

A. Philip Randolph Food Bank

919-833-6671
1408 Hillsborough St
Raleigh NC 27605

Referral Needed. ID required. Open from 1:30pm-4pm Monday through Friday.

Accessible Raleigh Transportation (ART)

919-890-3459

www.raleighnc.gov/home/content/PWksTransit/Articles/AccessibleRaleighTransportationService.html

The City of Raleigh provides transportation services for persons with disabilities. There are two levels of services:

- Tier 1 service is available for permanent Raleigh residents who do not have a valid driver's license, and are identified as a person with a physical or mental disability.
- Tier II service is available to persons who qualify under the Americans with Disabilities Act (ADA).

Call for instructions on how to apply.

Angel Food Ministries

919-832-7112

Hillyer Memorial Church

718 Hillsborough St

Raleigh NC 27603

www.hillyerchurch.org or www.angelfoodministries.com

Providing discount food orders purchased in bulk. Pre-ordering required. Cash and EBT accepted. Some locations with debit and credit card orders. No income restrictions. See for sample menu and locations in Raleigh, Cary, Fuquay-Varina, Garner, Wendell, and Zebulon.

Brooks Avenue Church of Christ

919-821-2400

700 Brooks Ave

Raleigh NC 27607

www.brooks.org

No referral required. ID required. 2nd and 4th Saturday of each month, 9:00am-12:00pm.

Note: Only open one Saturday during the months of April, November, December. Please call to confirm.

Brooks Avenue Church of Christ

919-821-2400
700 Brooks Ave
Raleigh NC 27607
www.brooks.org

Food Pantry every 2nd and 4th Saturday of each month, 9:00 a.m. - 12:00 noon.
ID required. No referral required.

Note: Only open one Saturday during the months of April, November, & December. Please call to confirm.

C-Tran

919-481-2020
[www.townofcary.org/Departments/Planning_Department/Transportation/C-Tran.h
tm](http://www.townofcary.org/Departments/Planning_Department/Transportation/C-Tran.htm)

Hours of Operation Monday through Saturday, 6am-7pm. The Town of Cary provides two types of service: fixed route and door-to-door service. Children aged 6 and younger ride free. Make a reservation to ensure a seat 2 hours to 2 weeks in advance. Call for more information.

Capital Area Transit (CAT)

919-828-7228

1430 & 214 South Blount St

Raleigh NC 27603

www.raleigh-nc.org/transit

Call for information and schedule.

Capital City Christian Church

919-851-5958

4131 Western Blvd

Raleigh NC 27606

Serving zip codes 27603, 27606, 27607. 1st and 3rd Mondays of the month;
11:30am-12:30pm.

Catholic Parish Outreach

919-873-0245

2013 N. Raleigh Blvd

Raleigh NC 27604

www.cporaleigh.org

Clothing for children (up to children's size 4); maternity clothing for expectant

mothers. Limited supply of baby items. Referral required. ID Card required for all family members receiving assistance. Monday through Saturday, 10:00am-1:00pm.

Catholic Parish Outreach

919-834-9680

2013 North Raleigh Blvd

Raleigh NC 27604

www.cporaleigh.org

Referral required. IDs required for all family members receiving assistance. Provides up to a week of groceries once every 30 days. Monday through Saturday, 10am-1pm.

Chest of Hope Food Pantry

919-831-1200

Living Waters FGB Church

3309 Cedar Springs Dr

Raleigh NC 27603

Saturday mornings from 9am-12noon. Need NC ID.

Cornerstone Center

919-508-0777

220 Snow Ave

Raleigh NC 27603

<http://www.wakegov.com/humanservices/locations/cornerstone/Pages/default.aspx>

All services are for homeless individuals only. Please call to confirm as service times may vary.

Toiletry Items

Mon, Tue, Thu, Fri 8am-12pm. Mon-Fri 1pm-5pm. Subject to availability.

Laundry Facilities

Tue and Fri at 8:30am. Will serve the first 8 individuals.

Showers

Mon, Tue, Thu, Fri at 8:30am. Will serve the first 8 individuals. Mon through Friday at 1pm. Will serve the first 8 individuals. Towels and toiletries provided.

Doorstep Ministry, Edenton Street United Methodist Church

228 West Edenton Street

Raleigh, NC 27603

919-832-9530

Monday - Thursday, 8:00 AM - 1:00 PM

Client should bring photo ID, proof of income, bill/lease, SS cards for all household members

Calls for appointments for financial aid (rent, utilities) are taken on Mondays from 10:00 AM to 12:00 PM. Appointments are scheduled for Tuesday and Wednesday mornings. No walk-ins.

