

<b>FOOD, CLOTHING, AND FINANCIAL ASSISTANCE</b>		
<b>City/Agency</b>	<b>Organization</b>	<b>Program Overview and Guidelines</b>
<b>Adair</b>	<b>Adair Christian Church</b> Main and Ross, Adair 918-785-2751 adairchristianchurch@gmail.com	Food pantry, clothes closet and ministerial alliance
	<b>First Baptist Church</b> 201 S. Hall St., Adair 918-785-2843 office@adairfbc.com	Wednesday 5:45 PM Dinner for all
<b>Chelsea</b>	<b>Memorial United Methodist Church</b> 441 W 6th St, Chelsea 918-789-3938 cmumc@sbcglobal.net	Food pantry hours: Wednesdays 4:30 – 6:00 PM. Serving Chelsea & the surrounding communities
<b>Cherokee Nation</b>  Tahlequah Administration Office Food Distribution Center Cherokee Nation Complex 1-800-865-4462 or 918-207-3920	<b>Cherokee Nation Food Distribution Program</b> 1-800-865-4462  <b>Salina Food Distribution Center</b> 904 N. Owen Walters Blvd. 918-434-8402  Monday through Friday Hours of operation 8:00 AM – 4:00 PM  <i>Cherokee Nation's jurisdiction is comprised of parts of 14 counties in northeastern Oklahoma: Adair, Craig, Delaware, Mayes, McIntosh, Muskogee, Nowata, Ottawa, Rogers, Sequoyah, Tulsa, Wagoner, and Washington</i>	The Cherokee Nation Food Distribution Program is dedicated to distributing nutritious foods to eligible Tribal households residing within the jurisdictional boundaries of the Cherokee Nation and fall within USDA regulations. The amount of food a household is eligible to receive is determined by the number of household members that are certified eligible for services.  <u><b>Eligibility Requirements</b></u> <ul style="list-style-type: none"> <li>• At least one household member must prove citizenship in a federally recognized tribe.</li> <li>• Household must reside within the jurisdictional boundaries of the Cherokee Nation and fall within USDA regulations.</li> <li>• Household income cannot exceed income eligibility standards developed by USDA.</li> <li>• Households cannot participate in the Food Distribution Program and the Supplemental Nutrition Assistance Program (SNAP) formerly the Food Stamp Program in the same month.</li> <li>• Households cannot participate in more than one Food Distribution Program in the same month.</li> </ul>
	<b>Cherokee Nation</b>	Women, Infants, and Children (WIC) is a federally-funded health and nutrition program for women, infants and children. WIC helps families by providing an Electronic Benefits Transfer card, called the "eWIC" card, for buying healthy foods from WIC-authorized grocery stores. The program is directed toward pregnant or nursing women, as well as infants and children less than five years of age.

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Claremore	<b>Blue Starr Church of Christ</b> 319 E. Blue Starr, Claremore 918-342-0531	<ul style="list-style-type: none"> <li>The food room is typically open Wednesday from 1:00 PM to 3:00 PM</li> </ul>
	<b>Claremore Seventh Day Adventist Church</b> 20555 S. 4170 Rd., Claremore 918-232-3278	<ul style="list-style-type: none"> <li>A pantry is on site.</li> <li>A delivery service is available in some parts of Rogers County for the homebound and elderly.</li> <li>Free food is available several times per year at most.</li> </ul>
	<b>Community Action Resource Development (CARD)</b> 705 W. Lowry Rd, Suite 103, Claremore 918-341-5000	<b>Nutrition</b> - Child & Adult Care Food Program, Congregate Meal Sites, Meal Delivery to Residences, Nutrition Counseling/Training.
	<b>First Christian Church, Disciples of Christ</b> 200 E. 5 <sup>th</sup> , Claremore 918-341-1199 918-341-2718 fax	<b>Friendship Feast:</b> A free, hot meal served every Monday in the Family Life Center.
	<b>First United Methodist</b> 1615 N. Hwy 88, Claremore 918-341-4580	<p>A food bank is open monthly for the low income and working poor in Rogers County.</p> <p><b><u>Food Pantry requirements:</u></b></p> <ul style="list-style-type: none"> <li>Operate on Tuesday or Thursday only</li> <li>Have a photo ID each time they come in</li> <li>Have verification of residence (bill in their name and address on it)</li> <li>Fill out a 1-page application</li> <li>Know the date of birth of all persons living in their home</li> <li>Know the monthly income of their household (income restrictions)</li> <li>Only one account per residence</li> </ul> <p><b><u>Monetary assistance requirements:</u></b></p> <ul style="list-style-type: none"> <li>All of the above</li> <li>Cut-off notice from electric company</li> <li>Overdue gas or water bill</li> <li>Rent – proper legal document (lease in their name with their address)</li> </ul>
<b>Good Samaritan Ministries</b> 715 S. Highway 88, Claremore 918-343-4357	<p><b>Groceries:</b></p> <ul style="list-style-type: none"> <li>Operates Tuesday and Thursday from 10:00 AM – 2:00 PM</li> <li>Help with groceries once every 60 days; supplying clients with 3 - 5 days of emergency groceries.</li> </ul> <p><b>Clothing:</b></p> <ul style="list-style-type: none"> <li>Clients may get clothing at no cost every three months. This includes three complete outfits, a pair of shoes, underwear, and pajamas for each family member. In the winter, they also include a coat for each person.</li> </ul>	

