



COMMUNITY FOOD RESOURCES & LOCAL PANTRIES

Serving Mountwest Students and Surrounding Areas

*A Comprehensive Guide to Free and Low-Cost Food Assistance Programs in Cabell, Greenup, Lawrence,
Boyd, Wayne, Putnam, Kanawha, & Gallia Counties*



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Mountwest Community & Technical College

Contact: (304) 710-3417 or (304) 710-3508

Huntington, West Virginia

Updated June 2026

"No student should go hungry — these resources are here for you."

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Cabell County, West Virginia

Celebration Storehouse

Phone: (304) 429-2000

Location: 610 19th Street West Huntington, WV 25704

Hours:

- Open the 2nd and 4th Tuesdays of each month 5:30PM To 6:30PM
- Hours are subject to change, so it is important that students call ahead to check the current hours and schedule.

Services:

- Food boxes

Eligibility/Requirements:

- Walk-in welcome.
- ID is required.
- Call ahead to verify any other documentation required.

Notes:

- Arrive early, as supplies may be limited.

Cridlin Food and Clothing Pantry

Phone: (304) 529-6084 Website: <https://cridlinpantry.org/>

Location: 1038 6th Avenue Huntington, WV, 25701

Hours: Monday, Wednesday, Friday 12:30PM – 2:00PM

Services:

- Offers 5-day emergency food supply, hygiene items, infant essentials, new underwear/socks, clothing (4 outfits).

Eligibility / Requirements:

- Referral required via Information & Referral (I&R) Services – (Step-by-step instructions on the referral process are provided on the last page of this document.)

Facing Hunger Foodbank

Phone: (304) 523-6029 Website: <https://facinghunger.org/>

Main Location: 1327 7th Avenue Huntington, WV 25701

Hours:

- Office hours: Monday through Friday from 8:00AM to 4:30PM at the main location.
- The mobile food pantry varies by location – go to the “Get Help” section on their website for the upcoming events list.

Services:

- They distribute food through a wide network of partner agencies across 17 counties in WV, KY, and OH.
- Mobile Food Pantry: Drive-through distributions at shifting locations. Registration begins about 1 hour before the event.
- Senior Food Box Program (CSFP): Monthly shelf-stable food boxes for seniors age 60+.

Eligibility / Requirements:

- Anyone who needs extra help affording food can visit the food pantry or mobile pantry distributions.
- For mobile pantry distributions: No income documentation required.
- Must be a resident of the county where the mobile pantry is being held.

Guyandotte Church of Christ Food Pantry

Phone: (304) 525-0553 Website: <https://gcoconline.com/word/>

Location: 207 Staunton St. Huntington, WV 25702

Hours:

- Wednesdays from 5:30PM to 6:30PM, though services are sometimes available on Tuesdays from 5:30PM to 6:30PM
- Students should call ahead to confirm day and time, as hours are subject to change.

Services:

- Food pantry boxes / grocery assistance for individuals & families.

Eligibility / Requirements:

- They request that you call ahead for an emergency food box.

Huntington City Mission

Phone: (304) 523-0293 Website: <https://hcmwv.org/>

Location: 624 10th Street Huntington, WV 25701

Hours:

- Dining Hall Meal Schedule:
 - Monday through Friday
 - Breakfast -- Women & Families (7:00AM to 7:30AM), Men (7:30AM to 8:00AM)
 - Lunch – Women & Families (11:00AM to 11:30AM), Men (11:30AM to 12:00PM)
 - Dinner – Women & Families (4:00PM to 4:30PM), Men (4:30PM to 5:00PM)
- Food-box Distribution:
 - 2nd, 3rd, and 4th Thursday of each month, from 1:00PM to 2:30PM

Services:

- A dining hall & food-service program: They serve hot meals to men, women, and children weekly.
- A food pantry/food box distribution for take-home food boxes.

Eligibility / Requirements:

- Meal program: Open to the public for meals during listed service times.
- Food-box Pickup: Referral slip from Information & Referral (I&R) is required for food box pickup. (Step-by-step instructions on the referral process are provided on the last page of this document.)

Mountwest Care Center

Phone: (304) 710-3417 Website: <https://www.mctc.edu/student-services/student-support/>

Location: 1 Mountwest Way, First Floor, Huntington, WV 25701 – Student Services One Stop

Hours:

- The care center is open to all students during normal operating hours. You can take what you need, no questions asked.