Food and diaper referrals are available without an appointment.

www.esumc.org

Dorcas Ministries

919-469-1351

187 HighHouse Rd

Cary NC 25711

www.dorcas-cary.org

Serves only residents of Cary, Morrisville, Apex, Holly Springs, Willow Springs, New Hill, and Friendship. ID and proof of residence required. Monday -Friday, 10am-1pm; Sign in by 12:30pm.

Dress for Success

919-665-4500

1390 Capital Blvd

Raleigh NC 27603

www.dressforsuccess.org/trianglenc

Dress for Success Triangle works to promote the economic independence of disadvantaged women by providing professional attire, a network of support and the career development tools to help women thrive in work and in life.

Offers professional attire to women before their initial interview. After the initial job interview and after they find work, she can receive additional professional attire. This organization serves clients by referral only and must have an initial interview scheduled. Dress for Success also provides support for women during their transition into the workforce by providing a professional women's group and a career center. Does not charge a fee.

Fairmont UMC

919-832-3316

2501 Clark Ave

Raleigh NC 27607

<http://www.fairmontumc.org/>

Bagged Lunches are served Tuesdays and Thursdays 11:00am-1:00pm

First Baptist Church

919-832-4485

99 North Salisbury St

Raleigh NC 27601

www.fbcraleigh.org

Clothing for men, women and children. Some type of ID required such as social

security card or driver license. Wednesday 10:00am- 11:30am; Thursday 1:00pm-2:30pm.

First Baptist Church

919-832-1649

101 South Wilmington St

Raleigh NC 27601

<http://raleighfirstbaptist.org>

Sunday breakfast served at 8:30am for people that are homeless who attend 7:30am service.

First Baptist Church

919-832-4485

99 North Salisbury St

Raleigh NC 27603

<http://fbcraleigh.org/>

Individuals visting the Clothing Closet will also be provided with hygiene/toiletry items. ID required. Wednesday 10:30am-12noon; Thursday 1pm-2:30pm.

Fuquay Emergency Food Pantry

919-552-7720

216 West Academy St

Fuquay Varina NC 27526

<http://www.fvfoodpantry.com/>

Fuquay Varina, Willow Springs and Holly Springs residents only. Open Tuesday 9am-11:45am and Thursday 2pm-5:45pm

Garner Area Ministries

919-772-9100

560 Village Ct

Garner NC 27529

(Corner of HWY 70 & Aversboro Rd)

Must be a resident of the Garner area. Monday, Wednesday, and Friday 9:00am - 12:00pm.

Garner Area Ministries

919-772-9100

560 Village Ct

Garner NC 27529

www.gam-nc.org

Must be a resident of the Garner area or zip code 27603 and 27610. Every 3 months. Some gas assist available. Monday- Friday, 9am-12noon.

[Gateway](#)

919-833-0096

1306 Hillsborough St, Raleigh NC 27605

www.gatewaycampus.org

Pregnancy Resource Center. Provides free pregnancy testing, education, HIV/STD testing, counseling, ultrasounds.

Monday 10:00am - 8:00pm, Tuesday - Thursday 10:00am - 10:00am - 2:00pm, Friday 10:00am - 2:00pm. HIV/STD testing 1st and 3rd Mondays 12:00pm - 3:00pm.

[GoTriangle](#)

1-919-485-7483

www.gotriangle.org

GoTriangle is a partnership of public transportation agencies and organizations funded to promote commuter benefits in the Triangle. CAT, DATA, C-Tran, Chapel Hill Transit, Duke Transit, and NCSU Wolfline) all centrally located in one online resource. Provides real time bus locations and a trip planner.

Hallelujah Soup Kitchen

919-592-2365

1904 S. Wilmington St

Raleigh NC 27603

www.gods-helpers.org

Serves breakfast Wed-Fri 7:30am-8:30am.

Haven House: Outreach Center

919-833-3312

600 W. Cabarrus Street

Raleigh NC 27603

[Website](#)

The Outreach Center: 832 Wake Forest Rd. Raleigh NC

Wrenn House: 908 W. Morgan St. Raleigh NC.

Provide day shelter for homeless & street-dependent youths aged 10-23 years and their families. Provides basic needs assistance such as food, clothing, hygiene, ID assistance and case management and counseling services. Resources available for overnight shelters.

