



Comprehensive Food Pantry List

****Some pantries may have limited access depending on residence, or may require proof of address, photo identification, or documentation of household size****

Pantry

Caring Center at First Baptist Church 918-587-1571
305 S. Detroit Ave
Tulsa, OK 74120
Mon-Thurs. 10am-1pm

Caring Hearts Foundation 918-764-8485
542 E 46th St N.
Tulsa, OK 74126
Mon-Wed. 9:30am-2pm; Fri. 9:30am-12pm

Catholic Charities 918-508-7135
2450 N Harvard Ave
Tulsa, OK 74115
Mon-Fri. 9am-2pm; Tues. 5pm-7pm; Last Sat. 9am-12pm (excluding Nov. & Dec.)

Christ For Humanity 918-836-8484
6314 E 13th St.
Tulsa, OK 74112
Mon-Thurs. 10am-4pm

Christ The King Miracle Church 918-747-8551
4635 S Madison Pl
Tulsa, OK 74105
1st Thurs. 4pm-5:30pm; 3rd Saturday 12pm-2pm

Church in Power 918-406-8626
732 East 31st St N.
Tulsa, OK 74106
Sun. 11am-1pm; Wed. 8:30am-9:15am; Fri. 10:30am-12:30pm



Church of Eternal Love 918-402-7926
4606 N Hartford Ave
Tulsa, OK 74126
Sat-Sun. 10am-2pm

Church of Saint Mary 918-749-1423
1347 E 49th Pl
Tulsa, OK 74105
Tues-Wed. 9:30am-12pm/1pm-4:30pm

Crosstown Church of Christ 918-834-1395
3400 E Admiral Pl
Tulsa, OK 74115
Wed. 10am-12pm

Grace & Peace Presbyterian Church 918-200-9169
1438 S. Indianapolis Ave
Tulsa, OK 74112
By Appointment

Harvest House 918-289-6040
1439 E 71st St
Tulsa, OK 74136
Mon-Tues. 1pm-4pm; Wed. 11am-4pm; Thurs. 1pm-4pm

Helping Hands Ministry 918-284-1340
712 S Boston Ave #712
Tulsa, OK 74119
Mon-Tues. 9am-12pm

Historic Vernon AME Church 918-587-1428
311 Greenwood Ave
Tulsa, OK 74120
Sat-Sun. 9am-1pm

Iron Gate 918-879-1707
501 W. Archer
Tulsa, OK 74103
Mon., Wed., Fri. 1pm-2:30pm



John 3:16 Mission 918-592-1186
2027 N. MLK Blvd.
Tulsa, OK 74106
By Appointment Mon., Wed., Fri. 10am, 1pm, 3pm.

Kendall Whittier Food Pantry 918-592-3000
2915 E. 5th St
Tulsa, OK 74104
Mon-Fri. 12pm-3pm

Kingdom of Faith & Deliverance 918-855-5884
5470 S. Peoria Ave
Tulsa, OK 74105
By Appointment

Life Change Community Outreach 918-289-1900
1616 N. Gilcrease Museum Rd
Tulsa, OK 74127
Food Delivery Service - Application Required (<https://lccotulsa.com/food-assistance>)

Living Word International Church 918-984-5522
2545 S. Yale Ave
Tulsa, OK 74114
By Appointment Tues. & Fri.; Wed. 4pm-6pm; Sat. 2pm-4pm

Loaves & Fishes 918-234-8577
11321 E. 19th St
Tulsa, OK 74128
Tues., Wed., Fri. 10am (must be registered by 10:15am)

Manna House Ministries 918-836-5541
4922 E Admiral Pl
Tulsa, OK 74115
Tues. 10am-2pm

Mobile Missions Network 918-446-4445
2821 W. 40th St
Tulsa, OK 74107
Thurs. 11am-2pm



Mt. Zion Project Help 918-584-0510
419 N. Elgin Ave
Tulsa, OK 74120
Thurs. 11am-1pm

Neighbors Along the Line 918-584-1111
5000 Charles Page Blvd.
Tulsa, OK 74127
Mon-Tues. 1pm-4pm; Wed. 3pm-6pm; Thurs. 1pm-4pm

