

## Meals of Susquehanna County

The meals listed below are provided free of charge for those residents in need of nutrition or companionship.  
Free Will Donations are accepted but not needed to come. All are welcome.

<p><u>Where:</u> Montrose United Methodist Church Open Door Cafe Route 706/29 Montrose, across from old hospital Sponsored By: Montrose UMC and other area churches and organizations</p>	<p><u>When:</u> First Wednesday of the month. 4:30-6:30pm  Closed in July.</p>
<p><u>Where:</u> St. Mark's Episcopal Church Hall Good News Lunch Route 11 (Main St), New Milford Co-Sponsored By: St. Mark's Episcopal and other area churches</p>	<p><u>When:</u> Third Saturday of month. 12-1pm</p>
<p><u>Where:</u> South Montrose Community Church Soup Night Route 29, South Montrose Sponsored By: S. Montrose Community Church</p>	<p><u>When:</u> Third Monday of month – September thru April. Closed May – August.</p>
<p><u>Where:</u> Main Street Cafe King's Table Main St., Susquehanna Co-Sponsored By: Starucca Body of Christ Church and Lakeview Mennonite Church</p>	<p><u>When:</u> Third and Fourth Tuesday of month. 4:30-6:30pm Note: Meal service is sometimes cancelled through the summer months. Please call the Main Street Café or look at the What's Happening Guide in Independent Weekender.</p>
<p><u>Where:</u> Great Bend United Methodist Church Caring Café Main St/Route 11, Great Bend PA Sponsored By: Great Bend UMC and other area churches</p>	<p><u>When:</u> Fourth Saturday of month. 4-6pm</p>

### **Susquehanna County SNAP Outreach**

**Do you need cash for groceries?      There is help – SNAP!**

Supplemental Nutrition Assistance Program helps households purchase nutritious food.  
You've tried in the past? Not eligible? The qualifications have changed – you may be eligible now!

**Call for a quick pre-screen!**

Other assistance is available from free meals and food pantries.

Age specific programs are available – **do you have children under 5? Are you 60 or older?**

Assistance is also available for low income Veteran Families in a housing crisis or facing eviction.

**CEO\Weinberg Northeast Regional Food Bank**

**Call your local Outreach Representative – Ingrid at 570-550-1594 for more information.**