



FOOD PANTRY RESOURCES

Need a little extra help with groceries? Food pantries across North Texas offer free food and essentials for families of all sizes. Check the list below to find one in your area.

Contact each pantry directly to confirm their hours, location, and available resources.

For additional support, contact 2-1-1.

Food Pantry	City	Website
Metrocrest Services	Carrollton	metrocrestservices.org
Brother Bill's Helping Hand	Dallas	bbhh.org
Catholic Charities Mobile Food Pantry	Dallas	ccdallas.org/services/food-services
Crossroads	Dallas	ccsdallas.org
Dallas Bethlehem Center	Dallas	dallasbethlehemcenter.org
Dallas West Church of Christ Food Pantry	Dallas	dwcoc.org/food-pantry
Inspired Vision Compassion Center	Dallas	ivcompassion.org
MLK Fresh Produce Distribution Center	Dallas	dallasmlkcenter.com/events
T.R. Hoover CDC	Dallas	trhoovercdc.org/pages/outreach
The Salvation Army Oak Cliff	Dallas	salvationarmymntx.org/north-texas/oak-cliff
Good Samaritans	Garland	goodsamofgarland.org/food-pantry
Grand Prairie United Charities	Grand Prairie	gpuc.org/services-1
The Center	Kaufman	thecenterkaufman.org/get-help/#food
Sharing Life	Mesquite	sharing.life/pantry
The Salvation Army Plano	Plano	salvationarmymntx.org/north-texas/plano
Lake Area Shared Ministries	Quinlan	lasmfoodpantry.org/resources
Network of Community Ministries	Richardson	thenetwork.org/get-help/#BasicNeeds
St Joseph Catholic Church	Richardson	josephcatholic.org/events
North Texas Food Bank	Various	ntfb.org
Project FoodBox	Various	projectfoodbox.org
Feeding America	Various	feedingamerica.org/find-your-local-foodbank
The Emergency Food Assistance Program (TEFAP)	Various	squaremeals.org/Programs/The-Emergency-Food-Assistance-Program

RECURSOS DE DESPENSA DE ALIMENTOS

¿Necesitas ayuda con la compra de alimentos? Los bancos de alimentos del norte de Texas ofrecen comida y artículos de primera necesidad gratuitos para familias de todos los tamaños. Consulta la lista a continuación para encontrar uno en tu zona.

Comunícate directamente con cada banco de alimentos para confirmar su horario, ubicación y recursos disponibles.

Para obtener ayuda adicional, llama al 2-1-1.

Dispensa de alimentos	Ciudad	Sitio web
Metrocrest Services	Carrollton	metrocrestservices.org
Brother Bill's Helping Hand	Dallas	bbhh.org
Catholic Charities Mobile Food Pantry	Dallas	ccdallas.org/services/food-services
Crossroads	Dallas	ccsdallas.org
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