

ACCESS TO NUTRITIOUS FOODS

ON-CAMPUS SUPPORT

PHYSICAL RESOURCE CENTER

Provides free resources such as perishable and non-perishable food items. Open to all CWRU students. Open Monday and Thursday from 3:30pm to 6:30pm, Friday from 12:30pm to 6:30pm, and Saturday from 10am to 6pm. Located in Carlton Commons (11892 Carlton Road). This resource is run by students and is usually only open during the Fall and Spring academic semesters. [Verify hours for the Physical Resource Center here.](#)



FREE LITTLE FOOD PANTRY

Open to all CWRU students. Open 24/7 on the Front Porch of Bellflower Hall (1427 Bellflower Road).

OMA FOOD PANTRY

Open to all CWRU students. Open Monday through Friday 9am to 5pm. Located at Sears Hall Room 409 (2083 MLK Jr. Drive). Call 216.368.2904 with any questions.

FEEDING SUCCESS - LUNCH BOX INITIATIVE

Open to off-campus CWRU students. Located in the Thwing Center Room 083 (off-campus student lounge). Open Monday through Friday 11am to 2pm. Provides shelf-stable food items during lunchtime. Call 216.368.7564 with any questions.

OFFICE OF GRADUATE STUDENT LIFE FOOD PANTRY

Open to CWRU graduate and professional students. Located in Tomlinson Hall Room 216 (2121 MLK Jr. Drive). Open Monday thru Friday 11am to 2pm by appointment only. Call 216.368.4802 to schedule an appointment.

SWIPE OUT HUNGER

Students who are struggling with food security or consistently accessing nutritious foods may [request up to three meal swipes per semester](#) that can be used at Leutner Commons or Fribley Commons. A member of the Dean of Students Office will review your request. If additional swipes are needed, must meet with a member of the Dean of Students Office for further case management and support. Swipes can only be used during Fall and Spring academic semesters and when Fribley and Leutner Commons are open.



STUDENT EMERGENCY FUND

Available to assist CWRU students who encounter an unforeseen financial emergency or event which would otherwise prevent them from continuing their education at CWRU. Can assist with rent, groceries, utilities, and other essential household expenses. To learn more about eligibility and to apply, [submit a Student Emergency Fund Application here.](#)



OFF-CAMPUS SUPPORT – FOOD PANTRIES

CHURCH OF THE COVENANT

From Tinkham Veale University Center: 1 min drive, 2 min walk

Located at 11205 Euclid Avenue Cleveland OH 44106. Food Pantry is available the last Friday of the month and the last Wednesday of the month from 10am to 12pm. Call 216.421.0482 or email covenant@covenantweb.org to learn more.

NORTH UNION FARMERS MARKET

Has markets throughout Cleveland area including University Hospitals, Cleveland Clinic Main Campus, Chagrin Falls, Legacy Village, Sunset Market at Van Aken District, Crocker Park, and Shaker Square. University Hospitals Market is open on Thursdays from June 1st to September 28th from 10:30am to 1:30pm. Located at 2074 Adelbert Road Cleveland OH 44106 (directly across from Adelbert Hall). Cleveland Clinic Main Campus Market is open on Wednesdays from May 31st to October 18th from 10:30am to 1:30pm. During the winter, the Crocker Park and Van Aken District markets remain open. [To learn more about hours and locations, see the North Union Farmers Market website here.](#)



BETHANY BAPTIST CHURCH

From Tinkham Veale University Center: 6 min drive, 27 min walk, 17 min transit

Located at 1211 East 105th Street Cleveland OH 44108. Food Pantry is the 4th Saturday of every month (except the months of November and December which is the 3rd Saturday) from 9am to 11am. Serves Zip Codes 44103, 44106, 44108, and 44110. Call 216.791.2673 with any questions.

CALVARY LUTHERAN CHURCH

From Tinkham Veale University Center: 6 min drive, 29 min walk, 14 min transit

Located at 13100 Euclid Ave East Cleveland OH 44112. Open Tuesday and Thursday 3:30pm to 6:30pm. Closed Thanksgiving.

EAST MOUNT ZION BAPTIST CHURCH

From Tinkham Veale University Center: 7 min drive, 20 min walk, 10 min transit

Located at 9990 Euclid Avenue Cleveland OH 44106. Open every fourth Saturday from 8:45am to 10:45am. To be eligible for the current month, call 216.231.0284 the second Monday of each month. The call-in time is 9:00am to 11:30am. Calling in puts your name on the list to receive food.

