

■ Knox County Food Assistance Resources

If your family needs food assistance, here are some local options that can help. Most locations provide free groceries or hot meals on specific days and times — please call ahead to confirm hours or requirements.

North Knox County Food Pantries

- FISH – 122 W. Scott Ave. | ■ 865-971-4000 | Tue, Thu & 4th Sat | 10 a.m.–1 p.m.
- White Stone Food Pantry – 1717 E. Emory Rd. | ■ 865-254-5052 | 2nd Sat 9–11 a.m. & 4th Tue 4:30–6 p.m.
- Cedar Lane Food Pantry – 714 Cedar Ln. | ■ 865-688-3531 | 3rd Mon (Nov–Dec) 10 a.m.–12 p.m.
- Knoxville Dream Center (Dutch Valley) | Tue 11 a.m.
- Ladies of Charity – 120 W. Baxter Ave. | ■ 865-247-5790 | Tue–Fri 9 a.m.–12 p.m. (Photo ID required)

Downtown Food Pantries

- First Baptist Downtown FISH Pantry – 510 W. Main St. | ■ 865-546-9661 | 1st Mon 9 a.m.–12 p.m.
- First Presbyterian Church – 620 State St. | ■ 865-938-5889 | 1st Tue 9–11 a.m.
- Red Bird Community Store (Wesley House) – 1719 Reynolds St. | ■ 865-524-5494 | Mon–Fri (varied hours)

West Knox County Food Pantries

- Manna House (Cokesbury UMC) – 9919 Kingston Pike | ■ 865-693-3553 | Tue, Thu & Sat 9–11 a.m.
- Knoxville Dream Center (Parkwest Church) – 7635 Middlebrook Pike | ■ 865-688-9636 | Thu 1:30 p.m.
- Knoxville Dream Center (West Lonsdale Baptist) – 2720 Dayton St. NW | ■ 865-688-9636 | Mon–Fri (varied hours)
- St. Vincent's (All Saints Catholic Parish) – 620 N. Cedar Bluff Rd. | ■ 865-474-8618 | 2nd Sat 2–3 p.m.

East Knox County Food Pantries

- Strawberry Plains UMC – 3173 W. Old Andrew Johnson Hwy | ■ 865-933-8583 | 1st & 3rd Thu 7–8 p.m.
- Overcoming Believers Church – 211 Harriet Tubman St. | ■ 865-688-9636 | Tue 1 p.m.
- Burlington Food Pantry – 3800 MLK Jr. Ave. | ■ 865-546-5153 | 3rd & 4th Tue 3:30–4:30 p.m.
- Five Loaves (Lennon-Seney UMC) – 2084 Dandridge Ave. | ■ 865-381-2830 | 4th Tue (Nov–Feb) 4–5 p.m.

South Knox County Food Pantries

- FISH – 201 Ogle St. | ■ 865-577-9600 | Wed & Fri 10 a.m.–1 p.m.
- The Center of Montgomery Village – 4601 Joe Lewis Rd. | Serves 37920 ZIP | Mon, Wed, Thu 1–4 p.m.; Tue 10:30–11:45 a.m.

■ Free Hot Meals

- Church Street UMC Soup Kitchen – 900 Henley St. | ■ 865-524-3048 | Thu lunch 11 a.m.
- First Baptist CareFirst – 1005 Locust St. | Tue dinner 5:30–7 p.m.
- KARM – 418 N. Broadway | ■ 865-673-6540 | Daily meals: Breakfast 6:30–7:45 a.m., Lunch 11:30–12:45 p.m., Dinner 4:30–5:45 p.m.
- Lost Sheep Ministry – 501 Blackstock Ave. | ■ 865-688-9636 | Wed dinner 6–8 p.m.
- Love Kitchen – 2418 MLK Jr. Ave. | ■ 865-546-3248 | Wed & Thu lunch 12:30–1 p.m.
- St. John's Lutheran – 544 N. Broadway Ave. | ■ 865-523-3330 | Mon & Thu 6 p.m.
- Inskip Grill – 4877 N. Broadway St. | Tue (SNAP ID) – Free meals (limit 4/family)
- Pizza Hoss – 7215 Clinton Hwy | Thu (SNAP ID) – Free pizza (limit 1/family)