



## **Manistee County Food Pantries**

(listed in date order by the monthly day of service)

### **Bear Lake United Methodist Church**

1st Thursday 9-11am (also 3<sup>rd</sup> Thursday – see below)

Serves 49613 and 49614 zip codes

7861 Main Street, Bear Lake 49614

Contact: Erin Bair 269-501-0583 (pantry #: 231-864-3680)

### **Bethany Lutheran Church**

1st Friday 10am-noon

14575 Wuoksi Ave, Kaleva 49645

Contact: John Makinen 231-510-0856

### **Manistee Senior Center**

1st Friday Fresh Produce Bingo (also 3<sup>rd</sup> Friday pantry – see below)

457 River St, Manistee 49660

Contact: Jeanne Barber 231-723-6477

### **Marilla Food Pantry** (sponsored by Irons 7<sup>th</sup> Day Adventist Church)

2nd Thursday 11am

Marilla Township Hall, 9991 Marilla Road, Copemish 49625

Contact: Rebekah Johnson 231-970-1675

### **Matthew 25:35 Food Pantry**

2nd Friday 10am-noon

St. Joseph Parish Center, 249 Sixth St, Manistee 49660

Contact: Joan Gamache 231-398-0296

### **Bear Lake United Methodist Church**

3rd Thursday 5-7pm (also 1<sup>st</sup> Thursday – see contact info above)

Serves 49613 and 49614 zip codes; coincides with Community Table

### **Manistee Senior Center**

3rd Friday 9-11am (also 1<sup>st</sup> Friday Fresh Produce Bingo – see contact info above)

### **Lakeview Church of the Brethren**

Last Wednesday 9-11am

14094 Coates Hwy, Brethren 49619

Contact: Diane Ward 231-477-5444

### **St. Joseph Catholic Church Onekama**

4th Friday 10-11:30am (November & December are scheduled for the holidays)

8252 Fifth St, Onekama 49675

Contact: Leslie Osborn 231-864-2509

### **BACN (Benzie Area Christian Neighbors)**

Monday-Thursday 10am-2pm (please sign in by 1:30pm for service)

2804 Benzie Hwy, Benzonia 49616 (serves Benzie and northern Manistee Counties)

Contact: Michelle Northrup 231-882-9544

### **The Salvation Army**

Monday-Friday 8:30am-4:30pm (by appointment)  
471 Water Street (Spruce Street Entrance), Manistee 49660  
Contact: Sharon Gardner 231-723-6243

### **FiveCAP**

TEFAP Commodities 1<sup>st</sup> Thurs of March, June, Sept and Dec  
CSFP Senior Commodities 2<sup>nd</sup> Wed of even numbered months; i.e. Feb, Apr, Jun, etc  
265 First Street, Manistee 49660  
Contact: Tara Treesh 723-8327

### **Manistee Friendship Society**

Monday-Friday 9:30am-3:00pm  
Serves members of the Manistee Friendship Society  
1475 South US 31, Manistee 49660  
Contact: Cassandra Kamaloski 231-398-0434

## **Suggestions for Food Pantry Donations**

Recommended food donations are minimally processed items made with whole grains and heart-healthy fats or oils and without added sugar or trans fats. Also consider beverages without added sugars. Examples include:

- Canned Fruits and Vegetables w/ no added sweetener
- Canned Meats and Fish
- Canned Soups
- Dried Fruits and Vegetables (incl. Beans) w/ no added sweetener
- Dried Meats and Fish
- Dried Soups and Whole Grain Pasta
- Fruit Juice w/ no added sweetener
- Whole Grain Flours
- Whole Grain Cereals
- Herbs and Spices
- Oils and Vinegar

Foods to avoid are items containing the following in the product ingredient list:

- Refined Grains
- Refined Sugars
- High Fructose Corn Syrup
- Hydrogenated or Partially hydrogenated Oils
- Artificial Flavors and/or Dyes



*Thank you* for supporting Manistee County food pantries. You are giving the gift of health, by providing nutrient rich foods to those with limited financial resources. Be assured that your contribution makes a difference.

*The pantries regularly buy in bulk, so monetary donations always are welcome.*

ManisteeKitchen.org