



Food Resources for HealthLink Patients in Montgomery County

If you or someone you know is experiencing difficulty affording groceries due to the recent interruption in SNAP (Supplemental Nutrition Assistance Program) benefits, help is available. The following list includes food pantries and community programs throughout Montgomery County that provide free food and household essentials to individuals and families in need. Each pantry has its own hours and eligibility guidelines, so we encourage you to call ahead before visiting. No one should have to choose between dental care and a meal — please use these resources to help keep yourself and your family healthy.

Norristown Area

ACLAMO – Norristown

801 W Marshall St
Norristown, PA 19401
2nd & 4th Friday, 10:00am–2:00pm
Phone: 610-277-2570

Martha's Choice Marketplace

(@ Catholic Social Services)
353 E Johnson Hwy
Norristown, PA 19401
Wed 3–6pm; Thu 12–3pm; Fri 12–2pm
Phone: 610-279-7372.

Grace Lutheran – Norristown Food Pantry

506 Haws Ave
Norristown, PA 19401
Mon, Thu & Sat 8:30–11:00am
Phone: 484-363-9378

Pottstown/Western MontCo

Pottstown Cluster of Religious Communities

57 N Franklin St
Pottstown, PA 19464
Tue 9:30am–12pm; Wed 2:30–5pm;
Thu 9:30am–12pm
Phone: 610-970-5995.
Proof of residency required.

Salvation Army – Pottstown Cupboard

137 King St
Pottstown, PA 19464
Tue & Thu 1–2pm
Phone: 610-326-1621.
Photo ID and proof of address required.

North Penn/Lansdale/ Souderton/Harleysville

Manna on Main Street

606 E Main St
Lansdale, PA 19446
Mon–Thu 2–6pm, Fri 9am–12pm
Phone: 215-855-5454
Serves residents of the North Penn School District.

Keystone Opportunity Center

104 N Main St, Souderton, PA 18964
Tue–Thu 10am–2pm; 1st Thu 4–6pm
Phone: 215-723-5430
Must live in Souderton Area SD; ID and utility bill required.

Shepherd's Shelf Food Cupboard

2211 Mainland Rd
Harleysville, PA 19438
Mon & Wed 6:30–8pm; Tue 10–11am
Phone: 215-256-8738

Ambler/Roslyn/Jenkintown/ Willow Grove

Mattie N. Dixon Community Cupboard – Ambler

150 N Main St
Ambler, PA 19002
Mon & Wed 9–11:15am
Phone: 215-628-3002

Family Promise Montco – Food Pantry (Roslyn)

2801 Woodland Rd
Roslyn, PA 19001
Mon 5:30–7:30pm; Wed, Thu & Sat 10am–1pm
Phone: 267-318-0607

Jenkintown Food Cupboard

328 Summit Ave
Jenkintown, PA 19046
Tue 5:30–7pm; Thu 12–2:30pm
Phone: 215-274-5720/18974
Ph: 215-323-4797

Main Line/Lower Merion/ Narberth

Narberth Community Food Bank

201 Sabine Ave, 2nd Fl
Narberth, PA 19072
Tue & Thu 10am–4pm
Phone: 484-754-6404
Serves Narberth and Lower Merion residents

Collegeville/Royersford/ Upper Perk

Daily Bread Community Food Pantry

3938 Ridge Pike
Collegeville, PA 19426
Wed & Sat 9–11am; Thu 6–8pm
Phone: 610-489-5540

The Open Link – Community Food Pantry

452 Penn St
Pennsburg, PA 18073
Tue, Thu, Fri 12:30–3pm; Tue 4:30–6:30pm
Phone: 215-679-4112
Appointment required

King of Prussia/Upper Merion

UMACC – Upper Merion Area Community Cupboard

191 Town Center Rd
King of Prussia, PA 19406
Tue 9:30–11:30am & 5–7pm
Serves only residents of Upper Merion Area SD. ID required.

- Many sites are open to all Montgomery County residents; some only serve people in a specific school district or ZIP code.
- Most will ask for photo ID and proof of address (such as a recent bill).
- Some pantries are drive-through or by appointment. Call ahead to learn how to register and schedule a visit.