

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	
28115	27054	28081	28031
28116	28023	28083	28036
28166	28025	28088	28078
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://feedingkannapolis hunger.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