

## **Current Food Pantry List - Last Revised October 3, 2025**

### **Big Elm Ministries**

Phone: 704-933-5862

905 McKnight Street, Kannapolis

Must call & complete application over the phone

Usually held 2nd Wednesday of month

### **Cooperative Christian Ministry @North Kannapolis Baptist Church Pantry**

Phone: 704-933-2125

312 Locust Street, Kannapolis

Wednesday 9:00am – 11:00am (limited to first 25 families) Serving Kannapolis

### **Charity Baptist Church**

Phone: 704-938-7664

2420 Brantley Road, Kannapolis

Tuesdays 10:00am

Wednesday 6:45 pm

### **Freedom Christian Worship Center (Harvest Foods of Charlotte)**

Phone: 704-640-5857 Jerry Menster

509 China Grove Highway E, Rockwell

Every Other Wednesdays 8:30 am -12:00 pm

Bring Driver's License - Can receive a box 2 times a month.

(stretched pretty thin)

### **Grateful Heart Community Service**

706 Dunn's Mountain Road, Salisbury

Call 704.209.2257 to schedule an appointment

### **Hearts and Hands Food Pantry\***

Phone: 980-292-0357

4040 Chesapeake Dr. Charlotte 28216

704-885-5828

<https://www.heartsandhandsfoodpantry.com>

\*Available to all counties for pick up only

### **Helping Hands Food Pantry**

Phone- (704) 933-6600

Bethel Baptist Church 1209 1/4th Opal St., Kannapolis

Mondays and Thursdays 9:00am – 1:00pm Serving Kannapolis and Concord

### **Kannapolis Food Pantry & Joseph's Closet**

Phone-(704) 933-2631

West Point Baptist Church 1100 Pine St, Kannapolis

Saturday 9:00am – 11:30 am

Serving Kannapolis residents. Bring a drivers license or ID. Proof of Kannapolis residency (Utility bill in your name)

**Rockwell Church of God**

Phone: 704-279-8126

607 China Grove Highway, Rockwell

Wednesdays 8:30 am-12 pm

**Rowan Helping Ministries : Food Boxes**

**Salisbury**-226 N Long Street, Salisbury Monday-Friday 9am - 3:30 pm Please call to make an appointment  
704.637.6838 Ext 116

**West Rowan**– 785 Grampian Road, Mount Ulla Fridays 9-11 am 704.637.6838 Ext 115 Kristin

**East Rowan** – 2570 St Peters Church Road, Salisbury 28146 2nd & 3rd Saturdays from 9-10:30am or by appointment, please call 704.279.5054.

**Jeannie's Kitchen @ Rowan Helping Ministries**

217 N Long Street Salisbury 28144

Lunch: 7 days/week, noon- 1 p.m. A nutritious noon-day meal is provided to the hungry without qualification.

Anyone is welcome. For information, please contact Vicky Roth, Food Operations Manager, at 704.637.6838 Ext 105.

**Salvation Army/Salisbury**

Phone: 704-636-6491

620 Bringle Ferry Road, Salisbury

Call to schedule an appointment

**Main Street Marketplace and Meeting Place**

*Tiered Pricing for local produce and other products*

704-855-2909

306 S Main St, China Grove

FB: Main Street Marketplace and Meeting Place

<https://www.marketandmeeting.org/>

**CCM N Kannapolis Baptist Church Pantry**

Financial assistance for utilities/food pantry for Kannapolis City/Cabarrus County

704-786-4709

246 Country Club Drive NE, Kannapolis

10am-1pm M-F, Thu 3:30-6pm

**Gethsemane Food Outreach**

Quarterly food donations

Spencer, East Spencer, Salisbury, Granite Quarry residents only

704-637-6036

1114 W Horah St, Salisbury

**Love Christian Help Center**

102 North Long Street, East Spencer, NC 28039

(980) 643-4243 (Main)

Sun 12:30pm - 1:30pm

**Meals on Wheels**

Seniors/homebound

720 Grove Street, Salisbury

704.633.0352

Second Harvest Food Bank of Metrolina

<https://www.secondharvestmetrolina.org/need-food>

Searchable map with food pantry and soup kitchens in the Metro Charlotte area. **NOT ROWAN**

