Facebook Group: <a href="#">SDCW Food Pantry in Lake City, AR.</a>

RIVERSIDE

# Community Thanksgiving Dinner



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If you would like to receive meals, please sign up here!

<https://forms.gle/VusZ5DyLujfDZoz3A>

# Recipes

# Seasonings

## Chili Seasoning

From [BudgetBytes.coms](http://BudgetBytes.coms) [Chili Seasoning](#)

Ingredients	Directions
<ol style="list-style-type: none"><li>1 Tbsp chili powder</li><li>1 tsp ground cumin</li><li>1/4 tsp cayenne pepper</li><li>1/4 tsp garlic powder</li><li>1/2 tsp onion powder</li><li>1 tsp salt</li><li>1/4 tsp approximately ground pepper</li></ol>	<ol style="list-style-type: none"><li>Add all of the ingredients to a bowl or jar and stir to combine.</li><li>Store in an air-tight container, away from heat and moisture for up to six months.</li></ol>
If the Chili Powder you are using is spicy, you can reduce or omit the cayenne pepper	Makes one pot of chili, about 6 servings.

## Taco Seasoning

Adapted from [allrecipes.coms](http://allrecipes.coms) [Taco Seasoning](#)

Ingredients	Directions
<ol style="list-style-type: none"><li>1 tablespoon chili powder</li><li>1 teaspoons ground cumin</li><li>1 teaspoon sea salt</li><li>1 teaspoon ground black pepper</li><li>1/2 teaspoon ground paprika</li><li>1/4 teaspoon garlic powder</li><li>1/4 teaspoon onion powder</li><li>1/4 teaspoon crushed red pepper flakes</li><li>1/4 teaspoon dried oregano</li></ol>	<ol style="list-style-type: none"><li>Add all of the ingredients to a bowl or jar and stir to combine.</li><li>Store in an air-tight container, away from heat and moisture.</li></ol>

## Taco Seasoning

Adapted from [allrecipes.coms](http://allrecipes.coms) [Taco Seasoning](#)

3 Tablespoons=1 packet (generally)

Makes for 1 pound of meat

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## Things with Beans/Soups

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### Three-Can Chili

Adapted from [EatFresh.orgs](http://EatFresh.orgs) [3-can Chili](#)

Ingredients	Directions
<ol style="list-style-type: none"><li>1. 1 can (15 ounces) low-sodium red kidney beans, undrained</li><li>2. 1 can (15 ounces) low-sodium corn OR 2 cups frozen or fresh corn, drained</li><li>3. 1 can (15 ounces) low-sodium crushed tomatoes, undrained</li><li>4. Chili Powder, to taste</li></ol>	<ol style="list-style-type: none"><li>1. Place beans, corn, and tomatoes in a large pot. Add Chili Powder.</li><li>2. Place over medium heat until heated thoroughly, about 15 minutes, stirring occasionally.</li></ol>
Things you can add: Cooked meat Chopped and cooked onions Bell peppers Additional seasoning (Garlic powder, Onion powder, Ground Pepper, etc..)	

## Taco Soup

From [myplate.gov](http://myplate.gov)s [Taco Soup](#)

Ingredients	Directions
<ol style="list-style-type: none"><li>1. 1 pound lean ground beef</li><li>2. 2 cans diced tomatoes (14.5 oz)</li><li>3. 3 cups corn (2-15.5 oz low-sodium cans, rinsed and drained)</li><li>4. 2 cans red kidney beans, low-sodium (15.5 oz each, rinsed and drained)</li><li>5. 1 1/2 teaspoons chili powder</li><li>6. 3/4 teaspoon cumin powder</li><li>7. 3/4 teaspoon garlic powder</li><li>8. 1/3 cup water</li></ol>	<ol style="list-style-type: none"><li>1. Brown meat in a pot over medium heat.</li><li>2. Put meat in a strainer to drain fat. Rinse with hot water.</li><li>3. Mix all the ingredients in the same pot and cook on low for an hour.</li></ol>

## Hearty Vegetable Soup

From [EatFresh.org](http://EatFresh.org)/[LeahsPantry.org](http://LeahsPantry.org)s [Hearty Vegetable Soup](#)