FR. MIKE WITTMAN OZANAM CENTER

From Tinkham Veale University Center: 7 min drive, 39 min walk, 15 min transit

Located at 13824 Euclid Ave East Cleveland OH 44112. Pantry is open every Saturday from 10am to 12pm.

STARLIGHT BAPTIST CHURCH

From Tinkham Veale University Center: 7 min drive, 51 min walk, 23 min transit

Located at 14516 Euclid Avenue East Cleveland OH 44112. Open the fourth Wednesday from 3pm to 5pm.

ST. MARTIN DE PORRES FAMILY CENTER

From Tinkham Veale University Center: 7 min drive, 29 min walk, 25 min transit

Located at 1264 East 123rd Street Cleveland OH 44108. Food Pantry is held every 3rd Tuesday and Wednesday of each month from 9:00am to 12:00pm. Serves residents of 44106, 44108, 44110, and 44112. Clients must show proof of residency. Call 216.268.3909 with any questions.

FAMICOS FOUNDATION

From Tinkham Veale University Center: 8 min drive, 24 min walk, 15 min transit

Located at 8555 Hough Avenue Cleveland OH 44106. Open very fourth Thursday of the month from 10:00am to 1:00pm.

ABUNDANCE FOOD PANTRY

From Tinkham Veale University Center: 8 min drive, 52 min walk, 20 min transit

Located at 3031 Monticello Blvd Cleveland Heights OH 44118. Open every Tuesday from 10:30am to 1:00pm. Call 216.321.2660 with any questions.

TWO FISH FIVE LOAVES

From Tinkham Veale University Center: 9 min drive, 50 min walk, 16 min transit

Food pantry operates every third Saturday of the month from 10:00am to 12:00pm. Open by appointment only on third Mondays from 12:00pm to 2:00pm. Located at 2490 Lee Blvd Suite 219 Cleveland Heights OH 44118. [Pantry registration can be found here.](#)

**SALVATION ARMY – EAST CLEVELAND CORPS**

From Tinkham Veale University Center: 9 min drive, 54 min walk, 26 min transit

Located at 1507 Doan Ave East Cleveland OH 44112. Those in need can get nutritious groceries from the Salvation Army. Food is free and we never turn anyone away. Pantry hours are Monday to Friday 9am to 1pm.

LIBERTY HILL BAPTIST CHURCH

From Tinkham Veale University Center: 10 min drive, 34 min walk, 16 min transit

Located at 8206 Euclid Ave Cleveland OH 44103. Mobile Pantry monthly on the first Wednesday from 10:30am to 1:00pm.

ST. TIMOTHY MISSIONARY BAPTIST CHURCH

From Tinkham Veale University Center: 10 min drive, 46 min walk, 20 min transit

Located at 7101 Carnegie Avenue Cleveland OH 44103. Open the last Thursday and Friday 9:30am to 1:30pm. Closed on 11/24.

ST. JAMES AME CHURCH

From Tinkham Veale University Center: 10 min drive, 35 min walk, 21 min transit

Located at 8401 Cedar Ave Cleveland OH 44103. Open the 3rd Friday from 12:00pm to 2:30pm. Closed 11/24.

FATIMA FAMILY CENTER

From Tinkham Veale University Center: 10 min drive, 45 min walk, 22 min transit

Located at 6600 Lexington Ave Cleveland OH 44103. Open the last Tuesday of each month. Call 216.391.0505 with any questions.

NEW COVENANT LUTHERAN CHURCH

From Tinkham Veale University Center: 10 min drive, 1 hr 2 min walk, 27 min transit
Located at 1424 Hayden Ave East Cleveland OH 44112. Open Monday, Wednesday, and Friday 11:00am to 2:00pm. Closed 11/24 to 11/27.

GOD'S HOUSE OF PRAYER

From Tinkham Veale University Center: 11 min drive, 53 min walk, 20 min transit
Located at 2632 Woodhill Rd Cleveland OH 44104. Open the third Saturday from 8:30am to 12:00pm. Call 216.229.5606 with any questions.

CORINTHIAN HUNGER CENTER INNER CITY BAPTIST CHURCH

From Tinkham Veale University Center: 12 min drive, 59 min walk, 23 min transit
Located at 1643 East 55th Street Cleveland OH 44103. Pantry is open Tuesday and Thursday from 10:00am to 12:00pm.

NEW LIFE GOSPEL CHURCH

From Tinkham Veale University Center: 12 min drive, 56 min walk, 30 min transit
Located at 2856 Martin Luther King Jr. Dr. Cleveland OH 44104. Open the 2nd, 3rd, and 4th Thursday 11:30am to 1:00pm. Closed Thanksgiving Day.

