

Rowan County Food Access Resources

Cooperative Christian Ministry (North Kannapolis Baptist Food Pantry)

1312 Locust St., Kannapolis, NC 28081

- northkannbc@gmail.com
- Open Wednesdays from 9AM-11AM on the lower level of McMurray Hall
- Services: Food pantry provided through drive-through/drive-in style
- Eligibility: Current photo ID or driver's license and current utility bill

Individuals can visit and receive food once per month. Amount of food given is based on family size.

Freedom Christian Worship Center Rockwell Church of God

- 509 China Grove Hwy E., Rockwell, NC 28138
- (704) 279-8126
- Open Wednesdays from 8:30AM-12PM
- Eligibility: All are welcome
- Services: Pantry

The Salvation Army of Rowan County-Salisbury

- 620 Bringle Ferry Rd., Salisbury, NC 28144
- (704) 636-6491
- salisburyNC@uss.salvationarmy.org
- Open Monday-Friday from 10AM-12PM
- Eligibility: Must be a Rowan County resident and low income. However, no one will be turned away.
- Services: Pantry

Call (704) 636-6491 to schedule an appointment to visit the pantry. Individuals may visit the pantry every two weeks.

Grateful Heart Community Service

- 706 Dunns Mountain Rd., Granite Quarry, NC 28146
- (704) 209-2257
- Services: Provide a box of food to an average of 350 homes per month. Boxes include fresh fruits and vegetables.

Gethsemane Food Outreach

- 1114 W. Horah St., Salisbury, NC 28144
- (704) 638-6036
- gethsemane@charlotte.twcbc.com
- Open Tuesday from 10AM-1PM and Thursday 10AM-12:45PM
- Eligibility: Must provide proper identification
Identification Requirements
 - NC issued picture ID
 - Social security cards for all household members
 - Income (pay stub, W2)
 - Proof of residency
 - Child support
 - If supported by another individual, provide a letter of support with monthly supported amount
 - Social Security Income (disability)
 - Work First Program Letter
- Services: Basic Groceries: meat, vegetables, bread, staple supplies (flour, sugar, salt, etc.)

Distribution of food will be given according to the number of household members. Quarterly distributions (every 3 months).

Stallings Memorial Baptist Church

- 817 S. Main St., Salisbury, NC 28144
- (704) 636-2052
- admin@stallingsbaptistchurch.org
- Open every 2nd & 4th Thursday of each month at 2:30PM. Food distribution schedules can be found on their Facebook page (Stallings Memorial Baptist Church)
- Services: Drive-thru food ministry
- Eligibility: Open to anyone. One bag per household.

Main Street Marketplace and Meeting Place

- 306 S. Main St., China Grove, NC 28023
- Meeting Place: (704) 855-2909
- Marketplace: (704) 859-1898
- Open on Tuesday from 10AM-6PM, Wednesday-Friday from 10AM-4PM and Saturday from 10AM-1PM
- Eligibility: Tiered-pricing based on family size and household income
- Marketplace Service: Affordable healthy food options and marketplace hydroponic gardens, market accepts SNAP/EBT
- Meeting Place Services: Workshops and trainings

Rowan Helping Ministries

Services: Pantry, homebound delivery, Jeannie's Kitchen

Eligibility: All are welcome

Salisbury:

- 225 N. Long St. Salisbury, NC 28144
- Call (704) 637-6838 ext. 122 to make an appt. or schedule delivery
- Open Monday through Friday 9AM-3:30PM

West Rowan:

- 785 Grampian Rd. Mt Ulla, NC 28125
- Open Friday from 9AM-3:30PM

East Rowan:

- 2570 St. Peters Church Rd. Salisbury, NC 28146
- (704) 279-5054
- Open the 2nd and 3rd Saturday of each month from 9AM-10:30AM or by appt.

Jeannie's Kitchen:

- 217 N. Long St. Salisbury, NC 28144
- (704) 637-6838 ext. 108
- Open for lunch 7 days/week from noon- 1PM

Some locations require appointments

Bread Riot

- info@breadriot.org
- (704) 209-2257
- Services: Provides fresh and seasonal produce to residents throughout Rowan County by partnering with Rowan-Salisbury Schools, Faith Harvest (distribution to 10 local churches). Mobile Vegetable Market.

