

TNP

Teach Not Punish

Family Resource Ctr.

FOOD ASSISTANCE

Tulsa

The Ministry Center

Website: <http://ministry-center.org/#project>

Hours: Mon.-Thurs 9:00-2:00pm

Phone: (918) 585-5310

Address: the Allan Davis Building 312 South 33rd West Avenue
Tulsa, Oklahoma 74127

Catholic Charities

Website: <https://cctulsa.org/services/emergency-assistance/>

Hours: Tues-Fri 9:00-2:00pm, Tuesdays 4:00-6:00pm or 3rd Saturday of the month 9:00-11:00am

Phone: 918-949-4673

Address: 2450 N. Harvard Ave 74115

Tulsa Dream Center

Website: <http://tulsadreamcenter.org/causes/hot-meals-and-groceries/>

Hours: Grocery Giveaway Schedule: Tuesdays 12:45p-2p, Thursdays 12:45p-2p
Must be seated by 12:45p

Hot Meal Schedule: Tuesdays 12p-1p, Thursdays 12p-1p, Fridays 7:30p-9p

Phone: (918) 430-9984

Email: info@tulsadreamcenter.org

Address: 200 W 46th St. N Tulsa, Ok 74126

First Baptist Church

Website: <http://www.tulsafbc.org/serve/missions/local-missions/>

Hours: Downtown Campus- Mondays at 10:00-11:00am

Phone: 918-587-1571

Address: 403 S. Cincinnati Tulsa, OK 74103

Helping Hands

Website: <https://www.firstchurchtulsa.org/resources/ministry-match/helping-hand-ministries/>

Hours: Mon-Fri 9:00-12:00pm

Phone: 918-584-6923

Address: 700 S Boston Ave. Tulsa, OK 74119

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Iron Gate

Website: <http://www.irongatetulsa.org/programs/>

Hours: Soup Kitchen- Every day 8:30-10:30am, Grocery Pantry- Tues., Thurs. 11:45-1:00pm, Saturday 11:00-12:30pm, Office Hours: 9:00-4:00pm

Phone: 918-359-9038 or 918-582-4128 ext. 139

Address: 501 South Cincinnati Avenue Tulsa, OK 74103

John 3:16

Website: <http://www.john316mission.org/index.php?page=learn.family&mi=1>

Hours: Mon-Fri 8:00-5:00pm

Phone: 918-592-1186

Address: Family & Youth Center 2027 Martin Luther King Blvd. Tulsa, OK 74106

Loaves and Fishes

Website: <http://loavesandfishes.net/#whatwedo>

Hours: Mons. and Weds.-Lunch 11:00-11:45am Food Distribution- Noon, Saturdays- Breakfast 10:00-10:45am grocery assistance after breakfast

Phone: (918) 234-8577

Address: 11321 E 19th St Tulsa, OK 74128

Neighbor For Neighbor

Website: <http://www.neighborforneighbor.org/NFNFamilyAssistance.php>

Hours: Mon-Thurs 9am-12pm 1pm-3pm

Phone: 918-425-5578

Address: 505 East 36th St North Tulsa, OK 74106

Neighbors Along the Line

Website: <http://www.neighborsalongtheline.org/programs/food-nutrition/>

Hours: Monday and Tuesday-1:30 – 3:30 p.m., Wednesday-5:00 – 6:45 p.m. Thursday-1:30 – 3:30 p.m. & 5:00 – 6:45 p.m.

Phone: (918) 584-1111

Address: 5000 Charles Page Blvd. Tulsa, OK 74127

***Restore Hope**

Hours: Mon-Thurs 11:30am-3pm

Website: <http://www.restorehope.org/getinvolved/givefood/>

Phone: (918) 582-5766

Address: 2960 Charles Page Blvd, Tulsa, OK 74127

Western Neighbors

Hours: Mon-Fri 8:00-5:00pm

Phone: 918-445-8840

Address: 4981 S Union Ave, Tulsa, OK 74107