

KNOX COUNTY FOOD RESOURCE GUIDE

Food Assistance Programs

- **SNAP** - Tennessee Department of Human Services
2700 Middlebrook Pike, Suite 200.865-594-6151
Hours: Monday - Friday, 8 a.m. - 4:30 p.m.
- **WIC** - Knox County Health Department
140 Dameron Ave.865-215-5030
Hours: Monday - Friday, 8 a.m. - 4:30 p.m.
WIC is for women who are pregnant or had a baby in the past 6 months; breastfeeding moms who had a baby in the past 12 months; infants; and children up to age 5.
- **USDA Commodity Boxes** - CAC Nutrition Services
Three Knox County Locations.865-546-3500
One box of shelf stable food items distributed every other month.

For Adults Age 60+

- **Mobile Meals and Mobile Affordable Meal Service**
2247 Western Ave.865-524-2786
Mobile Meals has eligibility requirements and an in-home assessment. Must call to complete these for service.

Other Community Resources

- **211** - Dial 211 to reach the Knox County Crisis Hotline and Information Center
- **Compassion Coalition** – Connection Point Call
Center connects individuals with the assistance they need.
865-251-1591 ext. 1
- **Community Compass** – <https://communitycompass.tn.gov/>
- **Second Harvest Food Bank of East TN Find a Food Pantry**
<https://secondharvestetn.org/find-a-food-pantry/>



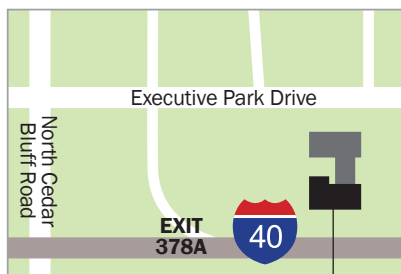
Free Classes

The Knox County Health Department offers free Diabetes Management and Heart Health classes. Use your phone to scan this QR code for more information.



Contact: Community Health

Office: 865-215-5170
Email: nutrition@knoxcounty.org



West Clinic

9000 Executive Park Dr., Suite A301B
865-215-5950



Main Knox County Health Department Office

140 Dameron Avenue
865-215-5000

KCHD 11/04/2025



KNOX COUNTY
TENNESSEE

HEALTH DEPARTMENT

FOOD PANTRIES



Downtown Food Pantries

• First Baptist Downtown FISH Pantry

510 W. Main Street..... 865-546-9661
First Monday, 9 a.m. - noon.



Red Bird Community Store at Wesley House

1719 Reynolds Street. 865-524-5494
Monday, Wednesday, Thursday, Friday 7:30 - 11:30 a.m.,
12:30 - 4 p.m. Tuesday, 7:30 - 11:30 a.m.

West Knox County Food Pantries



Manna House at Cokesbury UMC

9919 Kingston Pike..... 865-693-0353
Tuesday, Thursday and Saturday, 9-11 a.m.
Must bring photo ID.

• Knoxville Dream Center at Parkwest Church

7635 Middlebrook Pike.....865-688-9636
Thursday, 1:30 p.m.

• Knoxville Dream Center at West Lonsdale Baptist Church

2720 Dayton Street NW.....865-688-9636
Monday, 11 a.m.



St. Vincent's Food Pantry – All Saints Catholic Parish

620 N. Cedar Bluff Road865-474-8618
Second Saturday, 2 - 3 p.m.



Shepherd of Hope Food Pantry – Faith Lutheran Church

225 Jamestown Blvd. 865-966-9626
First Monday, 3 - 5p.m., third Monday, 3 - 6 p.m.



Beaver Ridge United Methodist Church

7753 Oak Ridge Hwy. 865-690-1060
Mondays, 1 - 2 p.m., Wednesdays, 6:30 - 7:30 p.m.

North Knox County Food Pantries

• FISH

122W. Scott Ave. 865-971-4000
Tuesday, Thursday and fourth Saturday, 10 a.m. - 1 p.m.



White Stone Food Pantry



1717 E. Emory Rd. 865-254-6052
Second Saturday, 9 - 11 a.m., fourth Tuesday, 4:30 - 6 p.m.



Cedar Lane Food Pantry

714 Cedar Lane 865-688-3531
Fourth Monday, January-October, third Monday,
November-December, 10 a.m - noon

• Knoxville Dream Center at Park West Church Dutch Valley

1416 Breda Drive.....865-688-9636
Tuesday, 11 a.m.

East Knox County Food Pantries



Strawberry Plains UMC

3173 W. Old Andrew Johnson Hwy.....865-933-8583
First and third Thursday, 7 - 8 p.m.



Knoxville Dream Center at Overcoming Believers Church

211 Harriet Tubman. 865-688-9636
Street Tuesday, 1 p.m.



Burlington Food Pantry

3800 Martin Luther King Jr. Ave. 865-524-8040
Spring/Summer Third and fourth Thursday, 4 - 5 p.m.,
November-December Second and Third Thursday 4 - 5 p.m.



Five Loaves Food Pantry at Lennon-Seney UMC



2084 Dandridge Ave.865-381-2830
Fourth Tuesday, March-October, 4 - 6 p.m., fourth Tuesday,
November-February, 3 - 5 p.m.

South Knox County Food Pantries



FISH (Sustainable Future Building)

201 Ogle Street865-577-9600
Wednesday and Friday, 10 a.m. - 1 p.m.



The Center of Montgomery Village

4601 Joe Lewis Road865-577-6244
Monday, Wednesday 1 - 4 p.m., Tuesday, Thursday 8 a.m. -
4 p.m., closed 12 - 1 p.m. Only serves 37920 zip code.



Knox Pride Food Pantry

4044A Chapman Hwy. 865-978-4364
Tuesday-Saturday, 11 a.m. - 4 p.m.



denotes the pantry has cold storage and may distribute fresh and frozen foods



denotes the pantry participates in the Supporting Nutrition Awareness in Communities Program and has heart healthy foods available