FRIENDLY INN SETTLEMENT

From Tinkham Veale University Center: 15 min drive, 1 hr 12 min walk, 25 min transit
Located at 2382 Unwin Road Cleveland OH 44104. Pantry is open Wednesday 12pm to 2pm and Thursday 10am to 12pm.

UNIVERSITY SETTLEMENT

From Tinkham Veale University Center: 19 min drive, 1 hr 45 min walk, 33 min transit
Located at 4800 Broadway Ave Cleveland OH 44127. Open Tuesday to Friday 11:30am to 2:00pm.

OFF-CAMPUS SUPPORT – HOT MEALS**CHURCH OF THE COVENANT**

From Tinkham Veale University Center: 1 min drive, 2 min walk
Located at 11205 Euclid Avenue Cleveland OH 44106. Community Hot Meal Program offered the last Thursday of each month from 5:30pm to 7:00pm. All are welcome. Call 216.421.0482 or email covenant@covenantweb.org to learn more.

MT. ZION CONGREGATIONAL UCC

From Tinkham Veale University Center: 5 min drive, 12 min walk, no transit
The community meal is held on the last Saturday of the month at 12:00pm. Located at 10723 Magnolia Drive Cleveland OH 44106. Call 216.791.5670 with any questions.

ST. JAMES FOOD CLOSET

From Tinkham Veale University Center: 9 min drive, 35 min walk, 20 min transit
Located at 8401 Cedar Avenue Cleveland OH 44103. Hot meal is the last Saturday of the month from 12:00pm to 1:30pm.

DUNHAM AVE CHRISTIAN CHURCH

From Tinkham Veale University Center: 10 min drive, 34 min walk, 16 min transit

Located at 1629 East 66th Street Cleveland OH 44103. Hot meal available the 3rd, 4th, and 5th Saturday from 4:30pm to 5:30pm.

LIBERTY HILL BAPTIST CHURCH

From Tinkham Veale University Center: 10 min drive, 45 min walk, 19 min transit

Located at 8206 Euclid Ave Cleveland OH 44103. Community luncheon is monthly on the third Saturday from 11:00am to 1:00pm.

CHRISTIAN FAMILY TRUE VINE MISSIONARY BAPTIST CHURCH

From Tinkham Veale University Center: 10 min drive, 34 min walk, 20 min transit

Located at 711 East 105th Street Cleveland OH 44108. Hot meal is open every day the 2nd full week of each month from 4:30pm to 5:30pm.

ST. TIMOTHY MISSIONARY BAPTIST CHURCH

From Tinkham Veale University Center: 10 min drive, 46 min walk, 20 min transit

Located at 7101 Carnegie Avenue Cleveland OH 44103. Hot meals available the last Thursday and Friday of the month from 9:30am to 1:30pm.

FATIMA FAMILY CENTER

From Tinkham Veale University Center: 10 min drive, 50 min walk, 22 min transit

Located at 6600 Lexington Ave Cleveland OH 44103. Lunch is served Tuesdays from 2:30pm to 3:30pm.

SECOND EBENEZER MISSIONARY BAPTIST CHURCH

From Tinkham Veale University Center: 10 min drive, 38 min walk, 22 min transit

Located at 1881 East 71st Street Cleveland OH 44103. Hot meal available the 2nd, 3rd, and 4th Monday 5:00pm to 7:00pm.

ANTIOCH BAPTIST CHURCH

From Tinkham Veale University Center: 11 min drive, 31 min walk, 16 min transit

Community Neighbors are served every Monday, Tuesday, and Thursday at 11:00am until food runs out. In addition to food and information, we also provide necessary items, including hygiene kits, socks, and scarves. Located at 8869 Cedar Ave Cleveland OH 44106.

EMMANUEL BAPTIST CHURCH

From Tinkham Veale University Center: 11 min drive, 50 min walk, 18 min transit

Located at 7901 Quincy Ave Cleveland OH 44104. Hot meal is open the last Wednesday of the month 11:00am to 12:30pm.

MORNING STAR BAPTIST CHURCH

From Tinkham Veale University Center: 12 min drive, 58 min walk, 27 min transit

Held on Wednesdays from 3:00pm to 4:00pm. Located at 10250 Shaker Blvd. Cleveland OH 44104. Call 216.721.7300 with any questions.

CHANGING LIVES MINISTRIES CHURCH

From Tinkham Veale University Center: 12 min drive, 1 hr 1 min walk, 27 min transit
Located at 12651 St. Clair Ave Cleveland OH 44108. Open the last 6 days of the month from 6:00pm to 7:00pm excluding Sunday.

