



## Food Assistance

- Ballard County Community Food Pantry
  - The Ballard County Community Food Pantry serves **Ballard County residents only**. Proof of residency is required, and qualifications are based on income.
  - Mondays, Wednesdays, and Fridays 9:00 a.m.-12:00 p.m.
  - St. Mary's Catholic Church, 662 Broadway, LaCenter 42056
  - 270-665-5551
- Catalyst Church's The Table To-Go
  - Catalyst Church's The Table To-Go serves free hot to-go meals.
  - Wednesdays 5:00-7:00
  - 925 North 15th Street, Mayfield (Check their Facebook page CATALYST-Mayfield in case of a location change.)
- Enon Baptist Church Food Pantry Ministry
  - Monday nights 5:30 p.m.-6:30 p.m., except for major holidays
  - Enon Baptist Church at the Way, 6175 State Route 339, Wingo, KY 42088
  - Changes and closings are updated on their Facebook page: Enon Baptist Wingo and their website: [www.enonbaptistwingo.com](http://www.enonbaptistwingo.com).
- Family Services Society
  - The Family Services Society serves **McCracken County residents only**. It offers an emergency food bank.
  - Monday-Friday 9:00 a.m-12:00 p.m. and 1:00 p.m.-3:30 p.m.
  - 827 Joe Clifton Drive, Paducah
  - 270-443-4838
- Findhelp.org contains links to emergency food, food pantry, and help paying for food resources.
- First Assembly of God
  - The First Assembly of God has a food pantry.
  - 111 Sutton Lane North, Mayfield
  - 270-247-5677
  - Thursdays from 9:00-11:00 a.m.
- Graves County Health Department Syringe Exchange Program
  - The Graves County Health Department Syringe Exchange Program offers non-perishable food items to **Graves County residents**. **Must be willing to register for syringe exchange to qualify**. The address is 1209 South 10th Street, Mayfield. It is not at the Graves County Health Department.
  - Mondays 1:00-3:00 & Wednesdays 8:00-3:00
  - 270-247-3553



- His Hands Ministries **Emergency** Food Assistance
  - Contact Lorie at 270-705-7297 if you are in need of emergency food assistance.
- His Hands Ministries
  - His Hands Ministries offers produce, breads, desserts, and other food items every Friday at 11 a.m. until they run out.
    - 1648 State Highway 2194 West, Hickory, KY 42051
      - Take 45 North to 1st road on the left past the chicken plant, then 2 miles to the blue building on the right.
    - Take a bag or box. Drive-thru.
- KYloop.org contains links to food resources.
- Lovelaceville Methodist Church Food Pantry
  - The Lovelaceville Methodist Church Food Pantry is open to residents of **Ballard, Carlisle, Graves, and McCracken** counties. Must provide name, address, number in the household, and any food allergies. It is closed when Ballard County Schools are closed due to weather.
  - 1st, 3rd, and, if applicable, 5th Wednesdays of the month 4:00-4:30 p.m.
  - 143 North Broadway, Lovelaceville 42060
- Marcella's Kitchen
  - Marcella's Kitchen serves free meals. You do not have to be a resident of Marshall County.
  - Monday-Friday 11:00 a.m.-1:00 p.m.
  - 868 Guy Mathis Drive, Benton 42025
  - 270-493-0396
- Marcella's on the Move
  - Marcella's on the Move delivers meals to **homebound residents in Marshall County**.
  - Call 270-493-0396 for qualifications and to apply.
- Marshall County Caring Needline
  - The Marshall County Caring Needline has a food pantry for **Marshall County residents only**. Must provide first and last names, last 4 of social security numbers, dates of birth, and relationships of all household members. Must also provide total monthly household income. May call ahead to make sure you are qualified for assistance.
  - Wednesdays, Thursdays, and Fridays 9:00 a.m.-12:00 p.m.
  - 307 Main Street, Benton 42025
  - 270-527-0024
- Martha's Vineyard Mission
  - Martha's Vineyard Mission delivers meals to homebound seniors and disabled people **within the Paducah city limits** (some restrictions apply) two times a week. Individuals must have a doctor's referral. Call 270-575-0021 to get the requirements.



