



GASTON COUNTY FOOD PANTRIES

A food pantry is a community organization that provides free food to individuals and families in need.

*Please contact organizations before visiting. Many have eligibility requirements, limited hours, and other restrictions. For a more detailed list and additional information, visit the Gaston Cares website and use the online mapping tool.

Belmont Community Organization
91 Catawba St., Belmont
704-825-4526

Hearts N Carts Food Pantry
2908 Audrey Dr., Gastonia
704-747-4093

Parkwood Community Outreach
1729 E. Garrison Blvd., Gastonia
704-689-4161

Bessemer City Crisis Center
111 N. 12th St., Bessemer City
704-629-2147

Lakeshore Christian Fellowship
2200 Brookneal Dr., Gastonia
803-548-2755

Dallas High Shoals Christian Ministry
305 East Trade Street, Dallas
704-922-1236

**Blessings Received Each Appointed Day
(BREAD) Inc.**
3803 Old York Road, Gastonia
704-854-9221

Living Waters CDC
408 N Firestone St., Gastonia
704- 271-9613

**Serving Our Community with Kindness in
Springwood (S.O.C.K.S.)**
160 Woodlawn St., Belmont
704-827-8780

Bountiful Blessings Food Pantry
c/o Mt. Zion Restoration Church
2311 Crescent Lane, Gastonia
704-864-8616

Mount Holly Community Relief Organization
2120 Spring St., Mt Holly
704-827-0450

Soul Towne Community Outreach
3316 Union Road, Gastonia
704-671-2062

Cherryville Area Ministries
212 N Mountain St., Cherryville
704-435-3816

Mt. Pisgah Baptist Church
273 Tryon School Loop Rd., Bessemer City
704-616-1863

St. Stephens AME Zion Church
201 W. Franklin Blvd., Gastonia
(704) 861-2004

Christ Community Food Ministry
1128 N. Ransom St., Gastonia
704-300-1188

Mt. Pleasant Community Center
1420 Crowders Mountain Rd., Bessemer City
513-370-1444

Washington Outreach Ministry, Inc. (WOM)
2007 Capernium Road, Cherryville
*Located in Cleveland County but serves
Gaston residents
704-769-4128

Common Ground
c/o First United Methodist Stanley
5481 Hickory Grove Rd., Stanley
704-263-2691

The Movement Centre (Feed My LambsPantry)
1513 Florida St., Gastonia
movementcommunitylifeconcepts@gmail.com

Community Ministries
c/o Greater Gaston Baptist Association
1607 Rankin Lake Road, Gastonia
704-867-7257

New Covenant Church
631 Efir Street, Gastonia, NC 28054
704-865-7729

Crisis Assistance Ministry
805 W. Airline Ave., Gastonia, NC 28052
704-867-8901

New Hope Center
904 S New Hope Rd., Gastonia NC 28054
704-537-6340



Disclaimer: Information on this list is subject to change. To request updates or additions, please contact Regina Knox at regina.knox@gastongov.com. The most current information will be available on the Gaston Cares website.

Last Revised Jan 2026

Gaston County, North Carolina COMMUNITY FOOD RESOURCE GUIDE



Scan the QR
Code for the
most updated
information



FREE COMMUNITY PREPARED MEALS

Gastonia Street Ministry

416 W Main Ave, Gastonia, NC 28052
704-605-3173

Rice N Beans

United Way of Gastonia -parking lot- 200 E Franklin St,
Gastonia NC 28052
ricenbeansgastonia@gmail.com

Elijah Pantry c/o Miracle Tabernacle International Ministries

120 White Jenkins Rd., Bessemer City, NC 28016
704-739-9449 or Mircaletabernacl@bellsouth.net

St. Mark's Episcopal Church

258 W. Franklin Blvd., Gastonia, NC 28052
704-864-4531



LOW COST PREPARED MEALS - \$5.00

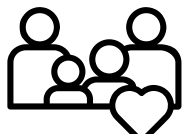


RAMS Kitchen

605 North Highland Street, Gastonia NC 28052
704-842-2474 or ramskitchen@kintegra.org
Tues-Thurs 11 am-3 pm; Friday 7 am-Noon
*Free delivery available

NEED ADDITIONAL HELP?

Sometimes assistance programs can be difficult to navigate. NC 211 is an information and referral service provided by United Way of North Carolina. Families and individuals can call **2-1-1** to obtain free and confidential information on health and human services and resources within their community. If you need help applying or have questions about food resources or health and human services programs, you can call **2-1-1** or **1-888-892-1162** or visit at <https://nc211.org/> online.



NUTRITION ASSISTANCE PROGRAMS

Supplemental Nutrition Assistance Program (SNAP) formerly called "Food Stamps"

Gaston County Social Services (DSS)
330 Dr. Martin Luther King Jr. Way,
Gastonia, NC 28052
Monday-Friday Hours: 8:00-5:00
866-719-0141
Apply online at <https://epass.nc.gov/>

Women, Infants, and Children "W.I.C."

Gaston County Public Health
991 West Hudson Blvd. Gastonia, NC 28052
Monday-Friday Hours: 8:00-5:00
satellite locations available - schedule varies
704-853-5100 (English) or 704-853-5115
(Spanish/Espanol)
Apply online at
<https://www.ncdhhs.gov/newicreferral>

Gaston County Meals on Wheels

Gaston County Meals on Wheels
330 Dr. Martin Luther King Jr. Way,
Gastonia, NC 28052
To submit an application call 704-862-7540
Monday-Friday Hours: 8:00-5:00
An Intake Social Workers will gather
information to determine which program
best suits your needs.