Services:

- Day Shelter
- Food, Hygiene Supplies, Showers, Laundry Facility, Clothes, Diapers/Wipes, Bus

Passes, Computer Lab, Referrals

- Life Skills Classes
- Safe place for study, socialization and positive recreational activities
- Available Case Managers and Counselors
- Street Outreach Team

Eligibility:

- Youth ages 10-23

Process:

- In person intake
- Photo ID (Waiver can be provided to obtain one if needed)

Islamic Association of Raleigh

919-834-9572

808 Atwater St

Raleigh NC 27607

www.raleighmajid.org

Wake County residents only. Muslim and non-Muslim residents served. Every 1st Saturday of the month.

Junior League of Raleigh Bargain Box

919-833-7587
401 Woodburn Ave
Raleigh NC 27605

Referral required. Bargain Box referrals only, accepted from participating agencies. Monday through Saturday 10am-6pm.

Lincoln Park Holiness Church

919-822-2009
13 Heath St
Raleigh NC 27610

By appointment only. On bus route.

Longview United Methodist Church

919-834-7554
2312 Milburnie Rd
Raleigh NC 27610

Must be a resident of Raleigh, ID required. MUST CALL FOR AN APPOINTMENT.
Food pantry on 2nd and 4th Wednesdays 12:30pm-3:30pm.

Martin Street Baptist Church

(919) 833-9756
1001 E Martin St
Raleigh, NC 27601

<http://www.martinstreetbaptist.com/>

Food: Blessings in Bags grocery food distribution every 2nd Saturday. Arrive at 8:00 am, shop at 10:00 am.

Clothing: Clothes Closet distributes free clothing every Tuesday from 12:00 pm to 3:00 pm

Benevolence Ministry: Provides financial assistance for final notices for light and gas bills. Must be resident of Raleigh. Interviews on the first and third Tuesday of each month from 12:30 pm - 1:00 pm at Martin Street Baptist Church (October to June). Bring picture ID, bill, pay stubs, and any other documentation that you can think of might be needed. If you want children to be considered, please have their original birth certificate. You can receive assistance once every 12 months.

Meals on Wheels

919-833-1749
919-832-2592
616 Tucker St.

Raleigh NC 27603

www.wakemow.org

Home delivered meals for the disabled and home-bound seniors. Applicants must reside in Wake County, and have a chronic disability that inhibits the ability to shop for food and/or preparing meals. Individuals under 60 may qualify if certain criteria are met. Call 919-833-1749 for details.

Congregate dining program also serve daily lunch at noon for senior citizens at sites throughout Wake County. [Please call a location to make a reservation.](#)

[North Raleigh Ministries](#)

919-844-6676

9650 Strickland Rd Suite 175

Raleigh NC 27615

www.northraleighministries.com

Food pantry by walk-in or appointment, Must present NC picture ID, original Social Security card for all household members, all household bills, current signed lease or mortgage statement, proof of any household income, proof of crisis, and proof of address (Must be a resident in zip code 27604, 27609, 27612, 27613, 27614, 27615, 27616). Financial assistance appointments are made on Mondays and Thursdays by phone only at 10:00am.

Crisis Center and Market Hours:

Monday: 10am - 3pm

Tuesday: 10am - 12:30pm

Wednesday: 10am - 12:30 pm & 5:30pm - 8pm

Thursday: 10am - 3pm

Friday: Closed

Saturday & Sunday: Closed

Oak City Outreach Center (OCOC)

www.endhomelessnesswake.org

Hours of Operation

Saturdays and Sundays, 9:00AM - 6:00PM

Located At

215 1/2 South Person Street, Downtown Raleigh

Across from Moore Square behind the Old Salvation Army Building

The Oak City Outreach Center is operated by Catholic Charities, provides meals and restrooms.

Resources for Seniors, Inc.

919-872-7933

1110 Navaho Dr. #404

Raleigh NC 27609

www.resourcesforseniors.com

Limited medical transportation, nutrition site transportation and grocery shopping transportation available. Call for more information.

Second Harvest Food Bank

919-875-0707

3808 Tarheel Dr

Raleigh NC 27609

www.foodbankcenc.org

North Carolina Food Bank. Can provide zip code specific information regarding emergency food pantry participants. Mon-Fri, 8:30 AM to 5:00 PM

Shepherd's Table Soup Kitchen

919-831-2010

121 Hillsborough Street

Raleigh, NC 27603

www.shepherds-table.org

Lunch served Monday through Friday, 11am-12noon.

The Green Chair Project

919-809-7982

1319 Capital Blvd

Raleigh NC 27603

www.thegreenchair.org

Providing recycled furniture to those in need. Referral from partner agency required. See website for list of partners.