New Jerusalem Baptist Church 918-402-0061
3427 N. Birmingham Ave
Tulsa, OK 74110
By Appointment Mon-Fri.; Sat. 9am-11am

Nueva Esperanza UMC 918-231-1147
1027 N. Harvard Ave
Tulsa, OK 74115
2nd & 4th Wed. 2:30pm-6pm

People's Pantry of Tulsa 539-292-8094
4739 E. 5th St
Tulsa, OK 74112
Wed. 5pm-6:30pm

Praise Christian Faith 918-445-4999
4748 S. 31st West Ave
Tulsa, OK 74107
4th Thursday 6pm-8pm

Restore Hope Ministries 918-582-5766
6910 S. 101st East Ave
Tulsa, OK 74134
Tues. 12:30pm-3:30pm

Sandusky Ave. Christian Church 918-834-4427
4424 E. 11th St
Tulsa, OK 74112
3rd Sunday 12pm-2pm



South Peoria Neighborhood Connection 918-742-5597

5780 S Peoria Ave

Tulsa, OK 74105

Mon.-Thurs. 9am-1pm

St. Andrew Community Mission Program 918-425-4915

3115 N. Garrison Ave

Tulsa, OK 74106

Sun. 11:30am-12:30pm; Mon. 8am-5pm; Wed. 6:30pm-7:30pm; 3rd Sat. 10am-1pm

S.T.E.P.S. Resource Center 918-740-9718

4301 S. Union

Tulsa, OK 74107

Tues. & Thurs. 12pm-4pm

The Ministry Center 918-585-5310

10310 S. Sheridan Rd

Tulsa, OK 74133

Tues-Thurs. 10am-1pm

True Vine Outreach Church 918-927-0728

7039 E. 40th St

Tulsa, OK 74145

Sun. 12:30am-2pm; Fri. 10am-1pm; Sat. 10am-1pm

Tulsa Community Service Center 918-835-4489

2015 S. Lakewood Ave #A-B

Tulsa, OK 74112

Wed. 3pm-5pm

Tulsa Dream Center 918-809-0646

200 W. 46th St. N

Tulsa, OK 74106

Tues. & Thurs. 11am-5pm; Wed. 10am-5pm

Tulsa Indian UMC 918-200-2925

1901 N. College Ave

Tulsa, OK 74110

Last Friday 9am-11am



Walter's Way Foundation 918-860-3760
573 N. Memorial Dr.
Tulsa, OK 74115
Wed. 9am-12pm

Wesley Chapel Pantry 918-734-0471
2750 M.L.K. Jr. Blvd
Tulsa, OK 74106
Mon.-Fri. 9am-1pm

Soup Kitchens & Weekly Feedings

Caring Center at First Baptist Church 918-587-1571
305 S. Detroit Ave
Tulsa, OK 74120
Mon. 11:30am-1pm; Thur. & Fri. 6pm-7pm

Denver House MHA 918-907-8015
252 W. 17th Pl
Tulsa, OK 74119
Tues.-Sat. 11am-1pm

Historic Vernon AME Church 918-587-1428
311 Greenwood Ave
Tulsa, OK 74120
Sat-Sun. 9am and 1pm

Iron Gate 918-879-1707
501 W. Archer
Tulsa, OK 74103
Every Day 8:30am-10:30am

Loaves & Fishes 918-234-8577
11321 E. 19th St
Tulsa, OK 74128
Tues., Wed., Fri. 10am-10:30am



Salvation Army Center of Hope 918-582-7201
102 N. Denver Ave
Tulsa, OK 74103
Every Day 1pm-2pm

St. Paul's Manna Meals 918-527 -7708
1442 S. Quaker Ave
Tulsa, OK 74120
By Appointment

The Merchant 918-260-6605
605 S. Peoria Ave
Tulsa, OK 74120
Tues.-Fri. 9am-11am

Tulsa Dream Center 918-430-9984
200 West 46th St N.
Tulsa, OK 74126
Tues. & Thurs. 11am-2pm; Wed. 10am-2pm

You can also search for a pantry near you using this link:
<https://okfoodbank.org/pantry-finder/>