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<b>Claremore (continued)</b>		<p><b>Financial:</b></p> <ul style="list-style-type: none"> <li>• They give financial help twice a year with a maximum of \$40.00 each time. The financial help can be for:                             <ul style="list-style-type: none"> <li>○ Utility help – with a cut-off notice, and the utility must not be turned off.</li> <li>○ Prescription help – for non-narcotic medication only.</li> <li>○ GED testing - with confirmation of student’s completion of coursework for testing.</li> <li>○ Marriage license – upon completion of pre-marriage counseling by a local pastor.</li> </ul> </li> <li>• They are unable to help with:                             <ul style="list-style-type: none"> <li>○ Rent, deposits for rent, telephone bills, and utility deposits</li> </ul> </li> </ul>
	<p><b>Life Changer Church</b> 2221 21st St. N., Claremore 918-341-8344</p>	<ul style="list-style-type: none"> <li>• A food pantry and clothing closet are on site.</li> <li>• There also are free holiday meals, school items, and other programs.</li> </ul>
	<p><b>The Manger Infant Services</b> 114 E 4th Street, Claremore 918-341-6587</p>	<ul style="list-style-type: none"> <li>• Secondhand clothing and baby items, 114 E. Fourth St.</li> </ul>
	<p><b>Salvation Army - Rogers County</b> 918-341-5000</p>	<ul style="list-style-type: none"> <li>• Pantry hours: Mondays through Fridays 8:00 AM- 4:30 PM</li> <li>• Provides a food pantry.</li> <li>• Serves Rogers County.</li> <li>• Documentation Required: Proof of residency.</li> </ul>
	<p><b>St. Cecilia Catholic Church</b> 1304 N. Dorothy, Claremore 918-341-2343</p>	<p>As individuals and families come to our door in need, they attempt to provide them with a few wholesome meal times and necessary staples. Activities of the Food Pantry Ministry include acquiring information from patrons and bagging food for distribution. The Food Pantry is open on Wednesday mornings from 10:00 a.m. to 12:00 p.m. and Friday afternoons from 2:00 p.m. to 4:00 p.m.</p>
<b>Collinsville</b>	<p><b>Dividing Bread Pantry</b> 115 S. 11th Street N., Collinsville Director Leigh Erickson 918-759-8211</p>	<p>Thrift store and food pantry:</p> <ul style="list-style-type: none"> <li>• Hours: Wednesday through Saturday 10:00-3:00 PM. Phone: 918-371-3036</li> <li>• The food pantry is open for those who need emergency food any day during regular business hours.</li> </ul>
	<p><b>New Life Assembly of God</b> 12215 North Garnett Road, Collinsville Collinsville, OK 918-371-5111</p>	<p>Non-perishable food and essentials are stored at the church for people in need. The Food Pantry is need based and open by appointment. To make an appointment contact the Pantry Director, Lewis West (918) 857-1196 or email church@oknewlife.com.</p>
<b>Commerce</b>	<p><b>First Assembly of God Church</b> 600 S Mickey Mantle Blvd., Commerce 918-675-5222</p>	<p>Food pantry hours: Monday, Wednesday, and Thursday from 10:00 AM – 3:00 PM</p>