PHILEMON COMMUNITY BAPTIST CHURCH

From Tinkham Veale University Center: 12 min drive, 1 hr 1 min walk, 27 min transit
Located at 12618 Shaw Ave Cleveland OH 44108. Hot meal is open Tuesdays from 5:00pm to 6:00pm.

NORTH PRESBYTERIAN

From Tinkham Veale University Center: 12 min drive, 58 min walk, 27 min transit
Held on the last two Thursdays of the month 5:00pm to 6:00pm and every Sunday 12:30pm to 1:30pm. Closed Thanksgiving. Located at 4515 Superior Ave Cleveland OH 44103.

HELPING HANDS HOT MEAL

From Tinkham Veale University Center: 13 min drive, 1 hr 1 min walk, 26 min transit
Held on the 2nd and 4th Sunday from 4:00pm to 6:00pm. Located at 12618 Shaw Ave Cleveland OH 44108.

ST. ANDREWS EPISCOPAL CHURCH

From Tinkham Veale University Center: 13 min drive, 1 hr 3 min walk, 28 min transit
Located at 2171 East 49th Street Cleveland OH 44103. Hot meal is open the 2nd and 3rd Friday 5:00pm to 7:00pm.

FAITH COMMUNITY CENTER

From Tinkham Veale University Center: 14 min drive, 1 hr 9 min walk, 25 min transit
Located at 2355 East 55th Street Cleveland OH 44104. Hot meals on Wednesdays from 11:30am to 1:30pm.

TRINITY CATHEDRAL CHURCH

From Tinkham Veale University Center: 15 min drive, 1 hr 21 min walk, 26 min transit
Held on Sundays from 12:00pm to 1:00pm. Located at 2230 Euclid Ave Cleveland OH 44115.

BISHOP WILLIAM M. COSGROVE CENTER

From Tinkham Veale University Center: 16 min drive, 1 hr 31 min walk, 27 min transit
Located at 1736 Superior Ave Cleveland OH 44114. Lunch is 7 days a week from 11:30am to 1:00pm. Dinner is Monday to Friday from 4pm to 5pm.

OFF-CAMPUS SUPPORT – FINANCIAL SUPPORT**CATHOLIC CHARITIES**

Offers financial assistance in the form of grocery gift cards to cover daily necessities. May offer budgeting and financial workshops and may assist those in applying to county and state benefit programs. For 44108, 44110, and 44119 residents, call St. Martin de Porres Family Center at 216.268.3909. For 44103, 44106, and 44108 residents, call St. Philip Neri Family Center at 216.391.4415.

SNAP – Supplemental Nutrition Assistance Program

Eligibility

Those Eligible:

- Individual living alone or individual living with others but eating separately
- Parents, minor children, and adult children under 22 (must be included in their parents' assistance group) living in same household
- Income is under 130% Federal Poverty Level Guidelines
- Non-citizens who have lived in the US for more than 5 years

Not Eligible:

- Non-citizens who have lived in the US under 5 years
- Intentional program violators
- Social security failure
- Failure to cooperate with JOBS
- Parole violator or fleeing felony
- Children in foster care
- Individuals housed in public institutions
- Strikers
- Ineligible students

What SNAP Benefits Can Buy

Can Buy: Fruits and Vegetables, Meat, Poultry, Fish, Dairy Products, Breads, Cereals, other foods such as snack foods and non-alcoholic beverages, seeds and plants that will produce food for the household to eat

Cannot Buy: Alcoholic beverages, Tobacco, Vitamins, Medicine, Supplements, prepared foods for immediate consumption (such as ready to eat wrap, pre-made salad, warm rotisserie chicken), hot foods, nonfood items such as paper products, household supplies, hygiene items, cosmetics, and petfood

Income

Individuals must be under the 130% Federal Poverty Level and then a budget is completed to determine the amount of SNAP allotted. (Gross monthly income of 130% of the federal poverty level)

130% Federal Poverty Level for:

Families of 1: \$1,473

Families of 2: \$1,984

Families of 3: \$2,495

Families of 4: \$3,007

Families of 5: \$3,518

Families of 6: \$4,029

Families of 7: \$4,541

Families of 8: \$5,052

Each additional over 8 is +\$512

Student Exemptions

Individuals enrolled in an institution of higher learning at least half time are considered ineligible for SNAP benefits unless they meet one of the following Student Exemptions:

- Working and paid for a minimum of 20 hours per week
- Be participating in a State or federally financed work study program
- Age 17 or younger or age 50 or older
- Physically or mentally unable to work
- Receiving TANF

