

FREE FOOD & MEALS IN WILSON COUNTY, TN



See the latest info at WilsonHelps.org - Send updates to info@Wilsonhelps.org

FREE SUPPER & BREAKFAST WHEN STAYING OVERNIGHT @ THE COMPASSIONATE HANDS HOPE CENTER IN LEBANON

EVERY NIGHT THRU MARCH 15, 2023 IN LEBANON

Every night thru March 15, 2023 - Free supper and breakfast are included with the overnight shelter at the Compassionate Hands Hope Center - 214 N College St Lebanon TN 37087 - NOTICE! Check in is from 4 to 5 PM ONLY! NO EXCEPTIONS! NOTICE! Those who are employed and need to arrive AFTER 5 PM MUST COMPLETE AN EMPLOYMENT VERIFICATION FORM IN ADVANCE OF ENTRY

FREE VAN PICK-UP FOR OVERNIGHT SHELTER IN LEBANON

Every afternoon at 4 PM thru March 15, 2023 - The courtesy van for the Compassionate Hands Hope Center overnight shelter comes to the wooded lot across from Demos Restaurant @ 130 Legends Dr, Lebanon, TN 37087. NOTICE! Shelter guests must comply with all requirements in order to stay overnight! Call 615-784-9897 for more info.

SUNDAY - FREE MEALS IN LEBANON

FREE LUNCH EVERY SUNDAY 3 TO 4:30 PM AT NEW LIFE MINISTRIES CHURCH IN LEBANON, TN

Free lunch every Sunday from 3-4:30 PM @ New Life Ministries located at 402 Forrest Ave. Lebanon TN 37087. Provided by ALL FOR HIM MINISTRY and area churches.

MONDAY - FREE FOOD IN LEBANON

MONDAY 9-11 AM @ COLLEGE HILLS CHURCH OF CHRIST IN LEBANON

Monday 9-11 AM @ College Hills Church Of Christ Food Pantry - 1401 Leeville Pike Lebanon TN 37090 - Call 615-444-9502 for more info.

MONDAY 9-11:30 AM @ JOSEPH'S STOREHOUSE IN LEBANON

Mon-Thurs 9-11:30 AM @ Joseph's Storehouse - 1960 Tater Peeler Rd. Lebanon TN 37090 - Call 615-453-5777 for more info or visit LoaeJosephsStorehouse.org.

MONDAY 9 AM TO 3 PM @ WILSON CO. HELP CENTER IN LEBANON

Mon-Fri 9 AM to 3 PM @ Wilson Co. Help Center Food Pantry - 203 High St. Lebanon, TN 37087 - Call 615-449-1856 for more info.

MONDAY 9 AM TO 4 PM @ 1ST METHODIST IN LEBANON

Mon-Thurs 9 AM to 4 PM @ First United Methodist Church - 415 W Main St. Lebanon TN 37087 - Call 615-444-3315 for more info.

MONDAY - FREE SUPPER IN MT. JULIET

EVERY MONDAY EVENING @ JESUS PROVISION CARE CENTER

Free supper every Monday night @ Jesus Provision Care Center - 505 Sunset Ct. Mt. Juliet TN 37122 - NOTICE: Please call them at 615-424-9422 to let them know if you are planning to attend.

MONDAY - FREE FOOD IN MT. JULIET, HERMITAGE & OLD HICKORY

MONDAY 8:30 AM TO 12:30 PM @ MT. JULIET HELP CENTER

Mon-Fri 8:30 AM to 12:30 PM @ Mt. Juliet Help Center - 3425B N Mt. Juliet Rd. Mt. Juliet TN 37122 - Call 615-754-4357 for more info.

MONDAY 8:30 AM TO 12:30 PM @ THE COMMUNITY HELP CENTER OF WEST WILSON CO.

Mon-Fri 8:30 AM to 12:30 PM @ The Community Help Center Of West Wilson Co. - Box 719 Mt. Juliet TN 37121 - Call 615-758-3213 for more info.