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<b>Grove</b>	<b>Christian Help Center</b> 1703 E Highway 10, Grove 918-786-6798	Provides a food pantry. Serves Northern Delaware County. Pantry hours: Mondays through Thursdays 10:00 AM – 2:00 PM.
<b>Langley</b>	<b>Grand Lake Community Ministry AKA The Blue House</b> 268 W. Broadway, Langley 918-782-2861 www.grandlakecommunityministry.com grandlakecommunityministry@gmail.com	G.L.C.M. extends aid through the Blue House located at 268 West Broadway Avenue Langley, Oklahoma. Clothing, food pantry and utility assistance are available from 9:30 AM to 11:30 AM on Tuesday and Friday mornings. Household items and donated furniture are available by appointment and on Saturday mornings.  Grand Lake Community Ministry gives assistance with utilities bills as well. They will pay the amount it takes to keep the service turned on. They would like the client to pay at least half of the amount due when possible.
<b>Locust Grove</b>	<b>First United Methodist Church</b> 703 N. Hwy 82, Locust Grove 918-479-6356 fumclg@sstelco.com	Tuesday and Thursday 9:30 AM-11:30 PM 3x/year Locust Grove, Rose, Peggs and Salina
<b>Miami</b>	<b>Intertribal Council Inc.</b> 114 N Eight Tribes Trail, Miami 918-542-3443	The <b>Food Distribution Program</b> is a federal program that provides commodity foods to low-income households residing in approved areas. To be eligible to participate, the household must contain at least one person who is a member of a federally recognized tribe. Eligible households are certified based upon income and resource standards set by the federal government.  The area served by the Inter-Tribal Food Distribution Program is: a portion of Ottawa, including the city limits of Miami east of the Neosho River and a portion of Delaware county in Oklahoma, Cherokee and Labette Counties in Kansas, and Newton, Barton, Jasper and McDonald counties in Missouri.  Office hours are Monday – Friday, from 8:00 AM to noon and from 1:00 PM to 4:00 PM
	<b>Ottawa County Nutrition Coalition</b> 33 N Main, Miami 918-542-9676	Emergency food assistance. Assistance is given one time only per household (amount given based on number of persons in family) during a one year time period, unless separate verified emergency occurs. Call before arrival to make sure the office is open.  Serves Ottawa County. Documentation Required: Social security card or picture ID and proof of residency.  Hours: Mondays through Fridays 1:00 PM – 4:00 PM
	<b>Salvation Army Miami</b> 100 D Street NE, Miami 918-542-3467	Provides a food pantry. Serves Ottawa County, Oklahoma. Documentation Required: Furnish photo ID, proof of income, Social Security number for everyone in household, proof of residency and last 2 pay stubs.  Hours: Mondays through Fridays 8:00 AM – 2:00 PM

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<b>Oologah</b>	<b>Oologah United Methodist</b> 5834 East 410 Rd., Oologah 918-443-2457	<ul style="list-style-type: none"> <li>• Available any Monday thru Friday, 9 AM to 5 PM for folks who need some groceries to get through a difficult time.</li> <li>• Requires a very simple, one-page application which ensures that we can continue to strive towards becoming a certified distributor of food via the Eastern Oklahoma Regional Food Bank.</li> <li>• Also offers school-year driven "Food4Kids" backpack program which sees to it that about 70 local elementary students receive backpacks each Friday filled with nutritious snacks to last them over each weekend.</li> </ul>
<b>Pryor</b>  <b><u>IMPORTANT!</u></b> <b>Contact PARA</b> <b>first before</b> <b>accessing any</b> <b>community</b> <b>resources</b>	<b>Pryor Area Resource Alliance, Inc. (PARA)</b> 3 N. Adair, Suite 2, Pryor	<p><b>Contact PARA first before accessing any community resources. PARA serves as a clearing house for all community assistance and can help you find the best resources to meet your needs.</b></p> <p>Valerie Albert, MA   Executive Director</p> <p>Direct 918-803-3609      Office 918-609-0186            Fax 918-471-2181      E-mail: v.albert@paraok.org  <a href="http://www.paraok.org">www.paraok.org</a></p>
	<b>Church of Christ</b> 605 S. Coo-Y-Yah, Pryor 918-825-2539 <a href="mailto:church@pryorchurch.com">church@pryorchurch.com</a>	Food Pantry: Monday-Friday, 8:00 AM to 12:00 PM
	<b>Customer Service</b> EBT (Electronic Benefits Transfer) 1-888-328-6551	<a href="http://www.ebt.acs-inc.com">www.ebt.acs-inc.com</a>
	<b>Extreme Church</b> 15 S. Adair, Pryor 918-825-1700 <a href="mailto:ec@pryorextremechurch.com">ec@pryorextremechurch.com</a>	Food pantry- nonmembers. Financial assistance-members. Wednesday 9:00-11:00 AM
	<b>First Assembly of God</b> 301 N. Adair, Pryor 918-825-4720	Nonmembers-nonrecurring gas and food
	<b>First Christian Church</b> 200 E. 5th St. Pryor 918-341-1119 <a href="mailto:fccaa@sbcglobal.net">fccaa@sbcglobal.net</a>	Mondays 5:00-6:30 PM Dinner for all
	<b>First Christian Presbyterian Church</b> 301 N.E. 1st St., Pryor 918-825-2396 <a href="mailto:fccpryor@sbcglobal.net">fccpryor@sbcglobal.net</a>	<b>Community Dinner</b> every Thursday 4:00-6:30 PM

