

Food and Nutrition Parent Handout

Emergency Food Resources

Food Pantries Serving Pulaski County							
Name	Phone Number	Address	City	Hours	Days Open	Required Documentation	ID Required
Arkansas Food Bank Network (not a food bank)	501-565-8121	4301 W. 65th	Little Rock	-	-	Call for list of food banks in local area, distribution center that provides food to pantries who are apart of their foodbank network. Brought over Food for Kids rescue programs. Now have kids feeding programs.	
Helping Hands of Greater Little Rock	501-372-4388	1601 Marshall St.	Little Rock	M, T, W, Th	9:00 - 12:30	Driver's License/ Photo ID, Medicaid or SS card for each member in the household. In emergency situations, no one is turned away due to lack of identification on the first week.	x
Little Rock Church	501-455-0900	10701 Baseline Rd.	Little Rock	Every other Monday	5:00-6:30pm	ID required. Hot meal served first, then food boxes given out. Would not turn anybody down if were past 6:30.	x
Mosaic Church of Central Arkansas	501-562-3336	6420 Colonel Glenn Rd. Suite 1	Little Rock	Tuesday's	2:00pm- until food runs out usually by 3:30	Must live in the 72204 zip code. Just need to have proof. Provides food for those who live in the zip code. Not open after hours.	
Pulaski Heights United Methodist Church	501-664-3600	4823 Woodlawn Dr	Little Rock	Not Walk In. Delivery	****	Just need a referral in order to deliver food. They would take referrals from PCP or SW at ACH. Deliver on Saturday mornings year round minus holiday weekends.	
Second Baptist Church (South West Location)	501-568-3247	6111 West 83rd St.	Little Rock	Tuesdays and Thursdays	10:00- noon	Need a form of ID, and then a bill- where the address is matching up. Two forms of ID. Can come and get a food bag once a month, has vegetables, cereal, snacks, water, soda or juice, and meat. Can call and arrange to meet with client any day of the week if it is after hours.	x
St. Francis House - The Benefit Bank of Arkansas	501-664-5036	2701 S. Elm St.	Little Rock	M, T, W, Th, F	8:30 - 5:00	Food pantry serving Little Rock and surrounding areas. Other services are available, contact Watershed directly for more detailed information. Once a month. Photo ID, SS card, and proof of	x
Watershed Family Resource Center	501-378-0176	3701 Springer Blvd	Little Rock	M, T, W, Th, F	8:00 - 5:00	Food pantry serving Little Rock and surrounding areas. Other services are available, contact Watershed directly for more detailed information. Fill out application, Photo ID required.	x

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Use this link <http://www.foodpantries.org/st/arkansas> for food resources in Arkansas.

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Please note that this document is a summary of community resources and this information is ever changing, this resource is not the final authority on the resources available, only a starting point.

Income Based Programs

SNAP/ Food Stamps: The Supplemental Nutrition Assistance Program (SNAP) helps people with low income get the food they need for good health. SNAP benefits are used in place of cash to buy food. Most people must spend some cash along with their SNAP benefits to buy enough food for a month. To qualify for this benefit program, you must be a resident of the state of Arkansas and meet the income levels. To apply for this program, request a paper version from the nurse (application located in resource station), complete the form and hand it to the Financial Counselor or return it to your local DHS office by mail, fax, or in person. To locate your nearest DHS office, visit

<https://humanservices.arkansas.gov/offices> Or call **501-682-8276**.

Women, Infants, and Children (WIC): provides supplemental foods, nutrition education and referrals to health care, at no cost, to low-income pregnant, breastfeeding and postpartum women, infants, and children up to age 5 who are determined to be at nutritional risk. To be fully eligible for the WIC Program, applicants must be determined by a health professional, at no cost, to be at nutritional risk (i.e., have certain medical-based or diet-based risk conditions). To qualify you must be a resident of the state of Arkansas; a pregnant, breastfeeding and/or postpartum woman; an infant or child up to 5 years of age; and individually determined by a health professional to be at nutrition risk. Applications and other information about WIC can be obtained from any local county health unit between the hours of 8:00 a.m. and 4:30 p.m. Monday through Friday or by contacting the State WIC Office at **501-661-2473** or **1-800-235-0002**.

Nutrition

Arkansas Hunger Relief Alliance – Cooking Matters: Cooking Matters partners are critical to empowering low-income Arkansans with the skills they need to buy and prepare nutritious food on a budget. We train groups all over the state whose missions of nutrition education and reducing hunger mesh beautifully with Cooking Matters programming.

1400 West Markham Street
Suite 304
Little Rock, AR 72201

Phone: 501-399-9999

Email: info@arhungeralliance.org

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