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- Enrolled as a result of participation in the Job Opportunities and Basic Skills program
- Be participating in an on-the-job training program
- Be responsible for the care of a dependent household member under the age of 6
- Be responsible for the care of a dependent household member who has reached the age of 6 but is under age 12 and adequate childcare is not available
- Be a single parent and responsible for the care of a dependent child under the age of 12

For students who are participating in a State or federally financed work study program during the regular school year:

- To qualify under this provision, the student must be approved for work study at the time of application for SNAP benefits, the work study must be approved for the school term, and the student must anticipate actually working during that time. The exemption shall begin the month in which the school term begins or the month work study is approved, whichever is later. Once begun, the exemption shall continue until the end of the month in which the school term ends, or it becomes known that the student has refused an assignment.
- The exemption shall not continue between terms when there is a break of a full month or longer unless the student is participating in work study during the break or qualifies for SNAP in another way.

How to Apply

Paper and electronic applications are screened, and appointments are scheduled for SNAP. The intake interviews are completed by phone. Each eligibility program is typically a one-year certification period and will require a reapplication within the 11th month of certification. Adults in a household who are considered able-bodied adults without dependents may be subject to work, education, or training requirements to receive SNAP benefits.

Paper Applications: [JFS SNAP Form 7200](#). Print the application from the website. Complete all information. Submit completed application in mail to local JFS (For Cuyahoga County: 1641 Payne Ave Ste. 520 Cleveland OH 44114.)



Phone Applications: Call 844.640.6446 Monday to Friday 8am to 4pm.

Web Portal Applications: benefits.ohio.gov. Click Apply Now option.

Verification Documentation

Criteria of Eligibility	How can it be verified?
Proof of Social Security Number	Social Security Card
Proof of Income	Last 30 days paycheck stubs, tax records, bank statements, employer statements, award letters, w2s, 1099s, or child support notices
Identity	State ID/Driver license, voter registration card, US Passport, military ID, or school ID for all household members
Citizenship	Birth certificate, citizenship/naturalization

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	documents, green card, employment authorization card, U.S. passport, or military records
Proof of residency	Current rent receipt or lease with full legal name and address, letter from landlord verifying residence, a voter registration card, or mortgage records
Medical Expenses	For elderly or disabled household members, copies of medical, dental, or mental health care bills and statements. Can also include expenses for prescription drugs, prescription eyeglasses, hearing aids, service animals, prosthetics, or dentures
Household Expenses	Mortgage statements, copies of rental receipts, copies of payment for residential housing, proof of homeowner's insurance, or property tax records. Also include copies of basic utility bills – gas, electricity, water, sewer, and telephone bills
Proof of any Disabilities	Medical records, documentation of diagnosis, or a letter from your household member's physician outlining the specific disability
Proof of School Attendance	School schedule
Any childcare or dependent care costs	Receipts for payments for the actual costs for the care of children or other dependents when necessary for a household member to accept or continue employment, attend training, or pursue education which is preparatory to employment

You were approved. What now?

Benefit amounts are determined based on household size, expenses, and resources. Household size includes the number of people in your household who purchase and prepare food together. Household expenses include your rent or mortgage, gas, electric, water, sewer, phone, and medical expenses as well as any child support or childcare payments. Household resources include cash, savings, and stocks. The average monthly SNAP payment per recipient is approximately \$246.

Maximum Food Assistance Allotments

Families of 1: \$281	Families of 5: \$1116
Families of 2: \$516	Families of 6: \$1339
Families of 3: \$740	Families of 7: \$1480
Families of 4: \$939	Families of 8: \$1691
	Each additional over 8 is +\$211

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Once you receive your Ohio Direction Card, you must activate it. Call 1.866.386.3071 to activate and create a PIN. You will need your 16-digit number from the front of your card, your social security number, and your date of birth to activate. You will receive your benefit monthly automatically to your card. It will be loaded onto your Ohio Direction Card on a regular assigned date sometime between the first and the 20th of the month.

You can use this card like a debit or credit card where SNAP/EBT is accepted. You can see how much is left on your card at the bottom of your receipt when you check-out or by calling 1.866.386.3071. The Oh SNAP app (free to download on the App Store or Google Play) provides information on SNAP Basics, Applying for SNAP, Keeping SNAP Benefits, Using your EBT Card, more food resources, and SNAP Smart Tips. You can also go to <https://www.joinproviders.com/> or download the free Providers mobile app to see nearby stores and farmers markets that take EBT and check your balance online.