- Mayfield First United Methodist Church
  - Family Life Center (behind the parking lot)
    - 1322 West Broadway, Mayfield
  - Offers meals almost every Wednesday night at 5:30 p.m.
    - All are welcome! Donations are welcome but not necessary. Watch their Facebook page Mayfield First United Methodist Church for dates.
  - Has a community breakfast the 3rd Saturday of every month from 8:00-10:00 a.m.
    - All are welcome! Dine in or Grab-and-Go
- Mayfield-Graves County Food Pantry
  - The Food Pantry is for **Mayfield and Graves County residents** only. Must be 18 or older, have photo ID or mail with current mailing address, meet income guidelines, and complete application to qualify.
  - Monday, Wednesday, & Thursday 10:00-11:45 a.m.
  - Tuesday 2:00-3:45 p.m.
  - 424 South 9th Street, Mayfield
  - 270-247-6333 (NEED)
  - <https://www.mayfieldgravesneedline.com/>
  - Facebook page: Mayfield-Graves County Needline and Food Pantry
- Mayfield-Graves County Needline and Food Pantry Senior Commodity Program
  - The Senior Commodity Program is for **Mayfield and Graves County residents** only. Must be 60 or older, have photo ID or mail with current mailing address, meet income guidelines, and complete application to qualify.
  - Monday, Wednesday, & Thursday 10:00 a.m.-11:45 a.m.
  - Tuesday 2:00 p.m.-3:45 p.m.
  - 424 South 9th Street, Mayfield
  - 270-247-6333 (NEED)
  - <https://www.mayfieldgravesneedline.com/>
  - Facebook page: Mayfield-Graves County Needline and Food Pantry
- Mayfield-Graves County Senior Center
  - The Mayfield-Graves County Senior Center offers lunch daily from 11:00 a.m.-12:15 p.m. for individuals 60 and older.
  - 901 North 15th Street, Mayfield
  - 270-247-2566
- Meals on Wheels
  - Meals on Wheels delivers food for individuals 60 and older.
  - Call 270-247-9426 to get approved and to be put on the list.
- Milburn United Methodist Church Food Pantry
  - Wednesdays 4:00-4:30
  - 6963 KY-80 East, Arlington 42021
  - 270-564-6103



- Murray-Calloway County Needline
  - Monday-Friday 10:00 a.m.-4:00 p.m.
  - 509 North 8th Street, Murray 42071
  - 270-753-6333 (NEED)
- MyKY.info contains links to pantry supplies and free meal resources.
- Operation Not One Missed
  - Fridays 4:00-6:00 p.m.--Operation Not One Missed gives out food boxes at Calvary Cumberland Presbyterian Church, 98 Calvary Church Road, Mayfield. ID is required.
- Paducah's Community Kitchen
  - Paducah's Community Kitchen offers a free lunch Monday-Friday from 11:00 a.m.-1:00 p.m.
  - 1237 Martin Luther King Drive, Paducah 42001
  - 270-575-3400
- Paducah's Cooperative Ministry
  - Paducah's Cooperative Ministry's resources are for **McCracken County residents only**. They provide a 2-3 day supply of emergency groceries to families in crisis one time a month for up to five times in a one-year period. Photo ID is required, and social security cards for all household members are required.
  - website: [paducahcoopministry.org](http://paducahcoopministry.org)
  - 402 Legion Drive, Paducah 42003
  - 270-442-6795
- St. Vincent De Paul
  - St. Vincent De Paul offers food assistance one time a month. A photo ID and social security number are required.
  - Fridays 1:00 p.m.-3:30 p.m.
  - 702 West Broadway, Mayfield (Behind St. Joseph's Catholic Church)
- St. Vincent De Paul Thrift Store & Food Pantry
  - Tuesday-Thursday 10:00 a.m.-1:00 p.m.
  - 2025 Cairo Road, Paducah 42002
  - 270-442-9351
- Soup for the Soul
  - Soup for the Soul offers a free hot meal, takeout or dine-in. Only one meal per person present.
  - Mondays takeout only 4:00 p.m.-5:30 p.m.
  - Tuesday-Friday dine-in only 4:00 p.m.-5:30 p.m.
  - 411 Maple Street, Murray 42071
  - 270-768-7006



- The Way Community Center
  - The Way Community Center offers a food pantry, hygiene items, household products, adult clothes for \$1, and children's clothing for 50 cents.
  - 6175 KY-339, Wingo, KY 42088
  - Mondays (unless it is a holiday) 5:30-7:00 p.m.