Ingredients	Directions
<ol style="list-style-type: none"><li>1. 3 tablespoons Olive Oil</li><li>2. 1 Onion large, diced</li><li>3. 1 teaspoon Cumin</li><li>4. 1/2-1 teaspoon Garlic, minced or powdered</li><li>5. 2 Potatoes medium, diced</li><li>6. 3 Tomatoes, chopped, or 1 14.5 ounce can chopped tomatoes</li><li>7. 4 cups Vegetables (<i>carrot, zucchini or yellow squash, bell pepper, celery, asparagus, corn, peas, okra, green beans, spinach, kale, mushrooms, cabbage, or lima beans; chopped, fresh, frozen, or canned</i>)</li><li>8. 4 cups Vegetable Broth</li></ol>	<ol style="list-style-type: none"><li>1. In a stock pot, sauté the onion and celery (if using) in the olive oil until golden. Add garlic and cumin and cook a minute longer.</li><li>2. Add the potatoes (and any root vegetables such as carrots), tomatoes, broth, water, and oregano. Bring to a boil and simmer until the potatoes are tender.</li><li>3. Add the other vegetables and simmer until everything is soft.</li><li>4. Stir in lemon juice. Season with salt and pepper, to taste.</li></ol> <p><b><i>Soup keeps in fridge for 3 days and freezes well.</i></b></p>

## Hearty Vegetable Soup

From [EatFresh.org](http://EatFresh.org)/[LeahsPantry.orgs](http://LeahsPantry.orgs) [Hearty Vegetable Soup](#)

- |   |  |
|---|--|
| 9. 2 cups Water                             |  |
| 10. Salt to taste                           |  |
| 11. Black Pepper to taste                   |  |
| 12. 1/2 Lemon, juiced, or 1.5-2 tablespoons |  |

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## Sandwich/Wraps

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## Hummus and Veggie Wraps

From [EatFresh.org](http://EatFresh.org)/[LeahsPantry.orgs](http://LeahsPantry.orgs) [Hummus & Veggie Wraps](#)

Ingredients	Directions
<ol style="list-style-type: none"><li>14 1/2 ounces Garbanzo Beans <i>canned, rinsed and drained</i> or 1 1/2 cups Garbanzo Beans cooked</li><li>1/2 cup Plain Yogurt or 1/2 cup Tahini also known as sesame seed paste</li><li>1 clove Garlic minced</li><li>1 tablespoon Lemon Juice</li><li>1 teaspoon Ground Cumin</li><li>1/2 teaspoon Salt</li><li>4 Whole Wheat Tortillas <i>large or burrito size</i></li><li>1 Green Bell Pepper <i>sliced</i></li><li>1 Tomato <i>sliced</i></li><li>2 cups Lettuce</li></ol>	<ol style="list-style-type: none"><li>Puree garbanzo beans, yogurt or tahini, garlic, lemon juice, cumin, and salt in a blender.</li><li>Refrigerate until ready to use.</li><li>Spread hummus on tortilla. Layer veggies. Roll up and eat!</li></ol>

## Confetti Wraps

From [brighterbites.org](http://brighterbites.org)s [Confetti Wraps](#)

Ingredients	Directions
<p>1 bell pepper (any color)</p> <p>½ red onion</p> <p>1 can (15 oz) black beans, drained and rinsed</p> <p>1 tsp ground cumin</p> <p>1-2 tomatoes, diced, or 1 can diced tomatoes</p> <p>¾ cup salsa (mild or hot)</p> <p>1 cup grated mozzarella cheese, low-fat or regular</p> <p>6-8 six-inch whole wheat tortillas</p> <p>Any vegetables can be added to this wrap.</p>	<ol style="list-style-type: none"><li>1. Wash vegetables and slice.</li><li>2. Spray skillet with cooking spray and heat for 1-2 minutes.</li><li>3. Add chopped onion and bell pepper. Sauté until onion is tender.</li><li>4. Stir in beans, tomatoes, and cumin; cook until heated through.</li><li>5. Microwave whole wheat tortillas 30-45 seconds.</li><li>6. Assemble wraps by adding vegetable mixture and top with cheese and salsa, as desired.</li></ol>

## Chicken Caesar Wraps

From [BudgetBytes.com](http://BudgetBytes.com)s [Chicken Caesar Wraps](#)