MONDAY 9 AM TO 4 PM @ THE GLADE CHURCH IN GLADEVILLE

Mon-Fri 9 AM to 4 PM @ The Glade Church Food Pantry - 9000 Stewarts Ferry Pike Mt. Juliet TN 37122 - Call 615-444-9550 for more info or email mdavidson@thegladechurch.org

MONDAY 9 AM TO 4 PM @ JESUS PROVISIONS CARE CENTER IN MT. JULIET

Mon-Sat 9 AM to 4 PM @ Jesus Provisions Care Center - NOTICE! You must call 615-424-9422 to request food

MONDAY 9 AM TO 4 PM @ THE S.A.L.T. MINISTRY IN MT. JULIET (FOR SENIOR CITIZENS)

Mon-Sat 9 AM to 4 PM @ S.A.L.T. (Serving At The Lord's Table) @ Leeville Methodist - 7019 Hickory Ridge Rd. Lebanon, TN 37087 - NOTICE: You MUST call 615-965-5361 in order to request food - Email saltministry2015@gmail.com for more info

FREE SUPPER EVERY MONDAY EVENING IN MT. JULIET

Free supper every Monday night @ Jesus Provision Care Center - 505 Sunset Ct. Mt. Juliet TN 37122 - NOTICE: Please call them at 615-424-9422 to let them know if you are planning to attend.

TUESDAY - FREE FOOD IN LEBANON

TUESDAY 8 AM TO 12 NOON @ ALL FOR HIM MINISTRY IN LEBANON

Tues, Wed & Fri 8 AM to 12 Noon @ All For Him Ministry - 319 College St. Lebanon TN 37087 - Call 615-308-1301 for more info

TUESDAY 8 AM TO 4 PM @ MAPLE HILL CHURCH OF CHRIST IN LEBANON

Tues-Thurs 8 AM to 4 PM @ Maple Hill Church Of Christ - 102 Maple Hill Rd. Lebanon TN 37087 - Call 615-444-1544 for more info

TUESDAY 9-11:30 AM @ JOSEPH'S STOREHOUSE IN LEBANON

Mon-Thurs 9-11:30 AM @ Joseph's Storehouse - 1960 Tater Peeler Rd. Lebanon TN 37090 - Call 615-453-5777 for more info

TUESDAY 9 AM TO 3 PM @ WILSON CO. HELP CENTER IN LEBANON

Mon-Fri 9 AM to 3 PM @ Wilson Co. Help Center Food Pantry - 203 High St. Lebanon, TN 37087 - Call 615-449-1856 for more info

TUESDAY 9 AM TO 3 PM @ SALT & LIGHT MINISTRY IN LEBANON

Tues & Thurs 9 AM to 3 PM @ Immanuel Baptist Salt & Light Ministry - 220 Wildwood Ave. Lebanon TN 37087 - Call 615-444-5563 for more info

TUESDAY 9 AM TO 4 PM @ 1ST METHODIST IN LEBANON

Mon-Thurs 9 AM to 4 PM @ First United Methodist Church - 415 W Main St. Lebanon TN 37087 - Call 615-444-3315 for more info

TUESDAY 10 AM TO 2 PM @ IGLESIA MISHKAN IN LEBANON

Tuesday 10 AM to 2 PM - Iglesia Mishkan Food Pantry - 288 Trousdale Ferry Pike Lebanon TN 37087 - Call 615-573-1350 for more info

TUESDAY - FREE FOOD IN MT. JULIET, HERMITAGE & OLD HICKORY

TUESDAY 8:30 AM TO 12:30 PM @ MT. JULIET HELP CENTER

Mon-Fri 8:30 AM to 12:30 PM - Mt. Juliet Help Center - 3425B N Mt. Juliet Rd. Mt. Juliet TN 37122 - Call 615-754-4357 for more info

TUESDAY 8:30 AM TO 12:30 PM @ THE COMMUNITY HELP CENTER OF WEST WILSON CO.

