



Daily Resource Guide

COVID-19 Operations

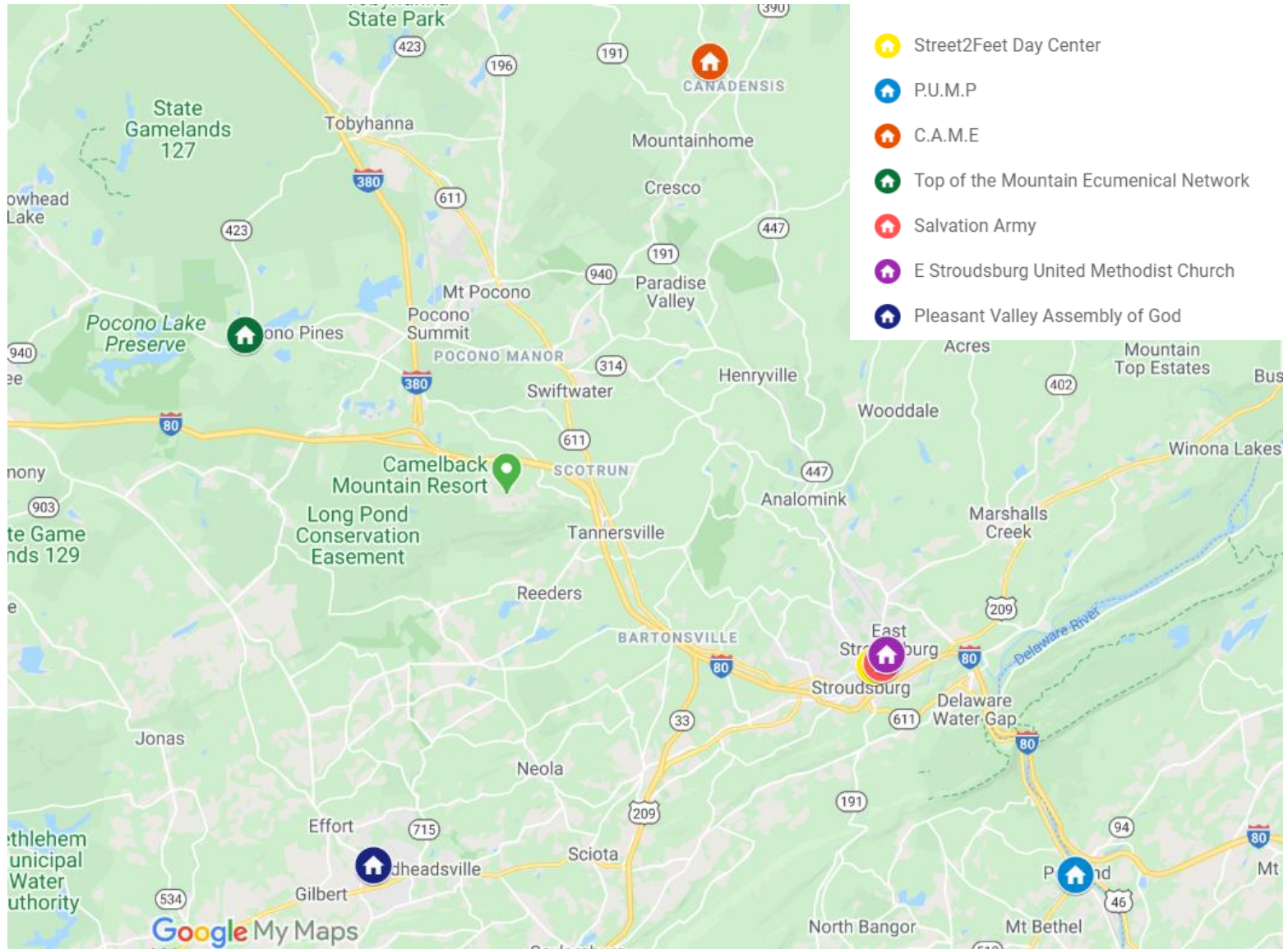
Street2Feet Outreach Center

130 N. 1st Street, Suite 102

Stroudsburg, PA 18360

Phone: 570-369-1299

Monday



Street 2 Feet Outreach Center-

- **Day Center-** from 10:00am-2:00pm. **Shower Day: first come, first serve.** Case Management, mail, application assistance, & computer/phone access. Located at 130 N. 1st Street Suite 102, Stroudsburg, PA 18360, 570-369-1299.
- **The Mountain Center-** CLOSED

Food Pantry(s)-

- **P.U.M.P-** located at 100 Division Street, Portland, PA 18351 Mondays only from 10am-11:30am and 6pm-7:30pm
- **C.A.M.E-** located at Route 447 High Acres Park, Canadensis, PA 18325 from 8:30am-12pm food is brought to the parking lot, no one allowed in the building
- **Top of the Mountain Ecumenical Network at Five Loaf House-** located at 133 Firehouse Road, Pocono Pines, PA 18530. **2nd Monday of the month** from 8:30am-11:30pm and 12:30pm-2pm. By appointment after these hours. **Call before to confirm dates.** 570-646-7456. Proof of residency in Monroe County, proof of income, and birth certificates for your children required.

Community Meal(s)-

- **Salvation Army-** located at 226 Washington Street, East Stroudsburg, PA 18301. **Handing out bagged breakfasts and lunches from 10am-12pm.** Call 570-421-3050 for more information, open for emergency food through online application.