## **Food Assistance - Blessing Box Locations**

- CFSB Parking Lot, 100 Dick Castleman Bypass, Mayfield
- Christ United Methodist Church, 1322 West Broadway, Mayfield
- Clarks River Baptist Church, 10926 KY-131, Symsonia
- Cuba Baptist Church, 303 KY-83, Mayfield
- Davis Apartments by Kess Park, Marion Circle, Mayfield
- Farmington Elementary School, 7730 KY-121, Mayfield
- Four Rivers Behavioral Health Mayfield Office, 1525 Cuba Road, Mayfield
- Graves County Health Department by the playground, 416 Central Avenue, Mayfield
- Hello Baby, 707 South 6th Street, Mayfield
- Mt. Olive Baptist Church, 5321 KY-339, Lowes
- Northside Baptist Church, 611 West Lockridge Street, Mayfield
- Pilot Oak Baptist Church, 5378 KY-94, Water Valley
- Sedalia Elementary School, 5252 KY-97, Mayfield
- Simplicity Boutique and Salon, 403 South 6th Street, Mayfield
- St. Jerome's Catholic Church, 20 KY-339, Fancy Farm
- Symsonia Baptist Church, 680 KY-348, Symsonia
- Symsonia Elementary School, 11730 KY-131, Symsonia
- Viola Volunteer Fire Department, 5006 KY-1241, Hickory
- West Broadway Baptist Church, 1518 West Broadway, Mayfield
- Wingo Elementary School, 449 Lebanon Street, Wingo



## Asistencia de alimentos

- Despensa comunitaria de alimentos del Condado de Ballard
  - Atiende **únicamente a residentes del Condado de Ballard**. Se requiere comprobante de domicilio y la elegibilidad se determina con base en los ingresos.
  - Lunes, miércoles y viernes de 9:00 am - 12:00 pm.
  - St. Mary's Catholic Church, 662 Broadway, LaCenter 42056
  - 270-665-5551
- The Table To-Go de la Iglesia Catalyst
  - Sirve comida caliente sin costo para llevar.
  - Miércoles de 5:00 pm. a 7:00 pm.
  - 925 North 15th Street, Mayfield (verifique la dirección en la página de Facebook de Catalyst-Mayfield por si cambiaron de ubicación)
- Iglesia Bautista Enon
  - Los lunes por la noche, de 17:30 a 18:30, excepto en días festivos importantes.
  - Enon Baptist Church - The Way, 6175 State Route 339, Wingo, KY 42088
  - Las actualizaciones sobre cambios y cierres se publican en su página de Facebook: Enon Baptist Wingo y en su sitio web: [www.enonbaptistwingo.com](http://www.enonbaptistwingo.com).
- Family Services Society
  - Atiende únicamente a **residentes del Condado de McCracken**. Cuenta con un banco de alimentos de emergencia.
  - Lunes a viernes de 9:00 am - 12:00 pm. y de 1:00 pm. - 3:30 pm.
  - 827 Joe Clifton Drive, Paducah
  - 270-443-4838
- Findhelp.org contiene ligas a recursos relacionados con alimentos de emergencia, despensas de alimentos y ayuda para pagar comida.
- First Assembly of God
  - Esta iglesia cuenta con una despensa de alimentos.
  - 111 Sutton Lane North, Mayfield
  - 270-247-5677
  - Jueves de 9:00 am. - 11:00 am.
- Programa de intercambio de jeringas del Departamento de Salud del Condado de Graves
  - Ofrece alimentos no perecederos a **residentes del Condado de Graves. Debe aceptar registrarse para el intercambio de jeringas y ser elegible para el programa**. La dirección es 1209 South 10th Street, Mayfield, [KY 42066](http://www.ky.gov). No se encuentra dentro del Departamento de Salud del Condado de Graves.
  - Lunes de 1:00 pm. - 3:00 pm. y miércoles de 8:00 am. a 3:00 pm.
  - 270-247-3553



