

April 2025 Cape Girardeau County Church Meals & Pantries

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Salvation Army Pantry: 9 AM to 12 PM Rock of Cape ³ Pantry 9-11 AM Cape First Church of The Nazarene Pantry 9:30 AM-12:00 PM Fruitland Community ⁵ Pantry 9:00 AM - 4:00 PM Red Star Pantry Pantry 5:30 PM Catholic Social Ministries Pantry 8:30 AM - 11:30 AM	2 Salvation Army Meals with Friends 12 -1 PM Centenary Methodist Community Meal 5:30 PM FISH Food Pantry ² Pantry 9 AM-11:30 AM Fruitland Community ⁵ Pantry 9:00 AM - 4:00 PM	3 Christ Episcopal Church Pantry 10-11:30 AM JMA Food Pantry ⁴ 1 PM — 3 PM Fruitland Community ⁵ Pantry 9:00 AM - 4:00 PM The Hub Meal 12-1 PM	4 FISH Food Pantry ² Pantry 9 AM-11:30 AM Fruitland Community ⁵ Pantry 9:00 AM - 4:00 PM Red Star Pantry Pantry 5:30 PM	5 Catholic Social Ministries Pantry 8:30 AM - 11:30 AM
6 Christ Episcopal Church Pantry Noon-1 PM	7 Salvation Army Meals with Friends 12 -1 PM JMA Food Pantry ⁴ 9-11 AM & 1-3 PM Apostolic Promise Church TAP into Recovery Meal 6:30 PM FISH Food Pantry ² Pantry 9 AM-11:30 AM Fruitland Community ⁵ Pantry 9:00 AM - 4:00 PM	8 Salvation Army Pantry: 9 AM to 12 PM Rock of Cape ³ Pantry 9-11 AM Cape First Church of The Nazarene Pantry 9:30 AM-12:00 PM Fruitland Community ⁵ Pantry 9:00 AM - 4:00 PM Red Star Pantry Pantry 5:30 PM Catholic Social Ministries Pantry 8:30 AM - 11:30 AM	9 Salvation Army Meals with Friends 12 -1 PM Centenary Methodist Community Meal 5:30 PM FISH Food Pantry ² Pantry 9 AM-11:30 AM Fruitland Community ⁵ Pantry 9:00 AM - 4:00 PM	10 Christ Episcopal Church Pantry 10-11:30 AM JMA Food Pantry ⁴ 1 PM — 3 PM Fruitland Community ⁵ Pantry 9:00 AM - 4:00 PM The Hub Meal 12-1 PM	11 St Andrew Lutheran Seconds Meal 5:30 PM—6 PM Fruitland Community ⁵ Pantry 9:00 AM - 4:00 PM FISH Food Pantry ² Pantry 9 AM-11:30 AM Red Star Pantry Pantry 5:30 PM	12 Catholic Social Ministries Pantry 8:30 AM - 11:30 AM
13 Gospel Life Cape Pancake Breakfast 08:30 AM-09:00 AM Christ Episcopal Church Pantry Noon-1 PM	14 Salvation Army Meals with Friends 12 -1 PM JMA Food Pantry ⁴ 9-11 AM & 1-3 PM Apostolic Promise Church TAP into Recovery Meal 6:30 PM FISH Food Pantry ² Pantry 9 AM-11:30 AM Fruitland Community ⁵ Pantry 9:00 AM - 4:00 PM	15 Salvation Army Pantry: 9 AM to 12 PM Rock of Cape ³ Pantry 9-11 AM Cape First Church of The Nazarene Pantry 9:30 AM-12:00 PM Fruitland Community ⁵ Pantry 9:00 AM - 4:00 PM Red Star Pantry Pantry 5:30 PM Catholic Social Ministries Pantry 8:30 AM - 11:30 AM	16 Salvation Army Meals with Friends 12 -1 PM Centenary Methodist Community Meal 5:30 PM FISH Food Pantry ² Pantry 9 AM-11:30 AM Fruitland Community ⁵ Pantry 9:00 AM - 4:00 PM	17 Christ Episcopal Church Pantry 10-11:30 AM JMA Food Pantry ⁴ 1 PM — 3 PM Fruitland Community ⁵ Pantry 9:00 AM - 4:00 PM The Hub Meal 12-1 PM	18 Salvation Army Meals with Friends 12 -1 PM Fruitland Community ⁵ Pantry 9:00 AM - 4:00 PM FISH Food Pantry ² Pantry 9 AM-11:30 AM Red Star Pantry Pantry 5:30 PM	19 Catholic Social Ministries Pantry 8:30 AM - 11:30 AM New Bethel Missionary Baptist Church Pantry 10 AM-12 PM

²Call FISH first at 573-334-0207. ³Call the Rock first at 573-339-1811. ⁴Residents of Jackson R-2 School District Only. ⁵Call (573) 450-4134 for appointment. ⁶Call 573-335-4858 for appointment