Mon-Fri 8:30 AM to 12:30 PM - Community Help Center Of West Wilson Co. - Box 719 Mt. Juliet TN 37121 - Call 615-758-3213 for more info

TUESDAY 9 AM TO 2 PM @ MT. JULIET CHURCH OF CHRIST

Tues & Thurs @ 9 AM to 2 PM - Mt. Juliet Church of Christ - 1940 N. Mt. Juliet Rd. Mt. Juliet, TN 37122 - Call 615-758-2274 for more info

TUESDAY 9 AM TO 4 PM @ THE GLADE CHURCH IN GLADEVILLE

Mon-Fri 9 AM to 4 PM @ The Glade Church Food Pantry - 9000 Stewarts Ferry Pike Mt. Juliet TN 37122 - Call 615-444-9550 for more info or email mdavidson@thegladechurch.org

TUESDAY 9 AM TO 4 PM @ JESUS PROVISIONS CARE CENTER IN MT. JULIET

Mon-Sat 9 AM to 4 PM @ Jesus Provisions Care Center - NOTICE! You must call 615-424-9422 to request food.

TUESDAY 9 AM TO 4 PM @ THE S.A.L.T. MINISTRY IN MT. JULIET (FOR SENIOR CITIZENS)

Mon-Sat 9 AM to 4 PM @ S.A.L.T. (Serving At The Lord's Table) @ Leeville Methodist - 7019 Hickory Ridge Rd. Lebanon, TN 37087 - NOTICE: You MUST call 615-965-5361 in order to request food - Email saltministry2015@gmail.com for more info

TUESDAY 6-7:30 PM @ FRIENDSHIP CHURCH IN OLD HICKORY

Tues 6-7:30 PM & Thurs 10-11:30 AM @ Friendship Church Food Bank - 15285 Lebanon Rd. Old Hickory TN 37138 - Call 615-758-5358 for more info

WEDNESDAY - FREE FOOD IN LEBANON

WEDNESDAY 8 AM TO 12 NOON @ ALL FOR HIM MINISTRY IN LEBANON

Tues, Wed & Fri 8 AM to 12 Noon @ All For Him Ministry - 319 College St. Lebanon TN 37087 - Call 615-308-1301 for more info

WEDNESDAY 8 AM TO 4 PM @ MAPLE HILL CHURCH OF CHRIST IN LEBANON

Tues-Thurs 8 AM to 4 PM @ Maple Hill Church Of Christ - 102 Maple Hill Rd. Lebanon TN 37087 - Call 615-444-1544 for more info

WEDNESDAY 9-11:30 AM @ JOSEPH'S STOREHOUSE IN LEBANON

Mon-Thurs 9-11:30 AM @ Joseph's Storehouse - 1960 Tater Peeler Rd. Lebanon TN 37090 - Call 615-453-5777 for more info

WEDNESDAY 9 AM TO 3 PM @ WILSON CO. HELP CENTER IN LEBANON

Mon-Fri 9 AM to 3 PM @ Wilson Co. Help Center Food Pantry - 203 High St. Lebanon, TN 37087 - Call 615-449-1856 for more info

WEDNESDAY 9 AM TO 4 PM @ 1ST METHODIST IN LEBANON

Mon-Thurs 9 AM to 4 PM @ First United Methodist Church - 415 W Main St. Lebanon TN 37087 - Call 615-444-3315 for more info

WEDNESDAY 6:15-7:15 PM @ WESTLAND METHODIST IN LEBANON

Wednesday 6:15-7:15 PM @ Westland Methodist Food Pantry - 110 Dawson Lane Lebanon TN 37087 - Call 615-444-0776 for more info

WEDNESDAY - FREE FOOD IN MT. JULIET, HERMITAGE & OLD HICKORY

WEDNESDAY 8:30 AM TO 12:30 PM @ MT. JULIET HELP CENTER

Mon-Fri 8:30 AM to 12:30 PM - Mt. Juliet Help Center - 3425B N Mt. Juliet Rd. Mt. Juliet TN 37122 - Call 615-754-4357 for more info

WEDNESDAY 8:30 AM TO 12:30 PM @ THE COMMUNITY HELP CENTER OF WEST WILSON CO.

