

Manistee County Food Pantries

Bear Lake United Methodist Church

7861 Main Street, Bear Lake, MI 49614

Serves 49613 and 49614 zip codes.

1st Thursday 9-11am

3rd Thursday 5-7pm

*3rd Thursday pantry coincides with Community Table meal

Bethany Lutheran Church

14575 Wuoksi Ave., Kaleva, MI 49645

1st Friday 10am-noon

Marilla Food Pantry (sponsored by Irons 7th Day Adventist Church)

Marilla Township Hall, 9991 Marilla Rd, Copemish, MI 49625

2nd Thursday 11am

Matthew 25:35 Food Pantry

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

2nd Friday 10am-noon

Manistee Senior Center

457 River St., Manistee, MI 49660

1st Friday Fresh Produce Bingo

Pantry every 3rd Friday 9-11am

Lakeview Church of the Brethren

14094 Coates Hwy., Brethren, MI 49619

Last Wednesday 9-11am

St. Joseph Catholic Church Onkama

8252 Fifth St., Onkama, MI 49675

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

Manistee County Food Pantries

BACN (Benzie Area Christian Neighbors)

2804 Benzie Hwy, Benzonia MI 49616

Serves Benzie and northern Manistee Counties

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

ECHO Manna Pantry

160 Memorial Dr.

Manistee MI 49660

Monday & Friday 10am-2pm , Wednesday 1pm-5pm

FiveCAP

265 First Street, Manistee MI 49660

TEFAP Commodities 1st Thurs of March, June, Sept and Dec

CSFP Senior Commodities 2nd Wed of even numbered months:

i.e. Feb, Apr, Jun, etc

Manistee Friendship Society

1475 South US 31, Manistee MI 49660

Serves members of the Manistee Friendship Society

2 pantries and produce bingo each month dates determined on monthly

*Feeding America Truck onsite see schedule

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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.

Information provided by the



www.manisteeKitchen.org