



# Food Assistance in Lynchburg

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Everybody needs a hand up sometimes. Whether you've recently fallen on hard times, or have been struggling to make ends meet for a while, the Blue Ridge Area Food Bank and its partners are here to help. Below, you will find a list of the organizations in and around Lynchburg that can provide your family with food assistance, both within Lynchburg (pages 1-4) and outside the city limits (page 5). You can also visit [lynchburgfeeds.org](http://lynchburgfeeds.org) for a full listing of pantries in and around the city.

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## **Agape Center Lynchburg, 3026 Carroll Ave. Lynchburg**

- **How can I contact them?** (434)-846-2783
  - **When can I go?** 9am-2pm, Tuesdays; 10am-2pm, 3rd Sat. Please call ahead.
  - **What can I get there?** Staple items, frozen foods, fresh produce, dairy, clothing, furniture, household items
  - **What requirements do I have to meet?** Nobody will be turned away empty-handed. However, to access all food, family must meet USDA income guidelines (see page 4). Must live in Lynchburg.
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## **Churches for Urban Ministry, 1022 Floyd St., Lynchburg**

- **How can I contact them?** (434) 846-3028
  - **When can I go?** By appointment.
  - **What can I get there?** Staple items, frozen foods, sometimes dairy
  - **What requirements do I have to meet?** Nobody will be turned away empty-handed. However, to access all food, family must meet USDA income guidelines (see page 4).
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## **The Connecting Point, 1216 Rivermont Ave., Lynchburg**

- **When can I go?** 10am-1:30pm, 1st and 3rd Saturdays
  - **What can I get there?** Staple items, frozen food, fresh produce, sometimes dairy
  - **What requirements do I have to meet?** Nobody will be turned away empty-handed. However, to access all food, family must meet USDA income guidelines (see page 4).
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## **Court Street Baptist, 517 Court Street, Lynchburg**

- **How can I contact them?** (434) 846-3028
  - **When can I go?** 2nd Friday of the month, 2-2:45pm; other times by appointment
  - **What can I get there?** Staple items, occasionally fresh produce, dairy, frozen foods
  - **What requirements do I have to meet?** Nobody will be turned away empty-handed. However, to access all food, family must meet USDA income guidelines (see page 4).
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## **Fairview Christian, 2701 Campbell Ave., Lynchburg**

- **How can I contact them?** (434) 845-6031
  - **When can I go?** 9:30-11:30am, Wed. and Fri. (please call by 4pm the day before you want to pick up to make your appointment)
  - **What can I get there?** Staple items
  - **What requirements do I have to meet?** You must live in Lynchburg or Campbell County—bring ID as proof. If address on ID is incorrect, bring piece of mail.
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## **Fairview UMC, 3041 Campbell Ave., Lynchburg**

- **How can I contact them?** (434) 258-8372
  - **When can I go?** 1-3pm, 4th Thurs. of the month (Jan.—Oct.) or 3rd Thurs. (Nov.—Dec.). Call by the Monday before.
  - **What can I get there?** Staple items
  - **What requirements do I have to meet?** Nobody will be turned away empty-handed. However, to access all food, family must meet USDA income guidelines (see page 4).
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## **FARRR Foundation (The Lighthouse), 1310 Church St., Lynchburg**

- How can I contact them? (434) 847-5050
  - When can I go? 10am-1pm, 1st Thursday
  - What can I get there? Staple items, frozen food, sometimes fresh produce
  - What requirements do I have to meet? Nobody will be turned away empty-handed. However, to access all food, family must meet USDA income guidelines (see page 4).
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## **Fellowship Church of Christ, 1816 Bedford Ave., Lynchburg**

- How can I contact them? (434) 528-3924
  - When can I go? 9-10:30am, one Sat. of the month (call to check); Mon.-Fri. by appointment
  - What can I get there? Staple items, fresh produce, dairy, frozen food
  - What requirements do I have to meet? Nobody will be turned away empty-handed. However, to access all food, family must meet USDA income guidelines (see page 4).
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## **Immanuel Baptist, 4 Turf Road Lynchburg**

- How can I contact them? (434) 847-7145
  - When can I go? 3rd Wed., 12-1pm. You must call ahead!
  - What can I get there? Staple items, sometimes fresh produce and frozen foods
  - What requirements do I have to meet? None
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## **Living Word, 825 Taylor Street, Lynchburg**

- How can I contact them? (404) 750-0337
  - When can I go? 3rd Sat., 9am-12pm. Emergency food by appointment.
  - What can I get there? Staple items, fresh produce, dairy, frozen foods
  - What requirements do I have to meet? None
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## **Love & Truth Community Church, 3135 Fort Avenue, Lynchburg**

- How can I contact them? (434) 845-0200
  - When can I go? 4-6:30pm, Mondays (except the 5th Mon. of the month and holidays); may visit once a month
  - What can I get there? Staple items, fresh produce, frozen foods
  - What requirements do I have to meet? Nobody will be turned away empty-handed. However, to access all food, family must meet USDA guidelines (see page 4).
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## **Lynchburg Daily Bread, 721 Clay Street, Lynchburg**

- How can I contact them? (434) 845-5703
- When can I go? Daily. Breakfast is served from 7-9am; hot lunch served from 10:50am-12:20pm
- What requirements do I have to meet? None.