Mon-Fri 8:30 AM to 12:30 PM - Community Help Center Of West Wilson Co. - Box 719 Mt. Juliet TN 37121 - Call 615-758-3213 for more info

WEDNESDAY 9 AM TO 12 NOON @ CLOYD'S CHURCH IN MT. JULIET

Wed 9 AM to 12 Noon @ Cloyd's Cumberland Presbyterian - 595 W. Division St. Mt. Juliet TN 37122 - Call 615-758-7434 for more info

WEDNESDAY 9 AM TO 4 PM @ THE GLADE CHURCH IN GLADEVILLE

Mon-Fri 9 AM to 4 PM @ The Glade Church Food Pantry - 9000 Stewarts Ferry Pike Mt. Juliet TN 37122 - Call 615-444-9550 for more info or email mdavidson@thegladechurch.org

WEDNESDAY 9 AM TO 4 PM @ JESUS PROVISIONS CARE CENTER IN MT. JULIET

Mon-Sat 9 AM to 4 PM @ Jesus Provisions Care Center - NOTICE! You must call 615-424-9422 to request food.

WEDNESDAY 9 AM TO 4 PM @ THE S.A.L.T. MINISTRY IN MT. JULIET (FOR SENIOR CITIZENS)

Mon-Sat 9 AM to 4 PM @ S.A.L.T. (Serving At The Lord's Table) @ Leeville Methodist - 7019 Hickory Ridge Rd. Lebanon, TN 37087 - NOTICE: You MUST call 615-965-5361 in order to request food - Email saltministry2015@gmail.com for more info

WEDNESDAY 6-7:30 PM @ HERMITAGE HILLS BAPTIST IN HERMITAGE

Wed 6-7:30 PM & Thurs 10-11:30 AM @ Hermitage Hills Baptist Food Pantry - 3475 Lebanon Pike Hermitage TN 37076 - Call 615-883-5034 for more info.

THURSDAY - FREE FOOD IN LEBANON

THURSDAY 8 AM TO 4 PM @ MAPLE HILL CHURCH OF CHRIST IN LEBANON

Tues-Thurs 8 AM to 4 PM @ Maple Hill Church Of Christ - 102 Maple Hill Rd. Lebanon TN 37087 - Call 615-444-1544 for more info

THURSDAY 9-11:30 AM @ JOSEPH'S STOREHOUSE IN LEBANON

Mon-Thurs 9-11:30 AM @ Joseph's Storehouse - 1960 Tater Peeler Rd. Lebanon TN 37090 - Call 615-453-5777 for more info

THURSDAY 9 AM TO 3 PM @ SALT & LIGHT MINISTRY IN LEBANON

Tues & Thurs 9 AM to 3 PM @ Immanuel Baptist Salt & Light Ministry - 220 Wildwood Ave. Lebanon TN 37087 - Call 615-444-5563 for more info

THURSDAY 9 AM TO 3 PM @ WILSON CO. HELP CENTER IN LEBANON

Mon-Fri 9 AM to 3 PM @ Wilson Co. Help Center Food Pantry - 203 High St. Lebanon, TN 37087 - Call 615-449-1856 for more info

THURSDAY 9 AM TO 4 PM @ 1ST METHODIST IN LEBANON

Mon-Thurs 9 AM to 4 PM @ First United Methodist Church - 415 W Main St. Lebanon TN 37087 - Call 615-444-3315 for more info

THURSDAY - FREE FOOD IN THE MT. JULIET, HERMITAGE & OLD HICKORY AREAS

THURSDAY 8:30 AM TO 12:30 PM @ MT. JULIET HELP CENTER

Mon-Fri 8:30 AM to 12:30 PM - Mt. Juliet Help Center - 3425B N Mt. Juliet Rd. Mt. Juliet TN 37122 - Call 615-754-4357 for more info

THURSDAY 9 AM TO 2 PM @ MT. JULIET CHURCH OF CHRIST

Tues & Thurs @ 9 AM to 2 PM - Mt. Juliet Church of Christ - 1940 N. Mt. Juliet Rd. Mt. Juliet, TN 37122 - Call 615-758-2274 for more info

THURSDAY 9 AM TO 4 PM @ THE GLADE CHURCH IN GLADEVILLE

Mon-Fri 9 AM to 4 PM @ The Glade Church Food Pantry - 9000 Stewarts Ferry Pike Mt. Juliet TN 37122 - Call 615-444-9550 for more info or email mdavidson@thegladechurch.org

THURSDAY 9 AM TO 4 PM @ JESUS PROVISIONS CARE CENTER IN MT. JULIET

Mon-Sat 9 AM to 4 PM @ Jesus Provisions Care Center - NOTICE! You must call 615-424-9422 to request food.

