

# FOOD AND NUTRITION RESOURCES



**CARES CLINIC**  
Community Aid, Relief, Education & Support

## 1 SHIFA CLINIC

- food pantry and homeless hot meal service
- Phone: 843-352-4580
- Address: 1082 Johnnie Dodds Blvd, Ste. 108, Mount Pleasant

## 2 LOW COUNTRY FOOD BANK

- Commodities Supplemental Food Program (CSFP) for WIC and food stamp recipients
- The Emergency Food Assistance Program (TEFAP)
- Fresh for All Produce Distributions
- Nutrition Education
- Senior Grocery Program
- Phone: 843-747-8146

## 3 DREAM CENTER: DREAM PANTRY

- West Ashley Food Pantry
- Thursday from 10am - 12 pm
- Phone: 843-375-1089
- 2049 Savannah Hwy/Charleston, SC 29407-2228

## 4 OUR LADY OF MERCY

- USDA Emergency Food Assistance and Commodity Supplemental Food
- Downtown Program: (843)-805-8064 John's Island: 843-559-4109
- Free lunch at downtown Neighborhood House: M-F 12-1
- Eligibility: families living on Johns, James, or Wadmalaw Islands

## 5 RADIANT CHURCH FOOD PANTRY

- 2427 Midland Park Road Charleston, SC 29406
- (843) 779-5623
- Monday and Wednesday 1:00pm - 3:00pm Tuesday and Thursday 10:30am - 1:00pm

## 6 COLLEGE OF CHARLESTON

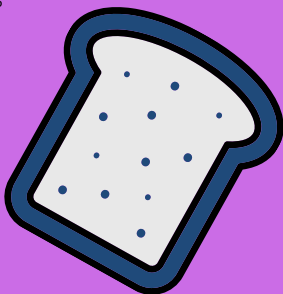
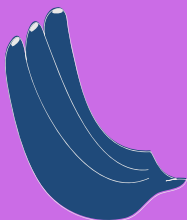
- Contact: Contact Mike Antoine, Office of the Dean of Students (843-953-5522 or antoinemp@cofc.edu). The Riley Center for Livable Communities.
- Eligibility: College of Charleston students

## 7 HELPING HANDS OF GOOSE CREEK

- (843) 553-7132
- Monday - Friday 9:00am - 11:30am
- New applicants please arrive before 11:00am Requirements: Photo ID and proof of residence.
- 104 Commerce Pl #B, Goose Creek, SC 29445

## 8 ECCO FOOD BANK

- FRESH AND FREE CLIENT CHOICE FARMERS MARKET
- Starting in January 2019 Markets will be on the 3rd Thursday of each month from 10am to 2pm
- Take home enough fruits and vegetables for the entire household
- Recipes and food samplings
- Phone: 843-849-9220 (Monday-Friday, 10am to 4pm)
- givehope@ECCOcharleston.org



# RECURSOS DE ALIMENTO Y NUTRICIÓN



**C.A.R.E.S. CLINIC**  
Community Aid, Relief, Education & Support

1

## SHIFA CLINIC

- Banco de alimentos y servicio de comidas para personas sin hogar
- Teléfono: 843-352-4580
- Dirección: 1082 Johnnie Dodds Blvd, Ste. 108, Mount Pleasant

2

## LOW COUNTRY FOOD BANK

- Programa de productos alimentarios (Commodities Supplemental Food Program, CSFP) para beneficiarios de WIC y cupones de alimentos
- Programa de asistencia emergencia para productos alimentarios (The Emergency Food Assistance Program, TEFAP)
- Distribución de Fresh for All Produce
- Educación de nutrición
- Programa de alimentación para los mayores (Senior Grocery Program)
- Teléfono: 843-747-8146

3

## DREAM CENTER: DREAM PANTRY

- Banco de alimentos de West Ashley
- Los jueves de las 10am a mediodía
- Teléfono: 843-375-1089
- Dirección: 2049 Savannah HwyCharleston, SC 29407-2228

4

## OUR LADY OF MERCY

- Programa de USDA de asistencia emergencia para productos alimentario (USDA Emergency Food Assistance and Commodity Supplemental Food)
- Teléfono de Downtown: 843-805-8064
- Teléfono de John's Island: 843-559-4109
- Almuerzo gratuito en Neighborhood House de downtown: lunes a viernes de las 12 a la 1pm
- Criterio: familias viviendo en Johns, James, or Wadmalaw Islands

5

## RADIANT CHURCH FOOD PANTRY

- Dirección: 2427 Midland Park Road Charleston, SC 29406
- Teléfono: 843-779-5623
- Horario: lunes y miércoles de la 1-3pm, martes y jueves de las 10:30am-1pm

6

## COLLEGE OF CHARLESTON

- Criterio: estudiante de College of Charleston
- Persona de contacto: Mike Antoine, Office of the Dean of Students (843-953-5522 o antoinemp@cofc.edu)

7

## HELPING HANDS OF GOOSE CREEK

- Lunes a viernes de las 9:00am - 11:30am
- Nuevo aplicantes por favor lleguen antes de las 11am
- Requisitos: identificación de foto y prueba de residencia
- Teléfono: 843-553-7132
- Dirección: 104 Commerce Pl #B, Goose Creek, SC 29445

8

## ECCO FOOD BANK

- MERCADO GRATIS DE AGRICULTORES
- El tercer jueves del mes de las 10am-2pm
- Lleve bastantes frutas y vegetales para la familia entera
- Recetas y degustaciones
- Teléfono: 843-849-9220 (lunes a viernes, 10am-4pm)
- Correo: givehope@ECCOcharleston.org