Salisbury Farmers Market

- 228 E. Kerr St., Salisbury, NC 28144
- (704) 638-3100
- Open on Saturdays from 8AM-12PM, mid-April through mid-December
- Services: Fresh and locally grown produce, meats, eggs and more. Accepts SNAP/EBT, WIC Vouchers, and Senior Vouchers

China Grove Farmers Market

- 308 N. Main St., China Grove, NC 28023
- (704) 859-1898
- Open on Friday from 4PM-6PM until September
- Services: Fresh and locally grown produce, meats, eggs and more.

SENIOR SPECIFIC PROGRAMS

Rufty-Holmes Senior Center Meal Sites

- Rufty-Holmes Senior Center Nutrition Program Office: (704) 216-7702
- Lunch Clubs are Monday-Friday from 9:30AM-1:30PM and lunch is served from 11:30AM-12:15PM.
- Services: A healthy meal, daily activities, socialize, and learn about services offered. Transportation to Lunch Clubs is available, on a limited basis, through Rowan County Transit System or Salisbury City Bus line-call for availability at (704) 216-7702.
- Eligibility: 60 years of age or older

Locations

- North Rowan: First Community Building of Spencer
 - 215 Fifth St., Spencer, NC 28159
 - (704) 431-7720
- South Rowan: VFW Post 8989 Poston-Perkins
 - 2500 N. Cannon Blvd., Kannapolis, NC 28083
 - (704) 798-3038
- East Rowan: Shiloh United Methodist Church
 - 234 S. Main St., Granite Quarry, NC 28146
 - (704) 798-3058
- West Rowan: Lions Club Building
 - 106 Cemetery St., Cleveland, NC 27013
 - (704) 798-3100
- East Salisbury: Lafayette Community Center
 - 617 Lafayette Circle, Salisbury, NC 28144
 - (704) 636-7758
- West Salisbury: John Calvin Presbyterian Church
 - 1620 Brenner Ave., Salisbury, NC 28144
 - (704) 798-3093
- Latino Lunch Club or Tuesday Lunch Club: Rufty-Holmes Senior Center
 - 1120 S. MLK Jr. Ave, Salisbury, NC 28144
 - (704) 216-7702
 - Latino Lunch club meets the 2nd & 4th Wednesday. Tuesday Lunch Club meets every Tuesday

Contact the Nutrition Manager or Site Coordinator to register and sign up for the first lunch.

Meals on Wheels of Rowan, Inc.

- 720 Grove Street, Salisbury NC 28144
- (704) 633-0352
- info@mowrowan.org
- Open Monday-Thursday from 9AM-4PM, and Friday from 9AM-1PM
- Meal delivery: Monday-Friday 10:30AM-12:30PM
- Services: Home-delivered meals and Grocery Program
- Eligibility:
 - Home-delivered meals: 60 years of age or older, homebound, and can not prepare meals for themselves.
 - Grocery program: Over 60 years of age, lack of transportation, lack of financial resources, ineligible for USDA Food Boxes.

ASSISTANCE PROGRAMS

Food & Nutrition Services /SNAP

- Scan the QR-code or visit tinyurl.com/NCSNAPBenefits to for more information and to apply online.
- (866) 719-0141
- Eligibility:
 - Have no job or a low-paying job
 - Receive WFFA, TANF (welfare), or SSI benefits (for people with disabilities)
 - Must be a North Carolina resident and a U.S. citizen or have certain legal status. Undocumented immigrants are not eligible.
 - Must have a Social Security number or applied for one.



Women, Infants, & Children (WIC)

- Scan the QR-code or visit <https://tinyurl.com/RoCoWIC> to for more information.
- (704) 216-8797
- Eligibility:
 - All kinds of families qualify for WIC. You may or may not be working. You may be a student, single or married, or live with your parents.
 - Live in North Carolina
 - Have a family income less than 185% of the U.S. Poverty Income Guidelines. If you have Medicaid, Work First Families Assistance (TANF), or assistance from the NC Food and Nutrition Services, you automatically meet the income eligibility requirement.



OTHER

NC Medicaid

- Scan the QR-code or visit tinyurl.com/NCMedicaidinfo for more information
- Apply for benefits online at epass.nc.gov
- (704) 216-8797
- Eligibility:
 - Live in North Carolina
 - Ages 19 - 64 years old
 - A citizen (some non-US citizens can also get health care coverage through Medicaid).
 - Household whose income falls within the eligibility range.