- **East Stroudsburg United Methodist Church-** located at 83 South Courtland Street, East Stroudsburg, PA 18301 from 2:30-4:30pm. To-Go boxes only. Use back door of gymnasium to pick-up, masks will be provided to those that need them.
- **Pleasant Valley Assembly of God-** located at 1086 Weir Lake Road, Brodheadsville, PA 18322. 4pm-5:30 pm. **(Except if schools are closed)**

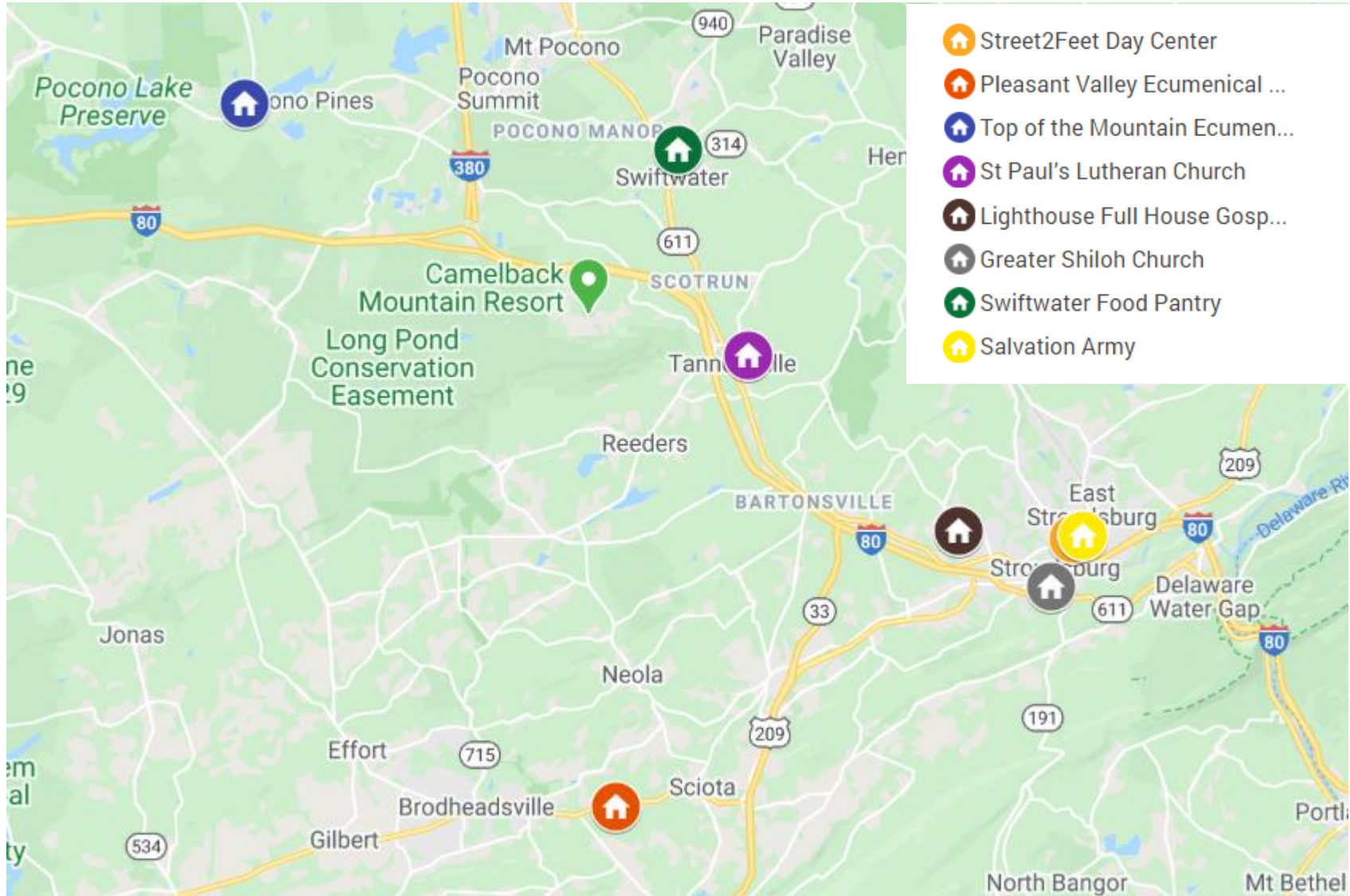
Clothing Closet(s)-

- **Pleasant Valley Assembly of God-** located at 1086 Weir Lake Road, Brodheadsville, PA 18322. 4pm-5:30 pm. **(Except if schools are closed)**

DMV-

- **CLOSED**

Tuesday



Street 2 Feet Outreach Center-

- **Day Center-** from 10:00am-2:00pm. **Laundry Day: first come, first serve.—limit 1 load per client.** Case management, mail, application assistance, & computer/phone access. Located at 130 N. 1st Street Suite 102, Stroudsburg PA 18360. 570-369-1299.
- **The Mountain Center-** CLOSED

Food Pantry(s)-

- **Pleasant Valley Ecumenical Network-** located at 2334 Route 209, Sciota, PA 18354, from 9am-11am. 570-992-3136. Food pre-bagged and served through drive thru system. (West End residents only, must call at least a day ahead and be registered with them, willing to other day by appointment)
- **Lighthouse Full House Gospel Church of God-** located at 700 Hammond Lane, Stroudsburg, PA 18360. **1st and 3rd Tuesday of the month** from 4pm-6pm. **(Excluding Holidays) (Emergency food also available by appointment)** Call 570-420-8196. *(PA ID required)*
- **Swiftwater Food Pantry-** located at 129 Lower Swiftwater Rd, Swiftwater, PA 18370. 9am-11am, drive-thru only

Community Meal(s)-

- **Salvation Army-** located at 226 Washington Street, East Stroudsburg, PA 18301. **Bagged breakfasts and lunches from 10am-12pm.** Call 570-421-3050 for more information, open for emergency food through online application.

