

# July 2025 Cape Girardeau County Church Meals & Pantries

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

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

## July 2025 Cape Girardeau County Church Meals & Pantries

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>20</b> <b>Lake Girardeau Assembly of God</b> Pantry 2-4 PM <b>Christ Episcopal Church</b> Pantry Noon-1 PM	<b>21</b> <b>JMA Food Pantry<sup>4</sup></b> 9-11 AM & 1-3 PM <b>Apostolic Promise Church</b> TAP into Recovery Meal 6:30 PM <b>FISH Food Pantry<sup>2</sup></b> Pantry 9 AM-11:30 AM <b>Fruitland Community<sup>5</sup></b> Pantry 9:00 AM - 4:00 PM	<b>22</b> <b>Salvation Army</b> Pantry: 9 AM to 12 PM <b>Rock of Cape<sup>3</sup></b> Pantry 9-11 AM <b>Cape First Church of The Nazarene</b> Pantry 9:30 AM-12:00 PM <b>Fruitland Community<sup>5</sup></b> Pantry 9:00 AM - 4:00 PM <b>Red Star Pantry</b> Pantry 5:30 PM <b>Crossroads Church Pantry</b> 10 AM-12 PM	<b>23</b> <b>Salvation Army</b> Meals with Friends 12 -1 PM <b>Centenary Methodist</b> Community Meal 5:30 PM <b>FISH Food Pantry<sup>2</sup></b> Pantry 9 AM-11:30 AM <b>Fruitland Community<sup>5</sup></b> Pantry 9:00 AM - 4:00 PM	<b>24</b> <b>Christ Episcopal Church</b> Pantry 10-11:30 AM <b>JMA Food Pantry<sup>4</sup></b> 1 PM — 3 PM <b>Fruitland Community<sup>5</sup></b> Pantry 9:00 AM - 4:00 PM <b>The Hub</b> Meal 12-1 PM	<b>25</b> <b>Salvation Army</b> Meals with Friends 12 -1 PM <b>Fruitland Community<sup>5</sup></b> Pantry 9:00 AM - 4:00 PM <b>FISH Food Pantry<sup>2</sup></b> Pantry 9 AM-11:30 AM	<b>26</b> <b>Red Star Pantry</b> Pantry 8-10 AM <b>Vincent's Vittles</b> St. Vincent de Paul Catholic Church Meal at 6 PM
<b>27</b> <b>Christ Episcopal Church</b> Pantry Noon-1 PM <b>Christ Episcopal Church</b> Red Door Community Supper Meal 4:30-5:30 PM	<b>28</b> <b>Salvation Army</b> Meals with Friends 12 -1 PM <b>JMA Food Pantry<sup>4</sup></b> 9-11 AM & 1-3 PM <b>Apostolic Promise Church</b> TAP into Recovery Meal 6:30 PM <b>Fruitland Community<sup>5</sup></b> Pantry 9:00 AM - 4:00 PM	<b>29</b> <b>Salvation Army</b> Pantry: 9 AM to 12 PM <b>Rock of Cape<sup>3</sup></b> Pantry 9-11 AM <b>Cape First Church of The Nazarene</b> Pantry 9:30 AM-12:00 PM <b>Fruitland Community<sup>5</sup></b> Pantry 9:00 AM - 4:00 PM <b>Red Star Pantry</b> Pantry 5:30 PM <b>Crossroads Church Pantry</b> 10 AM-12 PM	<b>30</b> <b>Salvation Army</b> Meals with Friends 12 -1 PM <b>Centenary Methodist</b> Community Meal 5:30 PM <b>FISH Food Pantry<sup>2</sup></b> Pantry 9 AM-11:30 AM <b>Fruitland Community<sup>5</sup></b> Pantry 9:00 AM - 4:00 PM	<b>31</b> <b>Christ Episcopal Church</b> Pantry 10-11:30 AM <b>JMA Food Pantry<sup>4</sup></b> 1 PM — 3 PM <b>Fruitland Community<sup>5</sup></b> Pantry 9:00 AM - 4:00 PM <b>The Hub</b> Meal 12-1 PM	<b>Mobile Food Pantries:</b> <a href="https://www.semofoodbank.org/mobile-food-pantries/">https://www.semofoodbank.org/mobile-food-pantries/</a> <b>July 11 @ 4:00 pm</b> La Croix Church 3102 Lexington Ave., Cape Girardeau, MO Drive-thru <b>July 11 @ 4:00 pm</b> Fruitland Community Church 6040 US Hwy. 61, Jackson, MO Drive-thru *enter on N. Middle St. side	<b>July 26 @ 9:00 am</b> Randles General Baptist Church 112 N. Henderson, Randles, MO Walk-thru <b>July 26 @ 9:00 am</b> Trinity Lutheran Church of Cape Girardeau 100 N. Frederick St., Cape Girardeau, MO Drive-thru
<b>Red Star Pantry</b> 361 Country Club Drive 573-200-1565 <b>Crossroads Church</b> 4400 East Jackson Blvd (573) 471-1818 <b>Apostolic Promise Church</b> 750 N. Mount Auburn Rd <b>Gospel Life Church Cape</b> 817 Broadway St. 573-271-8501	<b>St Andrew Lutheran Church</b> 804 N Cape Rock Drive <b>The Hub</b> The Neighborhub at CPSEMO, 40 South Sprigg (rear parking lot entrance) Meals provided by St. Andrew Lutheran Church <b>Lighthouse United Church</b> 710 Southern Expressway	<b>FISH Food Pantry (Call first)<sup>2</sup></b> 106 S. Sprigg St. 573-334-0207 <b>Christ Episcopal Church</b> 101 N. Fountain St. (573) 335-2997 <b>Centenary Methodist</b> 300 N. Ellis Street <b>Cape First Church of The Nazarene</b> 2601 Independence (573) 335-6767	<b>The Bridge</b> 428 S Fredrick <b>Trinity Lutheran Church</b> 100 N. Frederick St. <b>Revival Center Pantry</b> 914 Old Cape Road <b>Trinity Lutheran Church</b> 100 N. Frederick (meal on Broadway under church sign) <b>House of Prayer</b> 1 N. Sprigg St.	<b>Salvation Army</b> 701 Good Hope St (573) 335-7000 <b>Fruitland Community Church (Call first)<sup>5</sup></b> 6040 Highway 61 North 573-204-0724 <b>Lake Girardeau Assembly of God</b> 4581 State Highway U Whitewater, MO 63785 (573) 282-0398	<b>First Baptist Church</b> 1289 Lexington Ave <b>Rock of Cape (Call first)<sup>3</sup></b> 4250 State Highway K 573-339-1811 <b>Vincent's Vittles</b> St. Vincent de Paul Catholic Church 1913 Ritter Dr <b>New Bethel Missionary Baptist</b> 1029 S Benton (573) 979-9358	<b>Catholic Social Ministries</b> 141 S. Frederick St. (573) 335-9347 <b>Jackson Ministerial Alliance (JMA) Food Pantry<sup>4</sup></b> 417 Washington

Calendar compiled by Pastor Dan Johnson, Retired. Please send corrections, additions, and requests to subscribe to churchmealsandpantries2025@outlook.com

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