## Lynchburg First Church of the Nazarene, 1737 Wards Ferry Rd., Lynchburg

- **How can I contact them?** (434) 515-1413
  - **When can I go?** 9am-12pm on Wed.; be sure to call ahead.
  - **What can I get there?** Staple items, sometimes fresh produce, frozen foods, dairy
  - **What requirements do I have to meet?** None.
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## Park View Community Mission, 2420 Memorial Ave., Lynchburg

- **How can I contact them?** (434) 845-8468
  - **When can I go?** 12-2pm, Thurs. & Sat.
  - **What can I get there?** Staple items, fresh produce, frozen foods, dairy; clothing; classes in financial management and computers; nutrition education; free health clinic (available Mon. & Thurs. 8:30-4:30; Wed. 9-6)
  - **What requirements do I have to meet?** Nobody will be turned away empty-handed. However, to access all food, family must meet USDA guidelines (see page 4).
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## PIN Ministries, 2211 Haden St., Lynchburg

- **How can I contact them?** (434) 845-1320
- **When can I go?** 5:30-6:30pm, 2nd Wed. or delivery by appointment
- **What can I get there?** Staple items and fresh produce
- **What requirements do I have to meet?** Nobody will be turned away empty-handed. However, to access all food, family must meet USDA guidelines (see page 4).

## Red Truck Ministry

Please call (434) 316-8382 or check the Lynchburg Baptist Association's Facebook page for times and locations.

## Shekijah Preparation Assembly, 104 Fleetwood Dr., Lynchburg

- How can I contact them? (434) 237-7721
- When can I go? By appointment
- What can I get there? Staple items and frozen foods
- What requirements do I have to meet? None.

## Timberlake UMC, 21649 Timberlake Rd., Lynchburg

- How can I contact them? (434) 239-1348
- When can I go? 6-8pm, 2nd & 4th Mon.; 2pm, 3rd Mon. (Nov. & Dec., 6-8pm 1st & 3rd Monday, 2pm 2nd Mon.) Be sure to call ahead.
- What can I get there? Staple items, fresh produce, & frozen foods
- What requirements do I have to meet? Nobody will be turned away empty-handed. However, to access all food, family must meet USDA guidelines (see below).

## Tree of Life, 2027 12th St., Lynchburg

- How can I contact them? (434) 609-4883
- When can I go? Every other Thursday, 10:30am-2pm
- What can I get there? Staple items, sometimes fresh produce, dairy, frozen foods
- What requirements do I have to meet? None

## FAQs

- **What are "staple items"?** Staple items are shelf-stable foods that many families eat frequently. Some examples include canned fruits and vegetables, rice, pasta, and peanut butter.
- **What kinds of frozen foods or fresh produce are available?** This varies from pantry to pantry, and often from month to month. Frozen foods can be anything from chicken to blueberries to tortellini. Produce selection depends on what is in season.
- **Can I go to more than one pantry in a month?** Yes, but you may only get USDA food from one.

### 2019-20 USDA

#### Income Guidelines

To qualify for USDA food, your income may not exceed:

\*\*\***Please note:** if you receive SNAP, Medicaid, SSI, or TANF, you automatically qualify for USDA food.

Family Size	Weekly Income	Monthly Income	Annual Income
1	\$360	\$1,561	\$18,735
2	\$488	\$2,114	\$25,365
3	\$615	\$2,666	\$31,995
4	\$743	\$3,219	\$38,625
5	\$870	\$3,771	\$45,255
6	\$998	\$4,324	\$51,885
7	\$1,125	\$4,876	\$58,515
8	\$1,253	\$5,429	\$65,145

\*For families with more than 8 members, add \$128 weekly, \$553 monthly, or \$6,630 yearly for each additional member.



## Hyland Heights Baptist, 11452 Wards Road, Rustburg

- How can I contact them? (434) 821-6906
  - When can I go? 4:30-6:30pm, Wednesdays
  - What can I get there? Staple items
  - What requirements do I have to meet? One-time food box regardless of income; after that, your family must meet USDA income guidelines (see page 4).
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## Neighbors Helping Neighbors, 151 Mitchell Bell Rd., Madison Heights

- How can I contact them? (434) 226-0019
  - When can I go? 10am-12pm, 1st and 3rd. Saturdays. For hot meal times, visit [nhnamherst.org](http://nhnamherst.org).
  - What can I get there? Staple items, fresh produce, frozen foods, sometimes dairy
  - What requirements do I have to meet? Your family must meet USDA income guidelines (see page 4).
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## New Prospect Baptist, 2209 Buffalo Springs Turnpike, Monroe

- How can I contact them? (434) 922-7169
  - When can I go? 10am-12pm Wednesdays and Saturdays
  - What can I get there? Staple items, fresh produce, frozen foods, sometimes dairy, clothing
  - What requirements do I have to meet? Nobody will be turned away empty-handed. However, to access all food, family must meet USDA guidelines (see page 4). Please bring ID.
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## Piedmont Community Impact, 215 School Rd., Gladys

- How can I contact them? (434) 333-6254
  - When can I go? 1-1:30pm MWF; 10:30-11 on the 4th Wed. Emergency food by appointment
  - What can I get there? Staple items and meat
  - What requirements do I have to meet? None.
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## Solid Rock Baptist, 110 Church St., Madison Heights

- How can I contact them? (434) 528-0325
  - When can I go? 9am-12pm, Wed. and Fri; 9-11am 3rd Sat.
  - What can I get there? Staple items, sometimes produce and frozen foods
  - What requirements do I have to meet? Nobody will be turned away empty-handed. However, to access all food, family must meet USDA guidelines (see page 4).
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## Contact Us

If your family finds itself in urgent need of food and unable to access a pantry, you may come to the Blue Ridge Area Food Bank's Lynchburg warehouse for a one-time emergency food box.

The warehouse is located at **501 12th Street**, and is open **Monday–Friday, from 8am-12pm, and from 1pm-4:30pm**. You may call ahead at 434-845-4099.

For pantry locations farther outside the city, visit the Blue Ridge Area Food Bank's website at [www.brafb.org](http://www.brafb.org) and click "Find Help."