- **Lighthouse Full House Gospel Church of God**- located at 700 Hammond Lane, Stroudsburg, PA 18360. **Free Soup Kitchen Meals. 1st and 3rd Tuesday of the month** from 4pm-6pm. **(Excluding Holidays) (Emergency food also available by appointment)** Call 570-420-8196. *(PA ID required)*

DMV-

- 4218 Manor Dr., Stroudsburg, PA 18360
- 8:30am-4:15pm

Support Group(s) –

- **Lymphoma/Leukemia/Blood Related Cancer Patient & Family**—located at the Dale and Hughes Cancer Center the **3rd Tuesday of each month** beginning at 5:30pm If you are interested please contact Lynne Steele 570-422-1860.

Wednesday





Street 2 Feet Outreach Center-

- **Day Center-** from 10:00am-2:00pm. **2nd Wednesday = Toiletry Distribution. 3rd Wednesday = Outreach Supply Distribution.** Case management, mail, application assistance, & computer/phone access. Located at 130 N. 1st Street Suite 102, Stroudsburg PA 18360. 570-369-1299.
- **The Mountain Center-** CLOSED

Food Pantry(s)-

- **Pleasant Valley Ecumenical Hunger Ministry-** located in the Coolbaugh Municipal Building Complex basement at 1447 Sterling Road, Tobyhanna, PA 18466. **1st Wednesday of the month** from 9am-12pm. 570-894-2072. *(Residents of Pocono Township, Borough of Mt. Pocono, Coolbaugh Township, and parts of Paradise and Tobyhanna Townships. Income guidelines Apply-ID/Proof of Residency Required)*
- **Innovation Church-** located at 6048 Paradise Valley Road Route 940, Cresco, PA 18326 – **CLOSED TILL FURTHER NOTICE**

Community Meal(s)-

- **Salvation Army-** located at 226 Washington Street, East Stroudsburg, PA 18301. **Bagged breakfasts and lunches 10am-12pm.** Call 570-421-3050 for more information, open for emergency food through online application

- **Mountain Home United Methodist Church-** located at Route 390 Mountain Home, PA 18342 from 12pm-1pm every Wednesday. 570-595-2077
- **Shawnee Inn-** located at 1 River Road Shawnee on the Delaware every other week from November-March from 5pm-6:30pm (bus will pick up at 4:30 on Ann Street) 570-424-4000 (**Dates very call**) 610-681-6137
- **Our Lady Queen of Peace Church**—located at 1402 Route 209 Gilbert, PA 18331. **3rd Wednesday of every month** 12:30pm – 2:00pm. (*Dates Vary Call*). 610-681-6137.

Clothing Closet(s)-

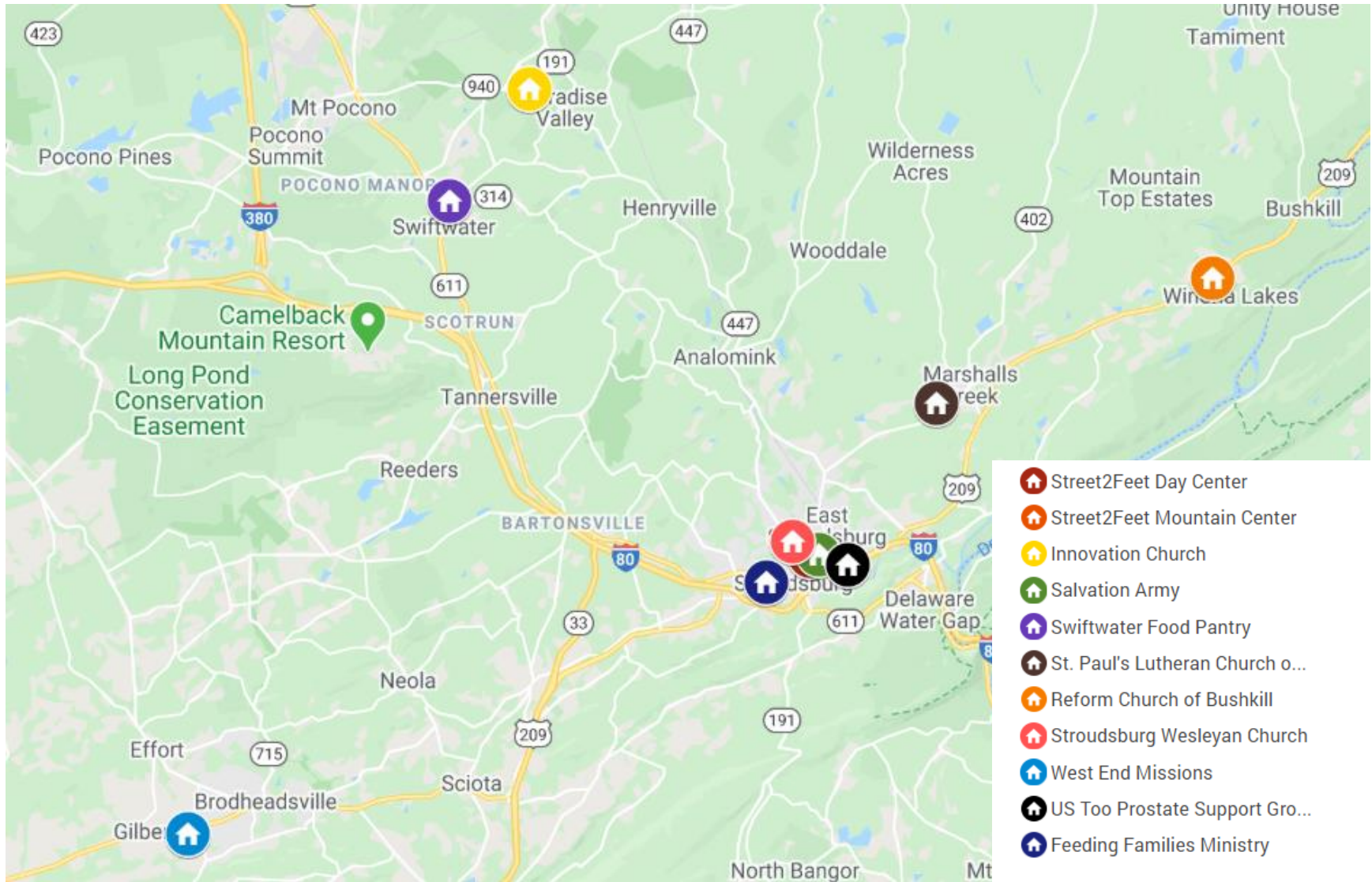
- **Seventh day Adventist Community Wellness Center-** located at 2023 West Main Street Stroudsburg, PA 18360 from 1st, 3rd, and 5th Wednesday 9am-12pm. 570-476-0039
- **Nehemiah Center (Christian Life Assembly)**—located at 2209 West Main Street, Stroudsburg, PA 18360. From 9:00am-12:00 pm. (**By Appointment Only**) and 5:00pm-6:00pm (**Walk-In**) Please call 570-424-1179.
- **Stroudsburg Wesleyan Church**—located at 915 5th Street Stroudsburg, PA 18360 from 4:00-6:00pm. 570-421-0750.