Eligibility / Requirements:

- Open to all students enrolled at Mountwest.
- No questions asked.

Notes:

- Food, clothing, and hygiene products are among what is available to students.

Marshall University Food Pantry

Phone: (304) 696-2776 Website: <https://www.marshall.edu/foodpantry/>

Location: 1802 6th Ave Huntington WV, 25701

Hours:

- Hours are subject to change by semester, so be sure to either call their phone number or check their website for detailed hours of operation.

Services:

- Shelf-stable foods, canned goods, fresh produce, frozen meats and dairy – “a wide variety of nutrient-dense foods” to support balanced diet.
- Community/students “shop” during operational hours, meaning you pick foods rather than just receiving prepackaged boxes.

Eligibility / Requirements:

- Community members (non-students) are welcome and may “shop” once per month.
- No income eligibility for the regular pantry service.
- Students & Staff of Marshall University: Must show a Marshall ID. Allowed to “shop” once per week.

Notes:

- Hours vary by semester, so check the website or call ahead.

New Baptist Church Food Pantry

Phone: (304) 523-3355 Website: <http://www.newbaptistchurch.com/>

Location: 610 28th Street Huntington WV 25702

Hours:

- Tuesdays from 10:00AM to 2:00PM

Services:

- Food pantry boxes/bags (including shelf-stable goods) are available during the hours listed.
- Indoor service, accepts walk-ins.

Eligibility / Requirements:

- The pantry is listed as free and open to anyone in need for food items.

Notes:

- After the first time using the pantry, you will need a referral from the location Information & Referral service for NON-FOOD items. This is not a requirement for food items.

ReGen Grab and Go

Phone: (304) 397-0729 Website: <https://www.regenerationwv.com/>

Location: 68 Holley Ave Huntington, WV 25705

Hours:

- Pantry is open from 5PM to 7PM on Tuesdays.

Services:

- “Grab and Go” style food pantry

Eligibility / Requirements:

- Just bring your I.D.

Notes:

- Arrive early – distribution times are limited; supplies may go fast.

Salvation Army Food Pantry

Phone: (304) 529-2401 Website: <https://huntington.salvationarmypotomac.org/>

Location: 1223 3rd Ave, Huntington WV 25701

Hours:

- Mondays, Wednesdays, Fridays from 8:00AM to 12:00PM and from 1:00PM to 3:45PM for the general food pantry.

Services:

- They provide “a three-to-five-day supply of nutritionally balanced groceries” free of charge.

Eligibility / Requirements:

- Photo I.D.
- Proof of address.
- Attest to income.

Women, Infants, and Children (WIC)

Phone: (304) 302-2074 Website: <https://dhhr.wv.gov/wic/Pages/default.aspx>

Location: 5187 US-60, #12 Huntington, WV 25705

Hours & Appointment Information:

- Office Hours: Monday through Friday 8:00AM to 4:30PM for the Huntington location.

- Call ahead for schedule.
- You should plan for your first appointment (certification) to take around an hour.

Services:

- The WIC program provides nutrition support, healthy food packages, breastfeeding support, and nutrition education for eligible participants.
- It covers: pregnant women, breastfeeding women (infant under 1 year), postpartum women (up to 6 months after end of pregnancy), infants (birth to 1 year), and children up to age 5.
- Food benefits may include specific approved grocery items (milk, cereal, fruit, vegetables, etc.) as part of the WIC food package.

Eligibility / Requirements:

- You must meet 3 criteria:
 - 1. Category: pregnant, breastfeeding (infant under 1 year), postpartum (within 6 months), infant under 1 year, or child 1-5 years.
 - 2. Income: Household income must be at or below 185% of the federal poverty level OR you qualify automatically if you receive certain benefits (e.g., SNAP, Medicaid).
 - 3. Nutrition risk: A health or dietary condition requiring intervention (assessed at clinic).
- To apply/attend certification you will need:
 - Photo ID for parent/guardian.
 - Birth certificate or other proof of infant/child.
 - Proof of address (utility bill, rent receipt, etc.).
 - Proof of household income (pay-stubs, benefit letters).
 - Immunization/health records for infants/children.