The Salvation Army of Wake County

The Center of Hope

1863 Capital Blvd.

Raleigh, NC 27604

www.keepthebellringing.org

Each family member may receive up to 10 items of clothing per visit. Participants may come every 3 months. Call on Monday morning to schedule an appointment for later in the week. Appointments are given out on a first come/first served basis. Must bring a Social Security card for each member of the family needing clothes, and a NC ID, Homeless ID or Prison ID of the person shopping at the clothing closet.

The Salvation Army of Wake County

The Center of Hope

1863 Capital Blvd.

Raleigh, NC 27604

www.keepthebellringing.org

May receive food assistance once every 3 months. Must bring Social Security cards for household members, an NC ID card, and a recent rent receipt or proof of residence. Individuals or families must have a permanent residence to receive the food bags. Call for appointment on Fridays between hours of 8am-9am.

The Salvation Army of Wake County

919-834-6733

The Center of Hope

1863 Capital Blvd.

Raleigh, NC 27604

www.keepthebellringing.org

The evening soup line is open to the public Monday through Friday from 5pm until 6pm. No ID or information required. Open to all members of the community.

The Women's Center

919-829-3711

112 Cox Ave

Raleigh NC 27605

www.wcwc.org

Resource for women. Food referrals available by appointment and subject to availability. Emergency food given when no other resources available.

The Women's Center

919-829-3711
112 Cox Ave
Raleigh NC 27605

Items provided to homeless women by appointment based on need and subject to availability

The Women's Center of Wake County

919-829-3711
112 Cox Avenue
Raleigh, NC 27605
www.wcwc.org

For homeless women only. Lunch served Monday and Wednesday at 11:30am.

TRACS (Wake County Human

Services)

919-212-7005

220 Swinburne Rd

Raleigh NC 27610

www.wakegov.com

Transportation to residents of non urbanized areas of the county. 24 hour or more advance notice for pick up. First come first served. Fees charged per trip. Mon-Fri 7am-12noon and 1pm-6pm.

Traveler's Aid (Cornerstone)

919-508-0777

220 Snow Ave

Raleigh NC 27603

One time assistance to displaced/stranded travelers when funds are available. Call before coming to Cornerstone to see if funds are available. Must be able to contact permanent residence on destination end to ensure willingness to accept traveler (Unable to send to shelter or program).

Tri-Area Ministries

919-556-7144

149 East Holding Ave

Wake Forest NC 27588

www.triareaminestries.com

Serves mainly Wake Forest, Rolesville and Youngsville residents. ID required.
Open Monday and Wednesday 8:30am-Noon.

Triangle Transit Authority (TTA)

919-485-7433

4600 Emperor Blvd #100

Durham 27703

www.triangletransit.org

Free vanpool matching available to the general public (485-7461) and regional bus service to Raleigh, Durham, Chapel Hill, RTP, and RDU. Bus schedules available at Moore Square information booth. Offers direct airport shuttles from Regional Transfer Center. Office Hours Monday through Friday 6am-6:30pm. Bus hours Mon-Fri 6am-10:30pm, Sat 8am-5:30pm.

Urban Ministries

919-834-4707

1390 Capital Blvd

Raleigh NC 27603

www.urbanmin.org

Limit 40 people per day, subject to availability. Must have valid ID and proof of

Wake County residency. Referrals made to other agencies for food also. Monday through Friday 9am-1pm.

Urban Ministries

919-834-4707
1390 Capital Blvd
Raleigh NC 27603

Monday - Friday 9am-1pm. Subject to availability. Must have valid ID and proof of Wake county residency.

Victory Temple Ministries

919-567-2399
300 Rogers St
Holly Springs NC 27540
www.victorytemplemin.org

Outreach ministry provides a clothing closet.

Wake Area Missions Ministries (WAMM)

www.carepointraleigh.org

WAMM is a movement, not an organization. Christian churches and ministries united to provide meals and other basic needs at "CarePoints" around Wake County.

In NORTH Raleigh

Journey Church -Saturday-7:45-9am-(Meal Inside) Corner of Spring Forest/Capital Blvd

Temple's Table - 1st and 3rd Sunday a month - 1pm - 2pm- (Meal Inside)
Temple Baptist Church 1417 Clifton St.

In CENTRAL Raleigh

Oak City Outreach Center - Saturday and Sunday - 9am - 6pm- (Meal Inside)
215 S. Person St.