DMV-

- 4218 Manor Dr., Stroudsburg, PA 18360

- 8:30am-4:15pm
- **Between 8:30am-10:30am, there will be designated times for customers 60 years or older**

Thursday





Street 2 Feet Outreach Center-

- **Day Center-** from 10:00am-2:00pm. **Shower Day: first come, first serve.** Case Management, mail, application assistance, & computer/phone access. Located at 130 N. 1st Street Suite 102, Stroudsburg, PA 18360, 570-369-1299.
- **The Mountain Center-** from 11:00-3:30pm. Case Management, mail, application assistance. Located at 534 Rt. 611, Room 14, Tobyhanna PA 18466. (570) 894-3272 x 133

Food Pantry(s)-

- **Innovation Church-** located at 6048 Paradise Valley Road Route 940, Cresco, PA 18326 – **CLOSED TILL FURTHER NOTICE**
- **Salvation Army-** located at 226 Washington Street, East Stroudsburg, PA 18301. **SUSPENDED UNTIL FURTHER NOTICE.** Call 570-421-3050 for more information, open for emergency food through online application.
- **Feeding Families Ministry-** located at 354 Route 611, Tobyhanna, PA. 1pm-3pm. Please stay in your car and someone will come out and give further instruction. *Have a valid PA ID and a current bill with an address that matches your ID.*
- **Swiftwater Food Pantry-** located at 129 Lower Swiftwater Rd, Swiftwater, PA 18370. 9am-11am, drive-thru only
- **St. Paul's Lutheran Church of Smithfield-** located at 139 Craig's Meadow Road East Stroudsburg, PA 18301. *Due to covid-19 food pantry dates are posted online, call 570-223-9422 for more info, leave a message and someone will get back to you*

Community Meal(s)-

- **Salvation Army-** located at 226 Washington Street, East Stroudsburg, PA 18301. **Bagged breakfasts and lunches 10am-12pm.** Call 570-421-3050 for more information, open for emergency food through online application.

- **St. Paul's Lutheran Church of Smithfield-** located at 139 Craig's Meadow Road East Stroudsburg, PA 18301. *Due to covid-19 food pantry dates are posted online, call 570-223-9422 for more info, leave a message and someone will get back to you*
- **Reform Church of Bushkill-** located at 5969 Milford Road from 5pm-7pm 570-588-6773
- **Stroudsburg Wesleyan Church-** located at 915 N 5th St Stroudsburg, PA 18360, 12pm-1pm
- **West End Missions-** (at Queen of Peace Church) 1402 Route 209 Gilbert, PA, 18331 on **2nd and 4th Thursday of the month** from 4:30pm-5:45pm. 610-681-7735