Ingredients	Directions
<p><b>Parmesan Chicken</b></p> <ol style="list-style-type: none"><li>1. 1 boneless, skinless chicken breast (about ¾ lb.)</li><li>2. 2 Tbsps olive oil, divided</li><li>3. 1 Tbsp grated Parmesan</li><li>4. ¼ tsp Italian seasoning</li><li>5. ¼ tsp garlic powder</li><li>6. ¼ tsp salt</li><li>7. ¼ tsp black pepper</li></ol> <p><b>Buttered Breadcrumbs</b></p> <ol style="list-style-type: none"><li>1. 1 Tbsp butter</li><li>2. ¼ cup Panko breadcrumbs</li><li>3. ¼ tsp Italian seasoning</li><li>4. ¼ tsp garlic powder</li><li>5. ¼ tsp salt</li><li>6. ¼ tsp black pepper</li></ol>	<ol style="list-style-type: none"><li>1. Cut the chicken breast into small ½-inch pieces. Place the chicken in a bowl and add 1 Tbsp olive oil, the Parmesan, Italian seasoning, garlic powder, salt, and pepper. Toss until the chicken is evenly coated in oil and seasoning.</li><li>2. Heat a large skillet over medium. Once hot, add an additional 1 Tbsp olive oil and swirl to coat. Add the seasoned chicken and cook until browned and cooked through (about 5 minutes). If needed, add a couple tablespoons of water to the skillet to loosen the chicken before flipping. Set the chicken aside to cool.</li></ol>

# Chicken Caesar Wraps

From [BudgetBytes.com](http://BudgetBytes.com) [Chicken Caesar Wraps](#)

## Wraps

1. 2 cups chopped Romaine lettuce
  2. 1/2 cup grape tomatoes
  3. 1/2 cup Parmesan (grated or shredded)
  4. 1/3 cup Caesar dressing
- 4 large flour tortillas

3. Next, prepare the buttered breadcrumbs. Add the butter, panko breadcrumbs, Italian seasoning, garlic powder, salt, and pepper to a small skillet. Cook over medium until everything is evenly mixed and the breadcrumbs are golden brown (about 3 minutes). Set the breadcrumbs aside to cool.
4. Wash, drain, and chop the Romaine lettuce. Slice the grape tomatoes in half. Add the lettuce, tomatoes, Parmesan cheese, cooled chicken, breadcrumbs, and Caesar dressing to a bowl. Toss until everything is evenly mixed.
5. Divide the salad mixture between 4 large flour tortillas. Fold and roll the tortillas up like a burrito (bottom first, fold in the sides, then continue to roll to the top). Use a toothpick to hold them closed, slice in half, then serve.

Low on time or energy? You can use these shortcuts!

Use pre-cooked chicken instead of cooking your own. You can use chopped rotisserie chicken, tossed with a little Italian dressing for more flavor, or you can chop some baked breaded chicken breasts.

If cooking your own chicken, try marinating in more of the Caesar dressing instead of measuring all of the spices.

If you have pre-made croutons on hand, crush them slightly and use 1/4 cup in place of the buttered breadcrumbs.

Make ahead instructions:

Store the chicken, lettuce, tomatoes, and breadcrumbs in separate containers until the day of serving.

The morning of, combine the ingredients and toss with the Caesar dressing, then wrap in the tortilla. Wrap the entire sandwich in plastic wrap or waxed paper, and keep refrigerated until ready to eat.

These stay good for 4 to 6 hours before they start getting soft.

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# Veggies

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## Sautéed Greens

From [EatFresh.org](http://EatFresh.org)/[LeahsPantry.org](http://LeahsPantry.org) [Sautéed Greens](#)

Ingredients	Directions
<ol style="list-style-type: none"><li>1. 1 lb. collard greens, kale, or chard</li><li>2. 4 medium cloves garlic</li><li>3. 2 tablespoons canola oil</li><li>4. ½ teaspoon salt</li><li>5. ½ teaspoon ground pepper</li></ol>	<p>Remove hard stems from greens.</p> <p>Stack leaves on top of each other. Roll into a tube shape. Make a few stacks if needed. Use a sharp knife to slice leaf rolls into ¼ - inch wide strips.</p> <p>In a large bowl filled with cold water, add cut greens. Allow any dirt to settle at the bottom of the bowl. If greens are very dirty, repeat this step. Lift greens out of bowl. Shake off any excess water.</p> <p>Peel and mince garlic. Heat oil and garlic in a large skillet over medium-high heat.</p> <p>Add greens. Use caution, as oil might splatter when damp greens are placed in hot pan. If greens can't all fit in the pan at once, cook in two batches.</p> <p>Stir greens until wilted, about 1 - 2 minutes. If garlic starts to brown or burn, reduce heat to medium-low.</p> <p>Season with salt and pepper. Serve right away.</p>
<p>Try serving over brown rice, cornbread, or whole wheat pasta.</p> <p>Add cooked greens to tacos with black beans, cheese, and salsa. Or, add to egg sandwiches.</p>	



# Recipe Sources

## Websites

[Budget Bytes](#)

[Eat Fresh](#)

[MyPlate](#)- You can specify what program you'd like recipes from