

Pima County Nutrition Resources

Free Groceries to Anyone:

Grace St. Paul Joseph's Pantry

<https://azfoodbanks.org/maps/grace-st-pauls-church-josephs-pantry/>

2331 E Adams St

520-327-6857

Hours: Mon, Wed, Fri 9:00AM -12:00PM Must have a Photo ID

Tucson Food Share

<https://tucsonfoodshare.org/>

2500 N. Stone Ave.

520 222-9242

Distribution Hours: Mon 4:30 - 6:00PM, Thu 6:00 - 7:30PM, Sat 8:00 - 9:30AM Tucson Food Share is a community collective that provides FREE groceries to anyone who needs them at three weekly food distributions. Lines form before distribution begins, so arrive early if possible. You can also request a free delivery within 6 miles of 2500 N. Stone Ave through their website.

Free Meals to Anyone:

Community on Wheels (COW)

<https://www.instagram.com/communityonwheels/>

Community on Wheels is a mutual aid group that hosts weekly free distributions of food, water, hygiene products, clothing, harm reduction, and more. They can be found at 4pm on Saturdays at or near Santa Rita Park.

Community Care Tucson (CCT)

<https://www.instagram.com/communitycaretucson/>

Community Care Tucson is a mutual aid group offering free food, water stations around Tucson, clothing, home supplies, medical care, and hygiene products to anyone in need. Distributions are Wednesday nights in Downtown Tucson parks including Armory Park (check their instagram for updated information).

ALMA Tucson (Amphi Liberation Mutual Aid)

<https://www.instagram.com/alma520az/>

ALMA Tucson serves the Amphi area with weekly distributions of food, water, hygiene products, haircuts, bike repair, and more. They can be found on Tuesday evenings at Amphi Park.

Cold Meals:

Holy Family Church

<https://azfoodbanks.org/maps/holy-family-church/>

338 W. University Blvd

520-623-6773

Hours: Sun-Wed 3:00 – 4:00PM

Hot Meals:

Caridad Community Kitchen

<https://www.communityfoodbank.org/locations/caridad-community-kitchen/>

Free meals available:

Monday, Wednesday, Friday: 11:00AM – 12:30PM at The Salvation Army Hospitality House, 1002 N. Main Ave.

Tuesday & Thursday: 2:00PM – 4:00PM at Caridad Community Kitchen, 845 N. Main Ave.

Z Mansion - Workshop Project

<https://www.workshop.org/>

288 N Church Ave

520 907-9057

Free breakfast on Sundays at 8am

Northminster Presbyterian Church

<https://npctucson.org/connect/events/event-drive-thru-mobile-food-pantry/>

2450 E. Ft. Lowell

520 327-7121

Hours: Mon 5:00 – 6:00PM (closed federal holidays)

Food Pantry Hours: Tue 8:00 - 10:00AM

Saguaro Christian Church

<https://saguarocc.org/sol-food>

8302 E. Broadway Blvd.

520 296-5901

Free Meal Wed 5:00 - 6:30PM

His Presence Church Arizona

<https://hpcaz.org/community-outreach>

4108 E. North St.

520 722-2217

Grab and Go Hot Meal 2nd and 4th Thu 3:00 - 5:00PM,

Food Boxes 2nd and 4th Thu 1:00 - 5:00PM (closed federal holidays)

Grocery Rescue Items Tue 2:00 - 4:00PM

Casa Maria Soup Kitchen

<https://casamariatucson.org/>

352 E. 25th Street

520 624-0312

Hours: Every day 8:30 - 11:30AM, except Thanksgiving and Christmas.

Friendship Ministry Baptist Church

<https://fmbctucson.org/>

850 N 11th Ave

520-622-2690

Hours: 2nd& 4th Sat at 11AM

Low-Cost Grocery Resources

The 3000 Club - Market on the Move

<https://www.marketonthemove.org/tucson-home> \$10 donation for up to 60 pounds of produce. There's no qualifying, no pre-paid, no reserves and cash only! First Come, First Served. Visit the website for the week's schedule. MotM can be found at The 3000 Club Parking Lot: 4515 East 22nd Street, Tucson 85711 & Tucson Village Farm: 2201 E Roger Rd, Tucson, AZ 85719

Borderlands' Produce Rescue: Produce on Wheels Without Waste (POWWOW)

<https://borderlandsproducerescue.org/>

\$15 donation for up to 70 pounds of grocery store produce. From November through August, they partner to host Saturday market locations across Southern Arizona.