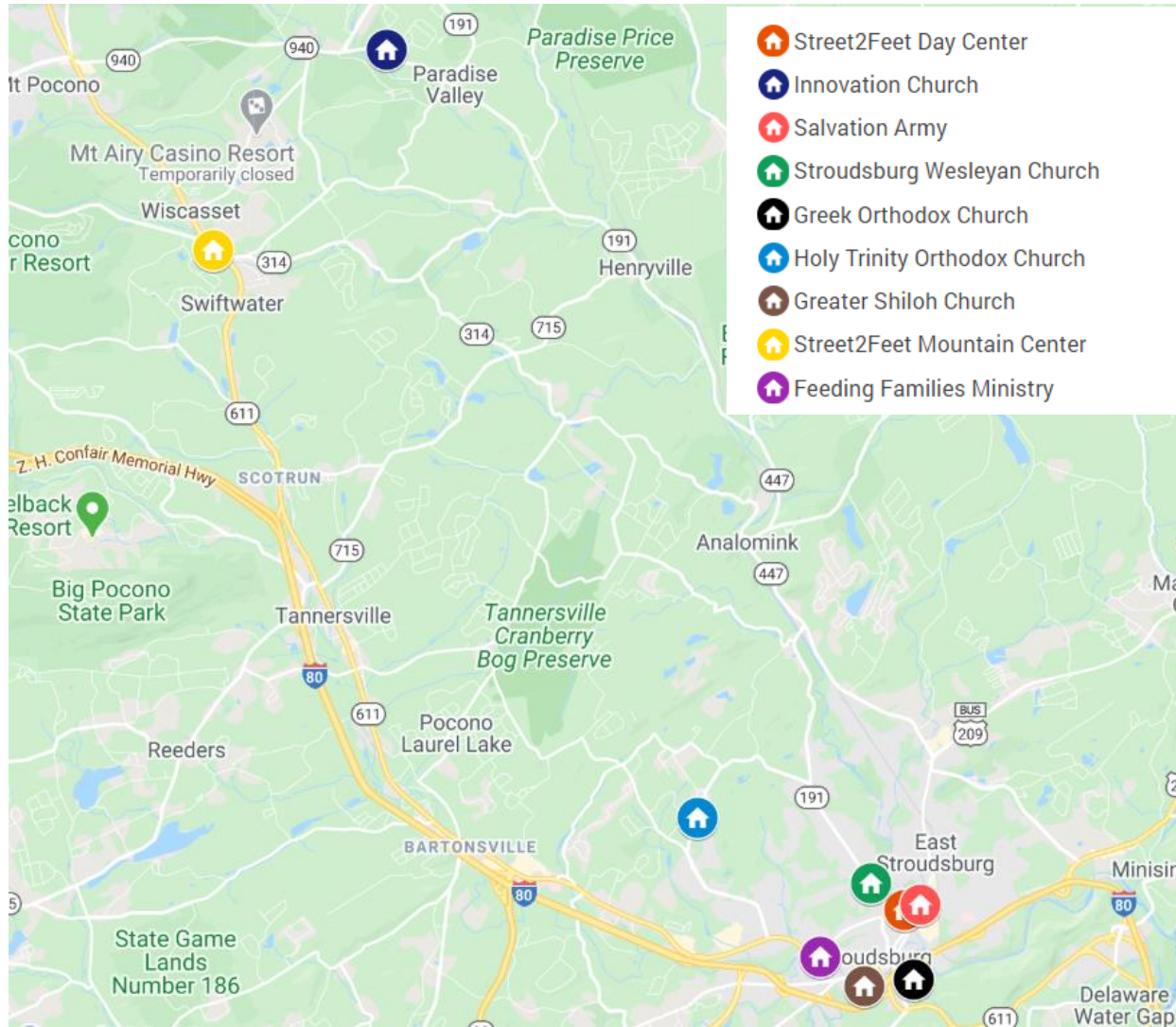
DMV-

- 4218 Manor Dr., Stroudsburg, PA 18360
- 8:30am-4:15pm
- **Between 8:30am-10:30am, there will be designated times for customers 60 years or older**

Support Group(s) –

- **US Too Prostate Support Group**—located at the Dale & Francis Hughes Cancer Center on the **3rd Thursday of the month** at 7:00pm 570-422-1700

Friday





Street 2 Feet Outreach Center-

- **Day Center-** from 10:00am-2:00pm. **Laundry Day: first come, first serve—limit 1 load per client.** Case management, mail, application assistance, & computer/phone access. Located at 130 N. 1st Street Suite 102, Stroudsburg PA 18360. 570-369-1299.
- **The Mountain Center-** from 11:00-3:30pm. Case Management, mail, application assistance. Located at 534 Rt. 611, Room 14, Tobyhanna Pa 18466. (570) 894-3272 x 133

Food Pantry(s)-

- **Innovation Church-** located at 6048 Paradise Valley Road Route 940, Cresco, PA 18326 – **CLOSED TILL FURTHER NOTICE**
- **Stroudsburg Wesleyan Church-** located at 915 5th Street on the **1st and 3rd Friday of the month** 570-421-0750
- **Feeding Families Ministry-** located at 354 Route 611, Tobyhanna, PA. 1pm-3pm. Please stay in your car and someone will come out and give further instruction. *Have a valid PA ID and a current bill with an address that matches your ID.*
- **Greater Shiloh Church-** located at 831 B Ann Street, Stroudsburg, PA 18360. Every 1st and 3rd Friday 2pm-5pm, *drive through only, no identification required.*

Community Meal(s)-

- **Salvation Army-** located at 226 Washington Street, East Stroudsburg, PA 18301. **Serving bagged breakfasts and lunches from 10am-12pm.** Call 570-421-3050 for more information, open for emergency food through online application.
- **Greek Orthodox Church-**located at 135 Stokes Avenue, Stroudsburg, PA on **4th and 5th Friday of the month** at 5pm. 570-421-5734
- **Holy Trinity Orthodox Church-** located at 1501 Trinity Circle Stroudsburg, PA on the **2nd Friday of the month** at 5pm (Dates vary-call) (**Transportation available from Hughes Library. Call to confirm**) 570-421-4455