- His Hands Ministries, asistencia de **emergencia** para recibir alimentos
  - Comunicarse con Lorie al 270-705-7297 si necesita asistencia de emergencia para obtener alimentos.
- His Hands Ministries
  - His Hands Ministries ofrece frutas, verduras, pan, postres y otros alimentos todos los viernes a partir de las 11 a.m. hasta que se agoten las existencias. Visite su página en Facebook para saber el lugar y el horario donde estarán ubicados pues cambian cada semana.
    - 1648 State Highway 2194 West, Hickory, KY 42051
      - Viaje a lo largo de 45 North hasta llegar al primer camino a la izquierda pasando la planta de pollos. Continúe por dos millas más hasta llegar al edificio azul que está a la derecha.
    - Traiga una bolsa o caja. Hay ventanilla de servicio a la persona sin salir del automóvil.
- KYloop.org contiene ligas a recursos para obtener alimentos.
- Despensa de alimentos de la Iglesia Metodista Lovelaceville
  - Atiende a residentes de los Condados de **Ballard, Carlisle, Graves y McCracken**. Debe proporcionar su nombre, dirección, número de miembros de su hogar y si tiene alergias a alimentos. La despensa cierra sus puertas cuando las escuelas Ballard dejan de operar debido al mal tiempo.
  - Abre el 1º, el 3º y, cuando aplique, el 5º miércoles del mes, de 4:00 pm. a 4:30 pm.
  - 143 Broadway, Lovelaceville, 42060
- Marcella's Kitchen
  - Sirve comidas gratuitas. No es necesario ser residente del Condado de Marshall.
  - Lunes a viernes de 11:00 am. a 1:00 pm.
  - 868 Guy Mathis Drive, Benton 42025
  - 270-493-0396
- Marcella's on the Move
  - Hace entregas de comida a **residentes del Condado de Marshall que no pueden salir de su hogar**.
  - Llame al 270-493-0396 para averiguar si es elegible y solicitar el servicio.
- Caring Needline del Condado de Marshall
  - Tiene una despensa de alimentos **sólo para residentes del condado de Marshall**. Se debe dar nombre y apellido, los últimos cuatro números del seguro social, la fecha de nacimiento y el parentesco o relación de todas las personas que viven en su casa, así como el ingreso mensual total del hogar. Puede llamar antes de presentarse para asegurarse que es elegible para recibir asistencia.
  - Miércoles, jueves y viernes de 9:00 am. a 12:00 pm.
  - 307 Main Street, Benton 42025
  - 270-527-0024



- Martha's Vineyard Mission
  - Hace entregas de comida a adultos mayores que no pueden salir de su casa y personas con discapacidad dentro de los **límites de la ciudad de Paducah** (aplican algunas restricciones), dos veces a la semana. Las personas interesadas deben haber sido referidas por un doctor. Llame al 270-575-0021 para obtener información sobre los requisitos.
- Mayfield First United Methodist Church
  - Centro de Vida Familiar (detrás del estacionamiento)
    - 1322 West Broadway, Mayfield
  - Ofrecen comidas casi todos los miércoles por la noche a las 17:30.
    - ¡Todos son bienvenidos! Se aceptan donaciones, pero no son obligatorias. Consulten su página de Facebook, Mayfield First United Methodist Church, para conocer las fechas.
  - Se celebra un desayuno comunitario el tercer sábado de cada mes, de 8:00 a 10:00 de la mañana.
    - ¡Todos son bienvenidos! Para comer en el local o para llevar.
- Mayfield Graves County Food Pantry
  - Atiende solamente a **residentes de Mayfield y el Condado de Graves**. Las personas interesadas deben tener 18 años o más, presentar identificación con fotografía o correspondencia con su dirección actual de correo; deben también cumplir con los lineamientos sobre ingresos y llenar una solicitud.
  - Lunes, miércoles y jueves de 10:00 am. a 11:45 am.
  - Martes de 2:00 pm a 3:45 pm.
  - 424 South 9th Street, Mayfield
  - 270-247-6333 (NEED)
  - <https://www.mayfieldgravesneedline.com/>
  - Página de Facebook: Mayfield-Graves County Needline and Food Pantry
- Mayfield-Graves County Needline and Food Pantry, Programa de productos de consumo para personas mayores
  - Solamente para **residentes de Mayfield y el Condado de Graves**. Debe tener 60 años o más, presentar identificación con fotografía o correspondencia con su dirección actual de correo; deben también cumplir con los lineamientos sobre ingresos y llenar una solicitud.
  - Lunes, miércoles y jueves de 10:00 a.m. a 11:45 a.m.
  - Martes de 2:00 p.m. a 3:45 p.m.
  - 424 South 9th Street, Mayfield
  - 270-247-6333 (NEED)
  - <https://www.mayfieldgravesneedline.com/>
  - Página de Facebook: Mayfield-Graves County Needline and Food Pantry
- Mayfield/Condado de Graves, Centro de Adultos Mayores
  - El centro ofrece comida (almuerzo) diariamente de 11:00 am a 12:15 pm para individuos de 60 años o más.
  - 901 North 15th Street, Mayfield
  - 270-247-2566



