

What's for Dinner?



Swain County Food Resources for Families

2024

Monday	Tuesday	Wednesday	Thursday	Friday
Family Resource Center 9:00am-4:00pm (828) 488-7505	Family Resource Center 9:00am-4:00pm (828) 488-7505	Family Resource Center 9:00am-4:00pm (828) 488-7505	Family Resource Center 9:00am-4:00pm (828) 488-7505	Family Resource Center 9:00am-4:00pm (828) 488-7505
Restoration House 10:00am-2:00pm (828) 538-4540	Restoration House 10:00am-2:00pm (828) 538-4540	Restoration House 10:00am-2:00pm (828) 538-4540	Restoration House 10:00am-2:00pm (828) 538-4540	Restoration House 10:00am-2:00pm (828) 538-4540
Living Waters Food Pantry 10:00am-3:00pm Call or text for an appointment Monday-Saturday (828) 788-6455	Living Waters Food Pantry 10:00am-3:00pm Call or text for an appointment Monday-Saturday (828) 788-6455	Living Waters Food Pantry 10:00am-3:00pm Call or text for an appointment Monday-Saturday (828) 788-6455	Living Waters Food Pantry 10:00am-3:00pm Call or text for an appointment Monday-Saturday (828) 788-6455	Living Waters Food Pantry 10:00am-3:00pm Call or text for an appointment Monday-Saturday (828) 788-6455
		Manna at Barkers Creek Community Building (2nd and 4th of each month) 5:30-7:00pm Manna: (800) 820-1109 or text (828) 202-9685	Manna at Victory Baptist Church 3rd Thursday 4:00pm-6:00pm Manna: (800) 820-1109 or text (828) 202-9685	Manna at the SCC Swain Center 10:30am-1:00pm (2nd or 3rd Fridays each month) (828) 366-2005
The Giving Spoon (Bryson City Presbyterian Church) 3:00pm-5:00pm (828) 736-0962	The Pass It On Cafe Bryson City United Methodist Church (Last Tuesday of each month) (828) 736-6044		The Giving Spoon (Bryson City Presbyterian Church) 3:00pm-5:00pm (828) 736-0962	
Presbyterian Church Food Pantry 5:00pm-7:00pm *Saturdays from 10am-12pm (828) 347-2093			Eastern Band of Cherokee Indians (EBCI) (3rd Thursday of each month) 12:00-2:00pm (828) 349-9412 Harrah's Cherokee Casino (1st Thursday of each month) 2:00-3:00pm (828) 497-8557	

For Senior Citizens

Swain County Senior Center (60 years old and older) 11:45am-12:30pm LUNCH (828) 488-3047	Swain County Senior Center (60 years old and older) 11:45am-12:30pm LUNCH (828) 488-3047	Swain County Senior Center (60 years old and older) 11:45am-12:30pm LUNCH (828) 488-3047	Swain County Senior Center (60 years old and older) 11:45am-12:30pm LUNCH (828) 488-3047	Swain County Senior Center (60 years old and older) 11:45am-12:30pm LUNCH (828) 488-3047
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Additional Contacts for Food Sources:

-WIC (Supplemental Food Program for Pregnant Women, Infants and Children): 828-488-3198, ext 2002

-Department of Social Services Food Assistance Program: 828-488-6921

-Manna Food Bank Searchable Directory/Daily Schedule: <https://www.mannafoodbank.org/>