Resources for those experiencing homelessness and/or food insecurity on Appalachian State’s campus and in the Boone/Watauga community:
Monday – Friday, 8:30 am – 5:00 pm

Primary location: **East Hall**, bottom floor
- Available in the food pantry: non-perishables, fresh bread, and seasonal, local fruits and vegetables
- Available in the free store: clothes, basic hygiene items, home goods, and school supplies

Additional locations for food resources: RCOE in the James Center, D.D. Dougherty in the Student Access office, and Garwood Hall
- The HPC office, located in RCOE 304, also has a food donation box

How can I help?
- **Donate**
- To volunteer, contact sustainability@appstate.edu
- To host a food drive for this store, contact Jennifer Maxwell at 828-262-2667
F.A.R.M. CAFE

828-386-1000
617 W. King St. Boone, NC
http://farmcafe.org/index.html

Monday – Friday, 11:00 am – 2:00 pm
Pay-what-you-can community kitchen
Work an hour in exchange for a meal
How can I help?
- Volunteer: F.A.R.M. Café operates on a 90% volunteer staff
- Pay it forward
- Donate
24-hour homeless shelter facility

- Services offered:
  - Homelessness Resources: if you are currently homeless, call 828-264-1237 and request to speak with the Emergency Shelter Coordinator; those with the highest level of need will be prioritized for housing services
    - Winter Seasonal Shelter: November 1 – April 30
      - Safe, warm environment for anyone expecting homelessness or living in an inhabitable structure
      - Must arrive before 5:30 pm each day, cots are distributed at 9:00 pm, and cots are put away the following day at 6:00 am
      - For information on more housing programs, click [here](#)
  - Hunger Relief Programs
    - Bread of Life Community Kitchen: provides three meals a day, every day of the year (Breakfast: 6:30 am – 8:30 am, Lunch: 11:30 am – 1:00 pm, Dinner: 5:30 pm – 6:30 pm)
    - Food Pantry: open every day from 9:00 am – 11:00 am and 1:00 pm – 4:00 pm; *No appointment necessary*
      - Must qualify for low-income assistance
      - Households are eligible to shop two times per month
      - Length of a food box: 3.5 days – 6 days per household
Monday – Friday, 8:30 am – 4:30 pm

Services offered:

- Pharmacy: inhalers, insulin, COPD medications, Hepatitis C medications, anti-anxiety medications, antidepressants, antibiotics, and other items
  - Tuesdays and Thursdays, 9:00 am – 2:00 pm
  - Eligibility:
    - Residence in Watauga, Avery, or Ashe counties, income and assets at or below 200% of the Federal Poverty Level
    - Each client must provide proof of income (W-2, paycheck, etc.)

- Food Pantry: food boxes provided on an emergency basis, or provided on a regular basis for the chronically ill or those with low fixed incomes
  - Fresh Market: local food donations are available for those who qualify to choose in a “shopping-like environment”
  - Food Recovery Kitchen: operates on scheduled visits; to-go meals prepared from local food donations are available throughout the day
  - Qualifications: to sign up, a photo I.D. and proof of a Watauga County address is required

- BackPack Program: provides food for children and families who are experiencing food insecurity; designed to last children over the weekend while they are out of school and away from school-based food resources
  - To sign up, contact your child’s teacher or school counselor
  - To make a donation or sponsor a child: contact Anita Wilson at 828-262-1628