Rowan County Immediate Food Access Resources

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Prevent. Promote. Protect.

Be an original.

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- Marketplace Service: Affordable healthy food options and marketplace hydroponic gardens, market accepts SNAP/EBT

Rowan County Housing Resources

Rowan Helping Ministries

Robertson-Stanback Center Shelter
217 N. Long St., Salisbury, NC 28144

- Open 27/4

Ralph W. Ketner Crisis Assistance Center

226 N. Long St., Salisbury, NC 28144
• Open Monday through Friday 8AM-3:30PM

Permanent Housing: (704) 637-6838, ext. 107

Street Outreach Program: (704) 637-6838, ext. 110

Service: Assistance in locating permanent housing, temporary shelter to Rowan County residents who have no alternative nighttime residence. Shelter residences receive breakfast, lunch, and supper at Jeannie's Kitchen. Programs for veterans, street outreach program (homeless individuals who are not enrolled in RHM system), Eagle's Nest Transitional Housing

Eligibility: Men, women, and children are welcome into their homeless shelter. You must live or work in Rowan County to live in the shelter. If someone does not live or work in Rowan County, they may stay at RHM for a few days.

Capacity: Vacancies in the shelter change daily. If someone is in need of shelter, they may call (704) 637-6838 to check if a bed is available.

- Guests in the shelter who have sustainable income can be referred by their case manager to move to an independent living unit.

Public Housing-Housing Authority

200 S. Martin Luther King Jr. Ave., Salisbury, NC 28144

- (704) 636-1410
- Open Monday through Thursday 8:30AM-5PM and Friday 8:30AM-12:30PM

Services: Offers rental properties based on income.

Eligibility: Meet income limits and pass a background check.

Documents needed: Photo ID, social security card, birth certificate, and proof of income.

Capacity: Call for waitlist information.

Housing Choice Voucher Program: Housing Authority-Rowan County

310 Long Meadow Dr., Salisbury, NC 28147

(704) 633-8380

- Open Monday through Thursday 8AM-4PM and Friday 8AM-12PM

Services: Offers vouchers for approved Section 8 properties. Vouchers help with rent.

Eligibility: Meet income limits and complete a background check.

Documents needed: Photo ID, Social Security Card, birth certificate, and proof of income.

Capacity: Call for waitlist information.

Housing Choice Voucher Program: Housing Authority-East Spencer

206 S. Long St., East Spencer, NC 28039

(704) 637-2284

- Open Monday through Thursday 8AM-5PM

Services: Offers vouchers for approved Section 8 properties. Vouchers help with rent.

Eligibility: Meet income limits and complete a background check.

Documents needed: Photo ID, Social Security Card, birth certificate, and proof of income.

Capacity: Call for waitlist information.

Family Crisis Council of Rowan County

502 N. Long St., Salisbury, NC 28144

- Main 24 hour Crisis Line: (704) 636-4718 ext. 1
- Main Administrative Office: (704) 754-5999
- Services: Offers emergency shelter for victims of domestic violence, sexual assault, incest, or human trafficking. Offers shelter for about 30 days.

Affordable Homeownership: Habitat for Humanity-Rowan County

1707 S. Main St., Salisbury, NC 28144

(704) 642-6292

- Open Monday through Saturday 9AM-5PM

Services: Local volunteers work with eligible families to build homes. Qualified homebuyers pay back a mortgage over 30 years.

Eligibility: Citizen or permanent legal resident of the U.S.

- Must have lived in Rowan County for at least 12 consecutive months and currently be living in inadequate housing.
- Must have verifiable source of income and meet income guidelines.
- Must demonstrate financial responsibility and be willing to contribute 400 "sweat equity" volunteer hours.

Documents needed: Proof of household income and address.

Cost: No cost to apply. Mortgage payment varies.

Capacity: Call, visit the office, or apply online.
<http://www.habitatrowan.org>

Rowan County Department of Social Services-Special Assistance and Long Term Care

1813 E. Innes St., Salisbury, NC 28146

(704) 216-8330

- Open Monday through Thursday 8AM-5PM

Services: Special Assistance offers a cash supplement to help pay for room and board in an adult care home or group home.