Church in the Woods - Sunday - 11:30am - 1:30pm-(Meal Inside)
First Presbyterian Church Outreach Center, 124 S. Salisbury St.

New Bern House - Saturday and Sunday- 1am-1pm-(Meal Inside)
501 New Bern Ave.

Act of Kindness Min- 2nd & 4th Saturday-9-10am-(Meal)
Mt.Sinai Church-301 S.Swain St

In WEST Raleigh/Apex/Cary

AME Empowerment Center Shelter - Mon- Fri 12-1pm, Sat & Sun 12-2 pm-
(Meal and Day Shelter Inside) 412 Capital Blvd

The Point Church - Saturday 11am-12 -Meal and distributes groceries

1503 Walnut Street, Cary, NC

In EAST/SOUTHEAST Raleigh

Church in the Woods - Saturday - 12:30pm - 1:30pm- Bragg/East St.

Church in the Woods - Saturday - 2pm - 3:30pm- Boyer/Carver St.

In SOUTH/SOUTHWEST Raleigh-Garner

God's Helpers of Raleigh - Wed thru Sat - 7:30am - 8:30am- (Meal Inside)

Hallelujah Soup Kitchen - 1904 S. Wilmington St.

Church in the Woods - Thursdays - 6:30pm- 7:30pm- Peach Rd.

Hope Ministries- Saturday - 8:30am - 12pm- Meal and Shower

Garner United Methodis Church- Hwy 70 at Vandora Springs Rd in Garner

The Point Church- Saturdays-11-12- Hot meal, groceries,clothing (Inside)

Inwood Baptist Church - 3700 Lake Wheeler Rd

Wake County Human Services

919-212-7000

220 Swinburne Rd

Raleigh NC 27610

www.wakegov.com/humanservices

The application session lasts approximately 2 hours. In order to determine eligibility for assistance, the following information will be needed for household members: birth certificates, Social Security numbers, ID of head of household, verification of rent and utilities, all pay stubs for the prior 2 months and verification of any other income such as child support, self-employment income

and contributions, bank statements (if applicable). Monday through Friday, walk-in to apply 7:30am daily.

Wake County Transportation Center

919-212-7005
220 Swinburne Rd
Raleigh NC 27610
www.wakegov.com

Mon-Fri 8am-5pm; Walk-ins: Mon-Fri 9am-11am and 2pm-4pm

Medical transportation through Medicaid and other transportation services for Wake County citizens.

Wake Relief

919-833-6400
St Saviour's Center (bottom floor)
616 Tucker St
Raleigh NC 27603

www.wakerelief.org

Mondays and Tuesdays 1pm-3pm; Wednesday and Friday 10am-12noon. Referral required.

Western Wake Crisis Ministries

919-362-0657

103 East Chatham St

Apex NC 27502

www.wwcm.org

Serves Apex, Fuquay-Varina, Holly Springs, & New Hill and Friendship areas.
Monday through Thursday 10am-1pm.

Wheels for Hope

919-832-1941

929 South Saunders St

Raleigh NC 27603

www.wheels4hope.org

Faith-based nonprofit that repairs donated cars and recycles them back in the community. Referral by partner agency required. General public sales also provided on Tue and Thu 9am-4pm.

WIC (Women, Infants, and Children) Program

919-250-4720

Public Health Center

10 Sunnybrook Road

Raleigh NC 27610

www.nutritionnc.com/wic

Bring proof of identification, residence and household income. Eligibility based on income and nutritional need. WIC is a food supplement program for pregnant women, women who are breastfeeding who have had a baby in the last 12 months, women who have had a baby in the last six months and children under five. Vouchers are given out for food that includes milk, formula, cereal, fruit, juice, and beans. Wellness Clinic for infants is also available here. Monday through Friday 8:30am-5:15pm. Call to schedule an appointment to apply.

With Love from Jesus

919-233-8010

421 Chapanoke Road

Raleigh NC 27601

Clothing provided as well as other home furnishings, diapers, etc., when available. Public distribution hours: 9am-2pm Tuesday, Wednesday, Friday and Saturday.

With Love from Jesus

919-233-8010

421 Chapanoke Rd

Raleigh NC 27603

www.withlovefromjesus.org

No ID, proof of residence, or referral needed. Distribution behind shopping center. Tue, Wed, Fri, and Sat distribution 9:30am-12noon.

Wofline

919-515-3424

2721 Sullivan Dr

Raleigh NC 27606

www.ncsu.edu

Open to students and the general public. No fare or Student ID required to ride. Operates everyday classes are in session. Routes vary between Fall, Spring, and Summer service.