Locations include Highland Free School, Marana Middle School, Most Holy Trinity Church. Check their website for the month's schedule.

Free Food Banks and Food Boxes for those who qualify:

Campus Pantry - For University of Arizona students and staff

<https://campuspantry.arizona.edu/>

Sonora Room, 1st floor of the Student Union Memorial Center

Hours: Tue/Wed 11:00AM – 2:00PM Check online for hours

and distribution events.

Commodity Senior Food Program (CSFP)

<https://des.az.gov/senior-food-program>

The Arizona Commodity Senior Food Program (CSFP) provides monthly food packages to people 60 years of age or older. To qualify for CSFP, you must be at least 60 years old and have a total household income at or below 130% of the federal poverty level.

Community Food Bank

<https://www.communityfoodbank.org/get-help/>

3003 S. Country Club Rd. 520 622-0525

The Community Food Bank provides emergency food boxes through the Emergency Food Assistance Program (TEFAP), a federal program that supplements the diets of low-income individuals and families.

Gospel Rescue Mission - Food Box

<https://grmtucson.com/programs/>

4550 S Palo Verde Road

520 740-1501

Community Ministries is a place where Tucson-area residents in need can go for help 'making ends meet.' They connect families and individuals with community resources specific to their situation, and they offer various services and programs. **It's best to call,** since the website doesn't detail their food distribution services.

IMPACT of Southern Arizona

<https://www.impactsoaz.org/food-bank-nutrition-education>

3535 E. Hawser St. Tucson, AZ 85739

Monday - Friday, 8:00-4:30

520 825-0009

Monthly food boxes for those who qualify, plus additional daily offerings of bread, baby formula, and 'timed out' grocery store goods. Submit an application in person at their office.

Interfaith Community Services

<https://www.icstucson.org/what-we-do/emergency-assistance/food-bank/>

Main office: On the grounds of Christ the King Episcopal Church, 2820 W. Ina Road
520 297-6049, email info@icstucson.org

Visit their Permanent food bank Mon-Sat: 8am-11am and Tue 5pm – 6:30pm or their Mobile food bank at various locations throughout the Tucson area.

<https://www.icstucson.org/what-we-do/emergency-assistance/mobile-food-bank/>

Primavera Homeless Intervention and Prevention

<https://primavera.org/emergency-services/>

702 S. 6th Ave.

520 623-5111

Hours: Mon, Wed, Thu, Fri 9:00AM – 12:30PM, no appointment needed

Primavera HIP provides food boxes distributed through the Community Food Bank of Southern Arizona once a month to individuals and families, as well as occasional donated food items, on a first-come, first-serve basis.

Eligibility: Provide your name, photo ID, some basic demographic information, and proof of residence.

Additional Resources:

City of Tucson Resource Line

Phone: (520) 791-2540

The resource line is for those experiencing or at risk of homelessness to get connected to resources for medical, mental health, meals, outreach, and other resources offered in our community.

Arizona Department of Economic Security

The Department of Economic Security (DES) Family Assistance Administration provides **language assistance free of charge to those with limited English proficiency** when assistance is needed for [Nutrition Assistance](#), [Cash Assistance](#) and some [Medical Assistance](#) programs. <https://des.az.gov/na> Please contact your DES office or call 1-855-432-7587 for program assistance provided in your preferred language.

2-1-1 Food, Clothing & Bills - Pima County

This online directory lists places that either offer or accept congregate meals, food boxes, food co-ops, food stamps, meals delivered, meals served, and WIC. Call 211 within Arizona or go to <https://211arizona.org/>

Food Pantries, Soup Kitchens (homelesshelterdirectory.org)

A list of Emergency Food Programs provided through food pantries and soup kitchens in Tucson, Arizona and surrounding cities.