- Special Assistance In-Home offers a cash supplement to help people who are at risk of entering a residential facility but prefer to live at home.
- Long Term Care offers a cash supplement to help pay for room and board in a long term care or skilled nursing facility.

**All payments are made to the vendor.*

Eligibility: Individuals must meet income eligibility, be eligible for an approved residential or skilled nursing facility, and have a disability or be age 65 and over.

Cost: No cost to apply. Fees will be charged once a client is approved.

Rowan County Transportation Resources

Rufty-Holmes Senior Center

1120 S. Martin Luther King Jr. Ave,
Salisbury, NC 28144

- (704) 216-7714
- Open Monday through Friday 8AM-5PM
- Eligibility: Rowan County residents age 60+ who can transfer in and out of a car independently and navigate on their own once at the destination. Rider may bring a caregiver to assist them at no extra cost.
- Transportation Services: Offers transportation to medical appointments, shopping, grocery stores, and congregate nutrition site for older adults.
- Ticket and Scheduling:
 - Call weekdays from 9AM- 12PM to schedule a ride.
 - Rides can be scheduled up to two weeks in advance
 - Rides are provided weekdays between 8:30 PM - 6:00PM, if a volunteer driver is available.
 - You'll receive a call the day of the ride with your driver's name, details, and approximate pick-up time.
 - To cancel a trip, call 1 hour before the scheduled time to avoid a fee.

Rowan Individual Transportation Assistance (Rowan Transit System)

2726 Old Concord Road, Salisbury, NC 28146

- (704) 216-8899
- Open Monday through Friday from 7AM-5PM; Excluding holidays
- Transportation Services: Rowan Individual Transportation Assistance (RITA) is available for transportation to medical appointments one day per week for each area of the county. By having designated days, RTS can operate more efficiently to help as many passengers as possible on the same day.
- Eligibility: Open to all
- Ticket and Scheduling:
 - RTS is a non-emergency public transportation service for Rowan County residents.
 - The fare is \$2.00 per a trip for all riders except those eligible for certain grant funded programs or Medicaid.
 - Donations are accepted to support operating costs. RTS is grant funded by NCDOT, the FTA and Rowan County.
 - Service availability is contingent on existing funding.
 - Riders must be signed up to schedule trips.
 - Trips must be scheduled 3 working days in advance and approximate pick up and drop off times provided when booking.
 - To schedule a trip or enroll with RTS please call

Rowan County Department of Social Services

1813 E. Innes St, Salisbury, NC 28146

- (704) 216-8330
- Open Monday through Friday from 8AM-5PM
- Transportation Services: Medicaid transportation is available to Medicaid recipients who need assistance getting to Medicaid approved medical appointments and providers.
- Eligibility: People already receiving Medicaid through a different health plan (AmeriHealth Caritas, Carolina Complete Health, HealthyBlue, UnitedHealthcare, or WellCare) must contact their plan provider for transportation.
 - People already receiving Medicaid through Medicaid Direct or the Eastern Band of Cherokee Indians tribal health plan.

Salisbury Public Transit

300 West Franklin Street, Salisbury, NC 28144

- (704) 638-5252
- Open Monday through Friday from 6AM-7PM and Saturdays 9:30AM-3:30PM
- Transportation Services: Call to apply and to schedule a ride at least 3 working days in advance. Fees vary, depending on service and route.
- Eligibility: Open to all. Discounted riders may need to provide other documents. Call for more information.
- Ticket and Scheduling:
 - Regular (all locations): \$1.00
 - Senior Citizen (with I.D.): \$0.50
 - Disabled (with Reduced Fare card): \$0.50
 - Medicare (with Medicare card & ID): \$0.50
 - ADA Paratransit System: \$2.00
 - Student*: \$0.50
 - College Student* (with ID and/or proof of enrollment): \$0.50
 - Transfers (at Depot Station): FREE
 - Children Under 5: FREE
- Passes
 - 40 Ride Pass (Regular): \$35.00
 - 40 Ride Pass (Senior): \$17.00
 - 40 Ride Pass (Disabled): \$17.00
 - 40 Ride Pass (Medicare): \$17.00
 - 40 Ride Pass (College Student)*: \$17.00