House of Hope (Abundant Life Baptist Church)

Phone: (304) 989-1473

Location: 809 Barbara Street, Barboursville, WV 25504

Hours:

- Third Saturday of every month, from 10:00AM to 12:00PM

Services:

- Food pantry distribution of groceries/food boxes for individuals and families in need.

Eligibility / Requirements:

- Walk-in service; no detailed documentation listed (but as with many pantries, it is recommended to call ahead to verify).

Notes:

- A useful option in the Barboursville area.
- Because it meets only once a month, planning ahead is key.

Life Bridge / Lewis Memorial Baptist Church Food Pantry

Phone: (304) 736-7676 Website: <https://lmhc.org/lifebridge>

Location: 1358 West Pea Ridge Rd, Huntington, WV 25705

Hours:

- Mondays from 11:00AM to 3:00PM

Services:

- Emergency food boxes / pantry distributions (by referral from I&R)

Eligibility / Requirements:

- Referral required via Information & Referral (I&R) Services.
(Step-by-step instructions on the referral process are provided on the last page of this document.)

Guyandotte Giving Tree

Phone: (681) 314-4283

Location: 305 Main St, Huntington, WV 25702

Hours:

- Emergency food boxes are distributed Monday through Thursday from 8:00AM to 3:00PM
- Pantry distribution is on the last Thursday of every month from 10:00AM to 1:00PM

Services:

- Emergency food boxes.
- Food pantry.

Eligibility / Requirements:

- Referral required via Information & Referral (I&R) Services.
(Step-by-step instructions on the referral process are provided on the last page of this document.)

MAH Food Pantry (Muslim Association of Huntington)

Phone: (561) 666-7783 Email: mahpantry@gmail.com

Location: 944 20th St, Huntington, WV 25703

Hours:

- Fourth Sunday of every month from 3:00PM to 4:00PM

Services:

- Fresh produce, shelf-stable items, bread.

Eligibility / Requirements:

- Walk-in.
- Bring photo ID.

Notes:

- Check Facebook for date changes.

Greenup County

Helping Hands of Greenup County

Phone: (606) 473-6916 Email: info@hhogc.org Website: <https://www.hhogc.org/>

Location: 412 Main St, Greenup, KY 41144

Hours:

- Monday through Friday from 10:00AM to 3:00PM

Services:

- Provides families with emergency food and nutrition assistance at no cost.

Eligibility / Requirements:

- Must be a Greenup County resident.
- Must bring photo ID and proof of address.

Lawrence County, Ohio

Community Mission Outreach Chesapeake Ohio

Phone: (740) 867-6628

Location: 3748 Route 7 (OH-7), Chesapeake, OH 45619

Hours:

- Pantry opens after the 15th of each month for general distribution.
- Regular weekly hours listed:
 - Mondays: 1:00PM to 3:00PM
 - Thursdays & Saturdays: 10:00AM to 12:00PM

Services:

- Free groceries/food pantry items for individuals and families.
- Clothing distribution (men's, women's, children's) on pantry days.
- Support for basic needs, including possibly household or personal care items.

Eligibility / Requirements:

- Walk-in service is available during posted hours.
- Students should call ahead to confirm current hours (as they may change) and ask if any documentation (ID, proof of address) is required.

Michael's Grace Place (South Point)

Phone: (740) 523-0501

Location: 802 4th St E, South Point, OH 45680

Hours:

- Often Friday from 10:00AM to 2:00PM
- Hours can change by the week, so phone prior to arrival.

Services:

- Food bank

Eligibility / Requirements:

- Local residents
- Bring I.D.

Harvest for the Hungry (Ironton)

Phone: (740) 532-9918 Website: <https://harvestforthehungry.weebly.com/>

Location: 120 N. 5th St., Ironton, OH 45638

Hours:

- Monday and Wednesday from 9:00AM to 12:00PM AND third Thursday of each month from 5:00PM to 8:00PM

Services:

- Food pantry service once every 30 days.
- One emergency service per year (for food lost due to power outages, house fires, freezer failure, etc.)

Eligibility / Requirements:

- Proof of identification.
- Proof of residency.
- Proof of the people residing in the household.

