TRHF Community Resource Directory 2026

Chapter 4: Food Assistance

Case Manager Edition

Restore Hope Ministries

Phone: (918) 582-5766. Food pantry, emergency groceries, rent and utility assistance, and case management.

Loaves & Fishes Ministries

Phone: (918) 234-8577. Grocery assistance, meals, and pantry services.

Jenks Community Food Bank

Weekly perishable food distribution and monthly grocery assistance.

Bixby Outreach Center

Food assistance and emergency support for South Tulsa County communities.

The Mission - Owasso

Food pantry and emergency assistance services.

CAP Tulsa Family Farmers Markets

Free produce, fruits, and vegetables for qualifying families.

Dividing Bread Ministry

Food pantry services at multiple locations including Sperry.

Kendall-Whittier Food Pantry

Emergency food assistance and pantry services.

Pantry for Patriots

Food assistance for veterans and military families.

Church of St. Mary Outreach Center (COSMO)

Phone: (918) 749-2561. Food pantry and emergency assistance for eligible South Tulsa zip codes.

John 3:16 Mission

Phone: (918) 592-1186. Groceries, household goods, and emergency food support.

Tulsa Dream Center

Food pantry and grocery assistance at North and West Tulsa campuses.

Tulsa Harvest House

Food pantry, clothing, baby supplies, and family support.

Meals on Wheels Tulsa

Home-delivered meals for seniors and qualifying homebound individuals.

Lasagna Love

Free home-cooked meal delivery through volunteer network.

Quick Food Assistance Reference

Need food today? Restore Hope, Loaves & Fishes, Tulsa Harvest House, John 3:16 Mission, Tulsa Dream Center, and COSMO are strong starting points.