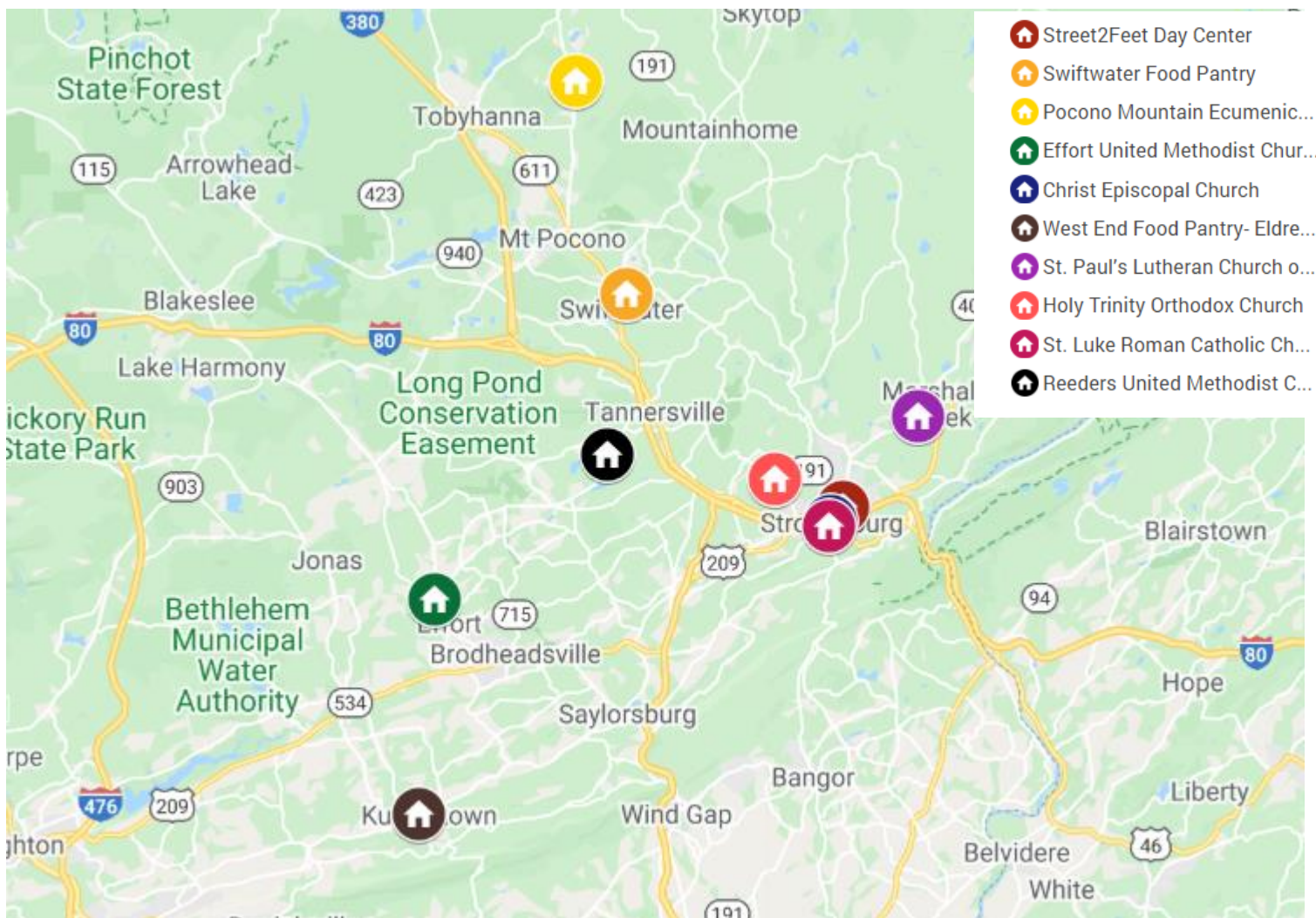
Clothing Closet(s)-

- **Greater Shiloh Church-** located at 831 B Ann Street, Stroudsburg, PA 18360. **2nd Friday of the month** begins at 1:30pm. (*No ID required*) 570-872-9577

DMV-

- 4218 Manor Dr., Stroudsburg, PA 18360
- 8:30am-4:15pm

Saturday





Street 2 Feet Outreach Center-

- **Day Center-** from 10:00am-2:00pm. **Shower Day: first come, first serve.** Case Management, mail, application assistance, & computer/phone access. Located at 130 N. 1st Street Suite 102, Stroudsburg, PA 18360, 570-369-1299.
- **The Mountain Center-** CLOSED

Food Pantry(s)-

- **Swiftwater Food Pantry-** located at 129 Lower Swiftwater Rd, Swiftwater, PA 18370. 9am-12pm, drive-thru only
- **Pocono Mountain Ecumenical Hunger Ministry-** located in the Coolbaugh Municipal Building Complex basement at 1447 Sterling Road, Tobyhanna, PA 18466. **1st Saturday of the month** from 9am-12pm. 570-894-2072. (*Residents of Pocono Township, Borough of Mt. Pocono, Coolbaugh Township, and parts of Paradise and Tobyhanna Townships. Income guidelines Apply-ID/Proof of Residency Required*)
- **Effort United Methodist Church-** located at 178 Merwinsburg Road, Effort, PA 18330. **Cancelled until further it is determined safe to reopen**
- **Christ Episcopal Church-** located at 205 North 7th Street, Stroudsburg, PA 18360. Families allowed once **ONCE** per month, check website <https://christchurchstroudsburg.net/food-pantry/> for food pantry distributions. You can also email cecfoodpantry@gmail.com or text cecfo to 81010 for updates.
- **West End Food Pantry- Eldred Community Center-** located at 516 Kunkletown Rd, Kunkletown, PA 18058. **1st and 3rd Saturday of the month** from 9am-12pm. (Dates vary-call) 570-992-3136 (West End Residents only. Bring your own bags)