THURSDAY 9 AM TO 4 PM @ THE S.A.L.T. MINISTRY IN MT. JULIET (FOR SENIOR CITIZENS)

Mon-Sat 9 AM to 4 PM @ S.A.L.T. (Serving At The Lord's Table) @ Leeville Methodist - 7019 Hickory Ridge Rd. Lebanon, TN 37087 - NOTICE: You MUST call 615-965-5361 in order to request food - Email saltministry2015@gmail.com for more info

THURSDAY 10-11:30 AM @ HERMITAGE HILLS BAPTIST IN HERMITAGE

Thurs 10-11:30 AM @ Hermitage Hills Baptist Food Pantry - 3475 Lebanon Pike Hermitage TN 37076 - Call 615-883-5034 for more info

THURSDAY 10-11:30 AM @ FRIENDSHIP CHURCH IN OLD HICKORY

Thurs 10-11:30 AM @ Friendship Church Food Bank - 15285 Lebanon Rd. Old Hickory TN 37138 - Call 615-758-5358 for more info

THURSDAY 12 NOON TO 3 PM @ TRUTH & GRACE CHURCH IN OLD HICKORY

Thurs 12 Noon to 3 PM @ Truth & Grace Community Pantry at Coolview Commons - 14825 Lebanon Rd. Old Hickory TN 37138 - Call

615-578-5465 for more info

THURSDAY 4-7 PM @ JOY CHURCH IN MT. JULIET

Thurs 4-7 PM & Fri 1-4 PM @ Joy Church Food Pantry - 10085 Lebanon Rd. Mt. Juliet, TN 37122 - Call 615-773-5252 for more info

THURSDAY 8:30 AM TO 12:30 PM @ THE COMMUNITY HELP CENTER OF WEST WILSON CO.

Mon-Fri 8:30 AM to 12:30 PM - Community Help Center Of West Wilson Co. - Box 719 Mt. Juliet TN 37121 - Call 615-758-3213 for more info

FRIDAY - FREE FOOD IN LEBANON

FRIDAY 8 AM TO 12 NOON @ ALL FOR HIM MINISTRY IN LEBANON

Tues, Wed & Fri 8 AM to 12 Noon @ All For Him Ministry - 319 College St. Lebanon TN 37087 - Call 615-308-1301 for more info

FRIDAY 9 AM TO 3 PM @ WILSON CO. HELP CENTER IN LEBANON

Mon-Fri 9 AM to 3 PM @ Wilson Co. Help Center Food Pantry - 203 High St. Lebanon, TN 37087 - Call 615-449-1856 for more info

FRIDAY 9 AM TO 12 NOON @ 1ST METHODIST IN LEBANON

Friday 9 AM to 12 Noon @ First United Methodist Church - 415 W Main St. Lebanon TN 37087 - Call 615-444-3315 for more info

FRIDAY - FREE FOOD IN THE MT. JULIET, HERMITAGE & OLD HICKORY AREAS

FRIDAY 8:30 AM TO 12:30 PM @ MT. JULIET HELP CENTER

Mon-Fri 8:30 AM to 12:30 PM - Mt. Juliet Help Center - 3425B N Mt. Juliet Rd. Mt. Juliet TN 37122 - Call 615-754-4357 for more info

FRIDAY 8:30 AM TO 12:30 PM @ THE COMMUNITY HELP CENTER OF WEST WILSON CO.

