

Food Assistance Resources – North Central WV Counties

Upshur County

- Upshur Parish House & Crosslines, Inc.
 - Address: 68 College Ave., Buckhannon, WV 26201
 - Phone: 304-472-0743
 - Website: www.parishhouse.org
 - Hours: Mon–Fri, 9:00 AM–1:00 PM
 - Notes: Serves Upshur County residents. Proof of residency or ID may be required. Call ahead to place orders.
- Salvation Army – Buckhannon
 - Address: 21 N Spring St., Buckhannon, WV 26201
 - Phone: 304-472-2747
 - Website: www.salvationarmyusa.org
 - Hours: Typically mid-day hours; call ahead
 - Notes: ID and proof of address may be required.
- Feed My Sheep Outreach
 - Address: Buckhannon, WV
 - Phone:
 - Website: <https://www.mybuckhannon.com/food-outreach-organization-searching-for-new-home-to-fulfill-upshur-countys-growing-needs/>
 - Hours: Weekly meal service
 - Notes: Serves local community; call for schedule.
- Faith Tabernacle Food Outreach
 - Address: Buckhannon, WV
 - Phone: 304-472-0737
 - Website: https://www.foodpantries.org/li/wv_26201_faith-tabernacle-food-outreach
 - Hours: Mon–Fri, 9:00 AM–2:00 PM
 - Notes: Open to Upshur County residents; proof of residency may be required.

Randolph County

- Tyrand Cooperative Ministries
 - Address: 39 Cherokee St., Mill Creek, WV 26280
 - Phone: 304-335-2788
 - Website: www.tyrandcoop.org
 - Hours: Mon–Fri, 9:00 AM–2:00 PM (Wed until 3:00 PM)
 - Notes: Serves Randolph County; food box allocation based on family size.
- Catholic Charities WV – Randolph County Office
 - Address: 1513 Harrison Ave., Elkins, WV 26241
 - Phone: 304-636-4875
 - Website: www.ccwva.org
 - Hours: Mon–Fri, 9:00 AM–12:00 PM
 - Notes: Emergency food assistance; proof of residence may be required.
- Woodford United Methodist Church
 - Address: Elkins, WV
 - Phone:

- Website: <https://www.ccwva.org/2017/11/20/helping-provide-home-cooked-meal-need/>
- Hours: Weekly community meals on Saturdays
- Notes: Serves local residents; call to confirm schedule.

Tucker County

- Tucker County Family Support Center (Mobile Pantry)
 - Address: 100 Education Ln., Parsons, WV 26287
 - Phone: 304-478-3827
 - Website: www.mountaineerfoodbank.org
 - Hours: Monthly, 10:00–11:30 AM
 - Notes: Mobile pantry; call ahead for schedule and eligibility.
- First United Methodist Church – Hinkle House Food Pantry
 - Address: Parsons, WV
 - Phone:
 - Website: <https://tuckerfoundationwv.org/tucker>
 - Hours: Call ahead for hours
 - Notes: Serves Tucker County residents; call for requirements.

Gilmer County

- Community Resources, Inc. – Gilmer County
 - Address: 809 N Lewis St., Glenville, WV 26351
 - Phone: 304-462-8698
 - Website: www.criwv.org
 - Hours: Mon–Fri, 8:00 AM–4:00 PM
 - Notes: Serves Gilmer County residents; proof of address or ID may be required.
- Hope Lutheran Church – Gilmer County Food Pantry
 - Address: Glenville, WV
 - Phone: 706-636-4673
 - Website: <https://www.hopeonthehill.church/gilmer-county-food-pantry>
 - Hours: Wed, 10:00 AM–12:45 PM
 - Notes: Serves local community; call for requirements.

Braxton County

- Mountain CAP of WV – Braxton Office
 - Address: 105 Jerry Burton Dr., Sutton, WV 26601
 - Phone: 304-765-7738
 - Website: www.mountaincapwv.org
 - Hours: Mon–Fri, 8:00 AM–4:00 PM
 - Notes: Serves Braxton County residents; call ahead to confirm eligibility.
- Mountaineer Food Bank (Regional Support)
 - Address: 484 Enterprise Dr., Gassaway, WV 26624
 - Phone: 304-364-5518
 - Website: www.mountaineerfoodbank.org
 - Hours: Mon–Fri, 8:00 AM–4:00 PM
 - Notes: Supplies regional partner agencies and mobile pantries.
- Sutton Baptist Church Food Pantry
 - Address: Sutton, WV
 - Phone: 304-542-3475

- Website:
<https://www.facebook.com/frametownparksandrecreation/posts/398446801517903/>
- Hours: 4th week of the month, Mon–Fri, 9:00 AM–7:00 PM
- Notes: Serves local community; call to confirm schedule.