Community Meal(s)-

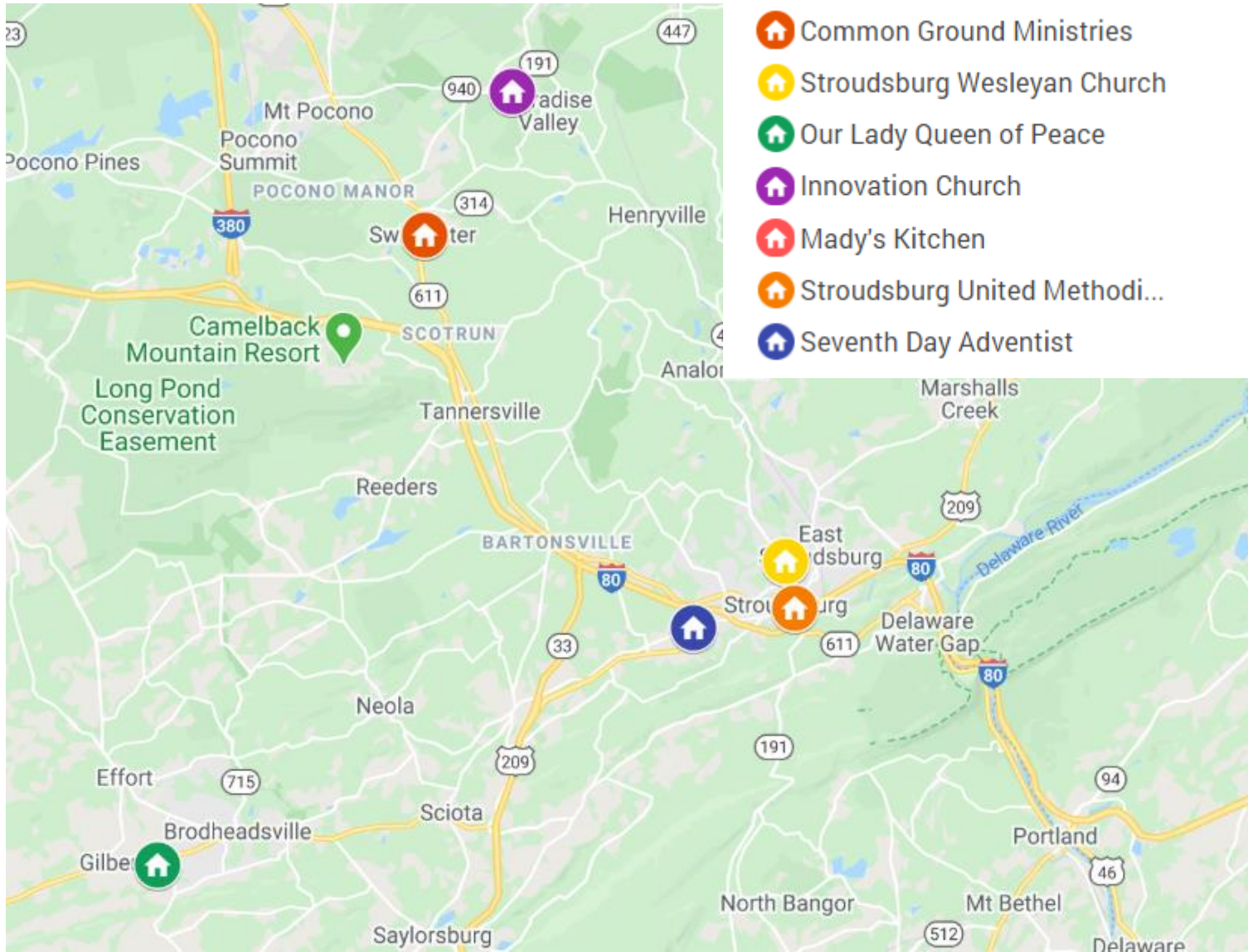
- **St. Paul's Lutheran Church of Smithfield-** located at 139 Craig's Meadow Road East Stroudsburg, PA 18301. *Due to covid-19 food pantry dates are posted online, call 570-223-9422 for more info, leave a message and someone will get back to you*

- **Holy Trinity Orthodox Church-** located at 1501 Trinity Circle Stroudsburg, PA on the **last Saturday of the month** at 10am. (Dates vary-call) (**Transportation available from Hughes Library. Call to confirm**) 570-421-4455
- **St. Luke Roman Catholic Church-** located at 818 Main Street, Stroudsburg, PA 18360 from 1pm-2pm (**the doors will close 1:05**)(**Restroom Unavailable**) 570-421-9097
- **Reeders United Methodist Church-** located at 2167 Route 715 and Church Road, Reeders, PA 18352. **2nd Saturday of the month** from 4pm-6pm. 570-629-1712

DMV-

- 4218 Manor Dr., Stroudsburg, PA 18360
- 8:30am-4:15pm

Sunday



Street 2 Feet Outreach Center-

- **Day Center-** CLOSED
- **The Mountain Center-** CLOSED

Food Pantry(s)-

- **Common Ground Ministries-** located 2054 Route 611, Swiftwater, PA 18370 (Desaki Restaurant) on the **4th Sunday of the month** from 1pm-2pm. (**No appointment Needed**) 570-801-2699 (*Emergency Food Available by Appointment. Monroe County Residents valid PA ID*)
- **Stroudsburg Wesleyan Church-** located at 915 N 5th St Stroudsburg, PA 18360, **1st and 3rd Sunday of the month** from 2pm-3pm. 570-421-0750