- Meals on Wheels
  - Hace entregas de comida para personas de 60 años o más
  - Llame al 270-247-9426 para obtener aprobación y le incluyan en la lista
- Milburn United, Iglesia Metodista, Despensa de alimentos
  - Miércoles de 4:00 pm. - 4:30 pm.
  - 6963 KY-80 East, Arlington 42021
  - 270-564-6103
- Murray-Calloway County Needline
  - Lunes a viernes de 10:00 am.- 4:00 pm.
  - 509 North 8th Street, Murray 42071
  - 270-753-6333 (NEED)
- MyKY.info contiene ligas a recursos para encontrar artículos de despensa y alimentos gratuitos.
- Operation Not One Missed
  - Viernes de 4:00 pm. - 6:00 pm. Entrega cajas de comida en Calvary Cumberland Presbyterian Church, 98 Calvary Church Road, Mayfield. Se debe presentar una identificación.
- Paducah's Community Kitchen
  - Ofrece comida (almuerzo) gratis de lunes a viernes de 11:00 am. a 1:00 pm.
  - 1237 Martin Luther King Drive, Paducah 42001
  - 270-575-3400
- Paducah's Cooperative Ministry
  - Ofrece recursos **sólo a residentes del Condado de McCracken**. Proporcionan a familias en crisis canastas de abarrotes de emergencia suficientes para dos a tres días, una vez al mes y hasta un máximo de cinco veces al año. Se debe presentar identificación con fotografía y la tarjeta del seguro social de todos los miembros de su hogar.
  - Sitio web: [www.paducahcoopministry.org](http://www.paducahcoopministry.org)
  - 402 Legion Drive, Paducah 42003
  - 270-442-6795
- St. Vincent De Paul
  - Ofrece asistencia de alimentos una vez al mes. Se requiere identificación con fotografía y el número del seguro social.
  - Viernes de 1:00 pm a 3:30 pm.
  - 702 West Broadway, Mayfield (atrás de la Iglesia Católica St. Joseph)
- St. Vincent De Paul, Tienda de artículos de segunda mano y despensas de alimentos
  - Martes a jueves de 10:00 am.-1:00 pm.
  - 2025 Cairo Road, Paducah 42002
  - 270-442-9351



- Soup for the Soul
  - Ofrece una comida caliente gratuita para llevar o para comer ahí. Sólo se sirve una comida por persona presente.
  - Lunes, sólo comida para llevar, de 4:00 pm. a 5:30 pm.
  - Martes a viernes, sólo para comer ahí, de 4:00 pm. - 5:30 pm.
  - 411 Maple Street, Murray 42071
  - 270-768-7006
- Centro Comunitario The Way
  - Cuenta con despensa de alimentos y ofrece artículos de higiene, productos para el hogar, ropa para adultos a \$1 dólar y ropa para niños a 50 centavos.
  - 6175 KY-339, Wingo, KY 42088
  - Lunes de 5:30 pm. - 7:00 pm. (excepto días festivos)



## **Asistencia de alimentos – Pequeñas alacenas comunitarias**

- CFSB Parking Lot, 100 Dick Castleman Bypass, Mayfield
- Christ United Methodist Church, 1322 West Broadway, Mayfield
- Clarks River Baptist Church, 10926 KY-131, Symsonia
- Cuba Baptist Church, 303 KY-83, Mayfield
- Davis Apartments by Kess Park, Marion Circle, Mayfield
- Farmington Elementary School, 7730 KY-121, Mayfield
- Four Rivers Behavioral Health Mayfield Office, 1525 Cuba Road, Mayfield
- Graves County Health Department by the playground, 416 Central Avenue, Mayfield
- Hello Baby, 707 South 6th Street, Mayfield
- Mt. Olive Baptist Church, 5321 KY-339, Lowes
- Northside Baptist Church, 611 West Lockridge Street, Mayfield
- Pilot Oak Baptist Church, 5378 KY-94, Water Valley
- Sedalia Elementary School, 5252 KY-97, Mayfield
- Simplicity Boutique and Salon, 403 South 6th Street, Mayfield
- St. Jerome's Catholic Church, 20 KY-339, Fancy Farm
- Symsonia Baptist Church, 680 KY-348, Symsonia
- Symsonia Elementary School, 11730 KY-131, Symsonia
- Viola Volunteer Fire Department, 5006 KY-1241, Hickory
- West Broadway Baptist Church, 1518 West Broadway, Mayfield
- Wingo Elementary School, 449 Lebanon Street, Wingo