United Way/Rowan

<https://www.nc211.org/food-assistance-01>

Grassroots Grocery Delivery <https://www.feednc.org>

## 2025 Grocery Service Area

Iredell	Rowan	Cabarrus	North Mecklenburg
28117	27013	28027	28031
28115	27054	28081	28036
28116	28023	28083	28078
28166	28025	28088	
28625	28125		
28677	28138		
	28144		
	28147		
	28159		

### Income Guidelines for Non-USDA Programs

Effective October 1, 2025 through September 30, 2026

*Household Gross Income Must Be Below Level of Appropriate Size Household*

HOUSEHOLD SIZE	PER YEAR	PER MONTH	PER WEEK
1	\$39,150	\$3,262	\$816
2	\$52,890	\$4,407	\$1,102
3	\$66,630	\$5,552	\$1,388
4	\$80,400	\$6,700	\$1,675
5	\$94,140	\$7,845	\$1,961
6	\$107,880	\$8,990	\$2,247
7	\$121,650	\$10,137	\$2,353
8	\$135,390	\$11,282	\$2,821
EACH ADDITIONAL FAMILY MEMBER	\$13,770	\$1,147	\$287

*Revised 10-15-2025*

## **Mobile Markets: (Pay what you can)**

### **Habitat for Humanity**

June and July/Bread Riot  
1707 S Main St  
Salisbury, NC 28144/11am-1pm

### **The Bulb Produce Markets**

See web page for details: <https://www.thebulbgallery.org/marketsites>  
Operates all year long/Charlotte area

### **Feeding Kannapolis Hunger**

Drive through food giveaway events  
<https://feedingkannapolishunger.org>

## **College Students:**

### **Catawba College: Laura's Place**

Wellness Loft, Cannon Student Center  
2309 Brenner Avenue, Salisbury, NC 28144  
[704-637-4672](tel:704-637-4672)

### **RCCC Student Services**

S201 Room 103 at South Campus  
N101 Room 112L in Suite 100 at North Campus.  
Monday through Thursday 8:00 a.m. – 6:00 p.m.  
Friday 8:00 a.m. – 3:00 p.m.

### **Livingstone College**

# ROWAN COUNTY BLESSING BOXES

## WHAT IS A BLESSING BOX?

It's a simple box that has non-perishable food items and hygiene products that is located in a public space, such as a front yard. It acts as a service to the community. Passersby are encouraged to take what they need or to add things they would like to share. More often than not, the boxes have a small door and a roof (for protection from the elements). Inside the box are a few small shelves where items can be stored until someone takes it.

## WHERE ARE THEY IN ROWAN COUNTY?

- **Trinity Living Center:** 1416 A, South Martin Luther King Avenue, Salisbury
- **West End Community Garden:** 1110 Brenner Avenue, Salisbury
- **Spencer,** corner of 2nd Street and Salisbury Avenue
- **Salisbury Pediatrics,** 129 S. Woodson Street, Salisbury (box is located on side of building on W. Cemetery Street)
- **Meals on Wheels** Intersection of Grove Street and West Henderson, Salisbury
- **Rockwell Elementary,** 114 Link Street, Rockwell
- **Community Care Clinic,** 315 Mocksville Ave, Suite G, Salisbury
- **CrossLife Church,** 205 Newsome Road, Salisbury
- **Mt. Tabor UMC,** 4520 Old Mocksville Road, Salisbury
- **Southern City Tabernacle AME Church,** 904 S Long St, East Spencer



## WHO WE ARE

Our mission is to bring together public and private stockholders in a partnership by supporting and promoting a robust local, sustainable food system.

### Our Goals/Objectives:

- Educate the citizens of Rowan County about Healthy Food Choices
- Provide networking opportunities for vendors, consumers, farmers, and community agencies
- **Develop strategies to reduce food insecurity and increase food access in our county**

## HOW CAN I HELP?

**Donate a few items of non-perishable food or hygiene items. Pick a box to sponsor and donate regularly.**

**Build a Blessing Box- there are a few location that are in need of a blessing box. Email us!**



## ROWAN FOOD AND FARM NETWORK

rowanfoodandfarmnetwork@gmail.com  
Follow us on Facebook