Community Meal(s)-

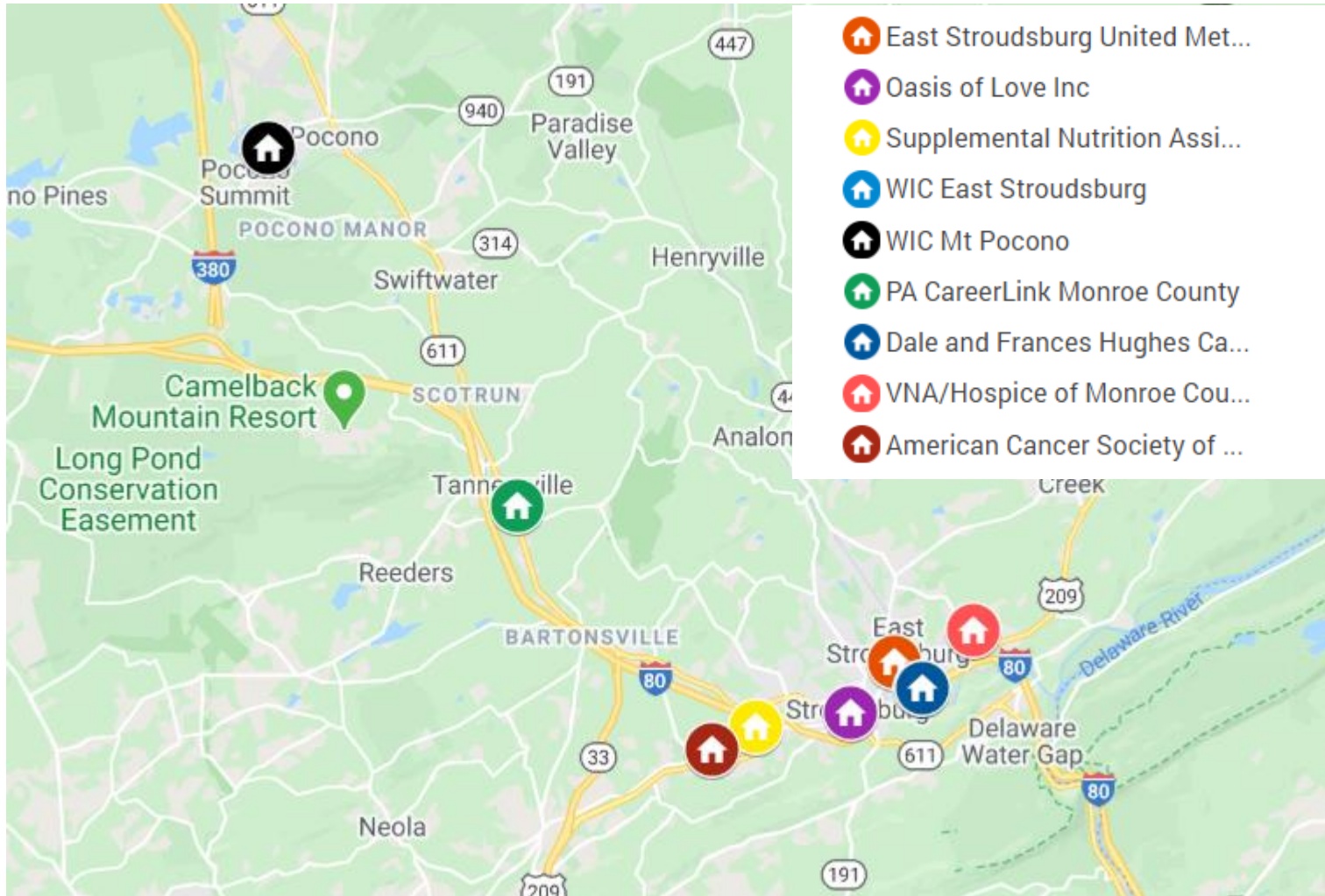
- **Our Lady Queen of Peace-** located at 1402 Route 209 on the 2nd and 4th week of the month from 3pm-4pm. 570-629-9443(Dates vary-call)
- **Innovation Church-** located at 6048 Paradise Valley Road Route 940, Cresco, PA 18326 on the **2nd Sunday of the month** from 1pm. (*Dates vary—call*) (*Pick-up at the Mt. Pocono Walmart at 12:30pm*) Call 570-595-2000 to confirm
- **Mady's Kitchen at St. John's Catholic Church-** located at 5171 Milford Road on the **last Sunday of the month** from 4pm-7pm. 570-223-9144
- **Stroudsburg United Methodist Church** – located at 547 Main Street Stroudsburg 4:00pm-5:00pm 570-421-6020

- **Seventh Day Adventist**—located at 2023 West Main Street, Stroudsburg. **4th Sunday of the month** from 1:00pm-3:00pm. (*Dates vary—call*) 570-476-0039.

DMV-

- **CLOSED**

Miscellaneous





Food Assistance:

- **East Stroudsburg United Methodist Church** will pick up all meals when the Salvation Army is closed even on a Holiday. Breakfast at 10:00am; Lunch from 12:00pm-1:00pm; & Dinner beginning at 4:30pm. Call 570-421-3280
- **Oasis of Love Inc.**—Emergency Food Assistance—located at 814 Monroe Street- Suite201, Stroudsburg, PA 18360 (*By appointment only – ID Required*) call 570-972-0838

- **Supplemental Nutrition Assistance Program (SNAP)**—Food Stamps—located at 1972 West Main Street, Stroudsburg, PA 18360. 570-424-3030 or toll free 1-877-905-1495. (*Apply Online at www.compass.state.pa.us*)
- **Women, Infants, & Children (WIC)**—East Stroudsburg: 570-424-8784—Mt. Pocono: 570-839-5901 or Toll Free: 1-800-942-9467

Clothing Assistance:

- **Careerlink of Monroe County**—located at 2937 Route 611, Merchants Plaza, Tannersville, PA 18372. Monday thru Friday, from 8:00am-4:30pm. (*Interview/Career Attire, limited to 2 outfits—Must be registered with Careerlink*) 570-620-2850.

Support Group(s)-

- **Look Good/Feel Better for Women at the Dale & Francis Hughes Cancer Center or at the American Cancer** call 570-422-1700 for details
- **Bereavement Support Meetings at the VNA Hospice** call 570-421-1700 for details
- **Stress Reduction through Guided Imagery at the Dale & Francis Cancer Center** call 570-422-1700 and ask for Lynn Steele
- **American Cancer Society of Monroe County** **by appointment only** call 1-888-227-5445