Mon-Fri 8:30 AM to 12:30 PM - Community Help Center Of West Wilson Co. - Box 719 Mt. Juliet TN 37121 - Call 615-758-3213 for more info

FRIDAY 1-4 PM @ JOY CHURCH IN MT. JULIET

Thurs 4-7 PM & Fri 1-4 PM @ Joy Church Food Pantry - 10085 Lebanon Rd. Mt. Juliet, TN 37122 - Call 615-773-5252 for more info

FRIDAY 9 AM TO 4 PM @ THE GLADE CHURCH IN GLADEVILLE

Mon-Fri 9 AM to 4 PM @ The Glade Church Food Pantry - 9000 Stewarts Ferry Pike Mt. Juliet TN 37122 - Call 615-444-9550 for more info or email mdavidson@thegladechurch.org

FRIDAY 9 AM TO 4 PM @ JESUS PROVISIONS CARE CENTER IN MT. JULIET

Mon-Sat 9 AM to 4 PM @ Jesus Provisions Care Center - NOTICE! You must call 615-424-9422 to request food

FRIDAY 9 AM TO 4 PM @ THE S.A.L.T. MINISTRY IN MT. JULIET (FOR SENIOR CITIZENS)

Mon-Sat 9 AM to 4 PM @ S.A.L.T. (Serving At The Lord's Table) @ Leeville Methodist - 7019 Hickory Ridge Rd. Lebanon, TN 37087 - NOTICE: You MUST call 615-965-5361 in order to request food - Email saltministry2015@gmail.com for more info

SATURDAY - FREE FOOD IN LEBANON

SATURDAY 8 AM TO 12 NOON @ ALL FOR HIM MINISTRY IN LEBANON

Saturday (by appointment ONLY!) @ All For Him Ministry - 319 College St. Lebanon TN 37087 - Call 615-308-1301 for more info

EVERY 3RD SATURDAY 3 PM @ LIFE CHURCH IN LEBANON

Every 3rd Saturday @ 3 PM - Life Church - 3688 Highway 109 N. Lebanon TN 37087 - Call 615-469-5190 for more info

SATURDAY - FREE FOOD IN THE MT. JULIET, HERMITAGE & OLD HICKORY AREAS

SATURDAY 9 AM TO 4 PM @ JESUS PROVISIONS CARE CENTER IN MT. JULIET

Mon-Sat 9 AM to 4 PM @ Jesus Provisions Care Center - NOTICE! You must call 615-424-9422 to request food.

SATURDAY 9 AM TO 4 PM @ THE S.A.L.T. MINISTRY IN MT. JULIET (FOR SENIOR CITIZENS)

Mon-Sat 9 AM to 4 PM @ S.A.L.T. (Serving At The Lord's Table) @ Leeville Methodist - 7019 Hickory Ridge Rd. Lebanon, TN 37087 - NOTICE: You MUST call 615-965-5361 in order to request food - Email saltministry2015@gmail.com for more info

EVERY 3RD SATURDAY @ 3-4:30 PM @ NASHVILLE DREAM CENTER @ LIFE CHURCH IN LEBANON

Every 3rd Saturday 3-4:30 PM - Nashville Dream Center @ Life Church - 3688 Highway 109 N. Lebanon TN 37087 - Call 615-469-5190 for more info. Distribution dates for 2023 are Jan 21, Feb 18, Mar 18, Apr 15, May 20, Jun 17, Jul 15, Aug 19, Sep 16, Oct 21, Nov 18 & Dec 16

FOOD STAMPS & SNAP

TN DEPT. OF HUMAN SERVICES

Monday-Friday 8 AM to 4:30 PM @ 155 Legends Dr. # G Lebanon, TN 37087 - 615-443-2746

MONDAY - FRIDAY @ LEBANON SENIOR CENTER

LEBANON SENIOR CENTER SERVES A HOT LUNCH ON MON-FRI FOR \$5 TO \$6

Monday-Friday 12 Noon @ Lebanon Senior Center - 670 Coles Ferry Pike Lebanon TN 37087 - Hot lunches are \$5 Mon-Thur & \$6 on Friday served table-style or curbside in to-go boxes - (NOTE! Please call the office at 615-449-4600 a day in advance to make your meal reservations).

MEALS ON WHEELS

MID-CUMBERLAND COMMUNITY ACTION AGENCY @ 615-742-1113 ext. 9500 (for Wilson Co.)

MID-CUMBERLAND HUMAN RESOURCE AGENCY @ 615-444-7433 or 800-945-4125

PLEASE INFORM US IF YOU KNOW OF ANY ADDITIONAL RESOURCES WHO DISTRIBUTES FOOD IN WILSON CO. TENNESSEE AT LITTLE OR NO CHARGE

