

Tucson Food Assistance Resources (with Direct Links)

Purpose: A clickable, shareable resource for Tucson residents to quickly find food banks, pantries, and free meal programs. Suitable for print or digital distribution.

1. <https://azfoodbanks.org/get-food/>
 2. <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>
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How to Use This Document

- Hours and eligibility can change; click the links to confirm.
 - Many sites serve **anyone in need**; some are ZIP-code or population-specific.
 - If one site is full, ask about **mobile distributions** or partner locations.
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Major Regional Food Banks (Click to Find Food)

1. **Community Food Bank of Southern Arizona (CFBSA)**
Find Food Map & Programs: <https://www.communityfoodbank.org/find-food/>
Main Site: <https://www.communityfoodbank.org/>
 2. **Interfaith Community Services (ICS) – Tucson**
Food Bank Services: <https://www.icstucson.org/what-we-do/emergency-assistance/food-bank/>
Food Programs Overview: <https://www.icstucson.org/food/>
Main Site: <https://www.icstucson.org/>
 3. **Interfaith Community Services – New Spirit Food Bank**
Location Info: <https://azfoodbanks.org/maps/interfaith-community-services-new-spirit-food-bank/>
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Community Food Pantries (Church & Neighborhood-Based)

4. **Grace St. Paul's Church – Joseph's Pantry**
<https://www.gracesaintpauls.org/>
5. **St. Paul's United Methodist Church Food Bank**
<https://stpaulsumc.org/>
6. **Trinity Presbyterian Church Food Pantry**
<https://trinitytucson.org/>

7. **Saguaro Christian Church – Food Distribution**
<https://saguarochristian.com/>
 8. **God’s Vast Resources (GVR) Food Pantry**
<https://gvrfoodpantry.org/>
 9. **Pio Decimo Center – Food Pantry**
<https://piodecimo.org/>
 10. **IMPACT of Southern Arizona – Food Distribution**
<https://impactsoaz.org/>
 11. **TMBC Church Food Pantry**
<https://tmbc.org/>
 12. **St. Francis of Assisi Parish – Food Pantry**
<https://www.stfrancisparish.com/>
 13. **Southside Presbyterian Church – Food Pantry**
<https://southsidepresbyterian.org/>
 14. **Catalina United Methodist Church – Pantry**
<https://catalinaumc.org/>
 15. **Our Lady of Lourdes Catholic Church – Pantry**
<https://www.ololparish.com/>
 16. **Desert Hope Lutheran Church – Food Pantry**
<https://deserthopelutheran.org/>
 17. **St. Mark’s Presbyterian Church – Food Pantry**
<https://www.stmarktucson.org/>
 18. **St. Vincent de Paul Society – Tucson**
<https://www.svdpusa.org/>
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Soup Kitchens & Free Meal Programs

19. **Casa Maria Soup Kitchen**
<https://casamariatucson.org/>
20. **Caridad Community Kitchen**
<https://www.communityfoodbank.org/locations/caridad-community-kitchen/>
21. **Primavera Foundation – Meal Services**
<https://www.primavera.org/>
22. **Salvation Army – Tucson Meal Services**
<https://westernusa.salvationarmy.org/tucson/>

23. **Gospel Rescue Mission – Meals**

<https://grmtucson.com/>

Mobile, Senior, & Supplemental Food Programs

24. **CFBSA Mobile Pantries & Produce Distributions**

<https://www.communityfoodbank.org/find-food/>

25. **Arizona Food Bank Network – Get Food (Statewide Map)**

<https://azfoodbanks.org/get-food/>

26. **Senior Nutrition & Home-Delivered Meals (Pima County)**

<https://pcoa.org/nutrition/>

27. **School & Family Backpack Food Programs**

<https://www.communityfoodbank.org/programs/>

28. **Veterans-Focused Food Assistance**

<https://www.va.gov/homeless/>

100+ Access Points

Tucson has **dozens of permanent pantries** and **100+ food access points** when mobile sites and partner pantries are included. To locate more: - Use the **CFBSA Find Food map** (by ZIP code and day) - Use **AZ Food Bank Network Get Food** - Ask any pantry for *partner or pop-up sites*

Outreach Notes

- Encourage residents to **use official pantries first** for reliable access.
 - Share locations near **bus routes and clinics**.
 - Post this list in libraries, shelters, churches, and community centers.
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