Boyd County, Kentucky

Ashland Community Kitchen

Phone: (606)325-8144 Email: community.kitchen@yahoo.com

Location: 2516 Carter Ave, Ashland, KY 41101

Hours:

- Meals served: Breakfast & lunch (Monday – Friday), Dinner (Monday – Thursday).
- Food pantry boxes: Distributed once monthly – call ahead for dates.

Services:

- Free hot meals throughout the week and monthly take-home grocery boxes.

Eligibility / Requirements:

- Meals are open to the public – no ID or referral required.
- Food boxes are available for individuals and families in need; senior boxes may require USDA eligibility.

House of Grace Church Food Pantry

Phone: (606) 393-1186

Location: 2413 Greenup Ave, Ashland, KY 41101

Hours:

- Sunday 9:00AM to 10:30AM
- Pickup service outside

Services:

- Provides free food with food products obtained from donations and the River Cities Harvest food bank program.

Eligibility / Requirements:

- No documentation required.
- No eligibility restrictions.

Notes:

- Smaller scale but accessible; good back-up option.

Hillcrest-Bruce Mission

Phone: (606) 324-5723 Email: director@hillcrestbrucemission.com

Location: 1819 Eloise St, Ashland, KY 41101

Hours:

- Monday through Thursday 9:00AM to 3:00PM

Services:

- Basic needs food pantry (fresh fruit/vegetables/breads), clothing, diapers, kitchenware, etc.

Eligibility / Requirements:

- Proof of residency, proof of income, proof of household size, and social security numbers.

Notes:

- They request that you call ahead.

Wayne County, West Virginia

Fort Gay Food Pantry

Phone: (304) 272-5339

Location: 3235 Louisa Street, Fort Gay, WV 25514

Hours:

- Third Wednesday of each month – 9:00AM to 3:00PM

Services:

- Food pantry.
- Emergency food assistance and monthly food distributions.

Eligibility / Requirements:

- Amount of food is based on family size and verified financial need.
- Proof of income and residency may be required.

Notes:

- Open once per month – plan ahead or call to verify next distribution date.
- Supplies may be limited; early arrival is recommended.

Starting Points Pantry

Phone: (304) 393-3389

Location: 44289 Route 52, Apt #2, Crum, WV 25669

Hours:

- Mondays & Wednesdays from 9:00AM to 1:00PM

Services:

- Monthly distributions and emergency food assistance.

Eligibility / Requirements:

- Must demonstrate income need; household size determines amount provided.
- Proof of income and address typically required.

Notes:

- Serves the southern Wayne County area.
- Limited hours; call ahead for availability.
- Stocks may vary monthly depending on donations and USDA delivery schedule.

Lavalette Community Food Pantry

Phone: (304) 634-2367

Location: 4623 WV-152, Lavalette, WV 25532

Services:

- Distribute monthly on the third Thursday and Friday.

Eligibility / Requirements:

- Must be a Wayne County resident.
- Drivers license, ID, or current utility bill for proof of residency.

Notes:

- Check their Facebook page for announcements, details, and upcoming pantry openings.
- Stay in your vehicle, and enter on the south side of the Lavalette United Methodist Church ... Only 3 families per vehicle are allowed.

Putnam County, West Virginia

Poca United Methodist Church Food Pantry

Phone: (304) 755-3569

Location: 112 Silver Street, Poca, WV 25159

Hours:

- Third Saturday of each month, 10:00AM to 12:00PM

Services:

- Nonperishable groceries and household essentials.

Eligibility / Requirements:

- Must show proof of residency in Putnam County and a photo ID.

Winfield United Methodist Church Food Pantry

Phone: (304) 586-3795

Location: 20 Radwin Drive, Winfield, WV 25213

Hours:

- First and Third Thursdays of each month, 9:00AM to 12:00PM

Services:

- Canned and fresh food distribution.

Eligibility / Requirements:

- I.D. required; walk-ins accepted.

Five Loaves Two Fish Food Pantry

Phone: (304) 755-7341 Website: <https://pocaumc.com/outreach/five-loaves-two-fish-food-pantry/>

Hours:

- Second and Fourth Saturday of each month, from 9:00AM until 12:00PM

Services:

- Food, cleaning supplies, and personal hygiene products.

Eligibility / Requirements:

- Call ahead.