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20 Lake Girardeau Assembly of God Pantry 2-4 PM Christ Episcopal Church Pantry Noon-1 PM	21 JMA Food Pantry⁴ 9-11 AM & 1-3 PM Apostolic Promise Church TAP into Recovery Meal 6:30 PM FISH Food Pantry² Pantry 9 AM-11:30 AM Fruitland Community⁵ Pantry 9:00 AM - 4:00 PM	22 Salvation Army Pantry: 9 AM to 12 PM Rock of Cape³ Pantry 9-11 AM Cape First Church of The Nazarene Pantry 9:30 AM-12:00 PM Fruitland Community⁵ Pantry 9:00 AM - 4:00 PM Red Star Pantry Pantry 5:30 PM Crossroads Church Pantry 10 AM-12 PM	23 Salvation Army Meals with Friends 12 -1 PM Centenary Methodist Community Meal 5:30 PM FISH Food Pantry² Pantry 9 AM-11:30 AM Fruitland Community⁵ Pantry 9:00 AM - 4:00 PM	24 Christ Episcopal Church Pantry 10-11:30 AM JMA Food Pantry⁴ 1 PM — 3 PM Fruitland Community⁵ Pantry 9:00 AM - 4:00 PM The Hub Meal 12-1 PM	25 Salvation Army Meals with Friends 12 -1 PM Fruitland Community⁵ Pantry 9:00 AM - 4:00 PM FISH Food Pantry² Pantry 9 AM-11:30 AM	26 Red Star Pantry Pantry 8-10 AM Vincent's Vittles St. Vincent de Paul Catholic Church Meal at 6 PM
27 Christ Episcopal Church Pantry Noon-1 PM	28 Salvation Army Meals with Friends 12 -1 PM JMA Food Pantry⁴ 9-11 AM & 1-3 PM Apostolic Promise Church TAP into Recovery Meal 6:30 PM FISH Food Pantry² Pantry 9 AM-11:30 AM Fruitland Community⁵ Pantry 9:00 AM - 4:00 PM	29 Salvation Army Pantry: 9 AM to 12 PM Rock of Cape³ Pantry 9-11 AM Cape First Church of The Nazarene Pantry 9:30 AM-12:00 PM Fruitland Community⁵ Pantry 9:00 AM - 4:00 PM Red Star Pantry Pantry 5:30 PM Catholic Social Ministries Pantry 8:30 AM - 11:30 AM	30 Salvation Army Meals with Friends 12 -1 PM Centenary Methodist Community Meal 5:30 PM FISH Food Pantry² Pantry 9 AM-11:30 AM Fruitland Community⁵ Pantry 9:00 AM - 4:00 PM	Mobile Food Pantries: https://www.semofoodbank.org/mobile-food-pantries/ April 4 @ 4:00 pm Fruitland Community Church 6040 US Hwy. 61, Jackson, MO Drive-thru April 11 @ 6:30 pm St. Andrew Lutheran Church 804 N. Cape Rock Dr., Cape Girardeau, MO Drive-thru	April 12 @ 9:00 am Shawnee Park Center 835 S. West End Blvd., Cape Girardeau, MO Drive-thru	Another list of pantries: https://www.semofoodbank.org/pantry-locator/
Red Star Pantry 361 Country Club Drive 573-200-1565 Crossroads Church 4400 East Jackson Blvd (573) 471-1818 Apostolic Promise Church 750 N. Mount Auburn Rd Gospel Life Church Cape 817 Broadway St. 573-271-8501	St Andrew Lutheran Church 804 N Cape Rock Drive The Hub The Neighborhub at CPSEMO, 40 South Sprigg (rear parking lot entrance) Meals provided by St. Andrew Lutheran Church Lighthouse United Church 710 Southern Expressway	FISH Food Pantry (Call first)² 106 S. Sprigg St. 573-334-0207 Christ Episcopal Church 101 N. Fountain St. (573) 335-2997 Centenary Methodist 300 N. Ellis Street Cape First Church of The Nazarene 2601 Independence (573) 335-6767	The Bridge 428 S Fredrick Trinity Lutheran Church 100 N. Frederick St. Revival Center Pantry 914 Old Cape Road Trinity Lutheran Church 100 N. Frederick (meal on Broadway under church sign) House of Prayer 1 N. Sprigg St.	Salvation Army 701 Good Hope St (573) 335-7000 Fruitland Community Church (Call first)⁵ 6040 Highway 61 North 573-204-0724 Lake Girardeau Assembly of God 4581 State Highway U Whitewater, MO 63785 (573) 282-0398	First Baptist Church 1289 Lexington Ave Rock of Cape (Call first)³ 4250 State Highway K 573-339-1811 Vincent's Vittles St. Vincent de Paul Catholic Church 1913 Ritter Dr New Bethel Missionary Baptist 1029 S Benton (573) 979-9358	Catholic Social Ministries 141 S. Frederick St. (573) 335-9347 Jackson Ministerial Alliance (JMA) Food Pantry⁴ 417 Washington

Calendar compiled by Pastor Dan Johnson, Retired. Please send corrections, additions, and requests to subscribe to churchmealsandpantries@outlook.com

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