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<p><b>IMPORTANT!</b>  <b>Contact PARA</b>  <b>first before</b>  <b>accessing any</b>  <b>community</b>  <b>resources</b></p>	<p><b>North Star Church</b>                      114 S. Mill, Pryor                      918-825-2885                      jcampbell@northstarpryor.com</p>	<p><b>Food Pantry</b> – Tuesday and Thursday 2:00-4:00 PM</p>
	<p><b>Pryor Community Action Resource Development (CARD)</b>                      Head Start Center                      708 SE 1st St., Pryor                      918-825-3423</p>	<p><b>Nutrition</b> - Child &amp; Adult Care Food Program, Congregate Meal Sites, Meal Delivery to Residences, Nutrition Counseling/Training.</p>
	<p><b>Pryor Ministries</b>                      15 SW Third St, Pryor                      918-824-1128</p>	<p>Monday, Wednesday and Friday 12:00-3:00 PM</p>
	<p><b>Pryor Rescue Mission</b>                      640 W Graham Highway 20 W, Pryor                      918-825-1650</p>	<p>Provides a food pantry. Serves Mayes County, Oklahoma.</p>
	<p><b>Southside Christian Church</b>                      P. O. Box 1031, Pryor                      918-825-2490                      keg_7@yahoo.com</p>	<p>Food and Miscellaneous</p>
<p><b>Salina</b></p>	<p><b>First Baptist Church</b>                      110 N. Ross St., Salina                      918-434-5335                      kstacy@salinasbc.com</p>	<p>Food Pantry and electric,                      Water- will pay last \$50                      Must live in Salina</p>
<p><b>Tulsa</b></p>	<p><b>Emergency Infant Services</b>  <i>Downtown Tulsa location</i>                      222 S. Houston Ave.   <i>Eastside Tulsa location</i>                      9910 E. 42nd Street, Ste. 100                      (Pawnee Building)   <i>Southside Tulsa location</i>                      5780 South Peoria Ave.                      T: 918-582-2469                      F: 918-582-1550                      E: contact@eistulsa.org</p>	<ul style="list-style-type: none"> <li>• Hours of operation:                             <ul style="list-style-type: none"> <li>○ Downtown: Monday, Tuesday, Wednesday and Friday from 9:00 AM to 12:30 PM</li> <li>○ Eastside: Monday through Friday from 9:00 AM to 12:30 PM</li> <li>○ Southside: Thursdays from 10:00 AM to 12:00 PM</li> </ul> </li> <li>• No appointment is required and we assist children five years old and younger with items such as formula, food, diapers, clothing, and infant gear.</li> <li>• ID: If you come for assistance, please bring a photo ID for yourself, and documentation with the name and birthday of each child receiving assistance – shot records, WIC folders, birth certificates and hospital bracelets are acceptable forms of identification.</li> <li>• Because we are an emergency service, each family has a maximum of four visits in a calendar year.</li> <li>• If you require assistance outside our normal hours of operation, please contact the Oklahoma helpline at 211.</li> </ul>

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<b>Tulsa (continued)</b>	<b>James Mission</b> 4430 S 74th East Ave., Tulsa 918-313-0626	<ul style="list-style-type: none"><li>• The James Mission is designed to provide information and resources for anyone connected to or interested in foster care or adoption, regardless of where you are in the process. They seek to embrace anyone with a heart for these orphans and a desire to help them find forever families.</li><li>• For any foster parents who get new placements of kiddos, they have our On-Call Volunteer Program. Just send me a message or text at 918-313-0626 and they can get you in touch with their volunteer who is on-call that day. They can arrange to meet you at James Mission to get all the items needed for your sweet Foster children.</li><li>• Donated items include: clothing, underwear, diapers, shoes, toiletries, beds, bedding, furniture, etc.</li></ul>
	<b>Neighbor for Neighbor Food Store</b> 505 E. 36th St. N., Tulsa 918-425-5578 <a href="http://www.neighborforneighbor.org">www.neighborforneighbor.org</a>	Monday – Thursday 9:00 AM – 12:00 PM and 1:00 PM – 3:00 PM Food Vouchers
<b>Vinita</b>	<b>Salvation Army</b> 222 W Sequoyah, Vinita 918-256-2037	Provides a food pantry. Serves Craig County. Documentation Required: Must bring in photo ID and Social Security for each member of household.  Pantry hours: Monday, Wednesdays and Fridays 10:00 AM – 2:00 PM