Winfield Church of the Nazarene Food Pantry

Phone: (304) 586-2180 Website: <https://www.winfieldnazarene.com/ministries>

Hours:

- Held monthly, second Saturday of each month from 9:00AM to 12:00PM

Services:

- Drive-thru food pantry.

Eligibility / Requirements:

- Resident of Putnam County.
- Copy of driver's license.
- Must complete application, which can be found on the listed website.

Kanawha County, West Virginia

Saint Alban's Food Pantry

Phone: (304) 549-9402

Location: 405 B St., Saint Albans, WV 25177

Hours:

- Monday from 10AM-1PM, Tuesday from 9AM-1PM, Wednesday from 10AM-1PM, Thursday from 9AM-10AM, Friday (Closed), Saturday from 10AM-1PM, Sunday (Closed)

Notes:

- Call for further details

Manna Meal – Food Distribution Center

Phone: (304) 345-7121

Location: 706 Central Ave., Charleston, WV 25302

Hours:

- Monday through Sunday 6AM-1:30PM

Services:

- Community kitchen and food pantry.

Notes:

- Check their Facebook page for frequent updates.
- Call for further details.

CRA Upper Kanawha Valley – Food Distribution Center

Phone: (304) 949-6077

Location : 12404 Maccorkle Ave SE, Chesapeake, WV 25315

Hours :

- Monday through Friday from 9AM-3PM

Services:

- Emergency food pantry

Notes:

- Call for further details.

Hissom Inner-City Misson – Spring Street Food Pantry

Phone: (304) 542-9583

Location: 1305 Pennsylvania Ave, Charleston, WV 25302

Hours:

- Every Tuesday from 1PM-4PM.
- Thanksgiving & Christmas Holidays

Notes:

- Call ahead for further details and eligibility information.

Gallia County, Ohio

Outreach Center

Phone: (740) 446-7555

Location : 275 State St, Gallipolis, Ohio 45631

Hours:

- Every Tuesday and Thursday, with the exception of the first week of each month

Services:

- Provides food to meet basic nutritional needs

Notes:

- Hours can vary, call ahead.

God's Hands At Work Food Pantry

Phone: (740) 645-7609

Location : 1498 OH-850, Bidwell, Ohio 45614

Hours :

- Mondays from 10AM-4PM, Thursdays from 2PM-6PM.
- Call ahead to make arrangements for pickups.

Services:

- Food pantry serving a five county service area including Gallia, Jackson, Meigs, and Vinton counties in Southeastern Ohio and Mason County, WV.

Note:

- It is important to call ahead.

How to Get a Food Pantry Referral (If Required)

Some pantries in the tri-state area may ask for a referral before you can receive food. This process is free, quick, and confidential, and it helps local agencies keep track of community needs. (Not all pantries require a referral — check the notes under each listing to see if yours does).

Step 1: Call 2-1-1

- Dial 2-1-1 from your phone (available in West Virginia, Kentucky, and Ohio).
- If 2-1-1 doesn't connect, call (304) 528-5660 (United Way of the River Cities).
- Tell the operator: "I need a food pantry referral for [name of pantry]. I'm a student at Mountwest."
- They'll ask for your name, address, and how many people are in your household.

Step 2: Or Visit in Person (Cabell County / Huntington Area)

Location: *United Way of the River Cities*

820 Madison Avenue, Huntington, WV 25704

Hours: Monday through Friday from 8:30AM to 4:30PM

(They can issue the referral directly or fax it to the pantry for you).

Step 3: Bring These Items

- **Photo ID** (student ID, driver's license, or other government ID)
- **Proof of address** (mail, lease, or bill with your name)
- **Name of the pantry** you plan to visit

Step 4: Pick Up Your Food

- I&R will either email/fax the referral to the pantry or give you a paper copy.
- Bring your photo ID when you go pick up food.
- Most referrals are valid for about 30 days.

Step 5: For Other Counties

- **Wayne County, WV:** Some pantries handle referrals themselves; call the pantry directly to check.
- **Boyd/Greenup Counties, KY:** You can still call 2-1-1 (Kentucky line) **or** Boyd County CARES for help. Some pantries do not require referrals.
- **Lawrence County, OH:** Call 2-1-1 or contact the Community Action Organization; most pantries are open access, but referrals may be needed for USDA food boxes.