

TIPTON COUNTY FOOD ASSISTANCE

Atlanta Christian Church

200 E. Main St.
Atlanta, IN 46031
(765) 292-2323
Tues. & Thurs. 6 PM - 7 PM

Family Resource Center

3021 W State Rd 28
Tipton, IN 46072
(765) 667-7001
Take and Make Meals
Monday 3 PM - 7 PM
Tuesday 9 AM - 1 PM
Thursday 2 PM - 5 PM

Outdoor Little Free Pantry

132 N. West St.
Tipton, IN 46072

Outdoor Little Red Pantry

117 Maple St.
Tipton, IN 46072

Beulah Land Church

6569 N. 400 W
Sharpsville, IN 46068
(765) 963-5849
*Food Finders Mobile
Pantry Destination
(check online schedule)*

Good Shepherd Pantry

120 Fourth St.
Tipton, IN 46072
(765) 675-6227
1st & 3rd Tues.
4:30 PM - 6:30 PM
2nd & 4th Wed.
10:30 AM - 12:30 PM

Rock Prairie Church

421 Ash St.
Tipton, IN 46072
(765) 675-4588
3rd Mon. 6 PM - 8 PM
Free meal also offered

Emanuel Lutheran

1385 S. Main St.
Tipton, IN 46072
(765) 675-4090
Tues. & Thurs. 9 AM - 3 PM

Kemp United Methodist

228 N. Main St.
Tipton, IN 46072
(765) 675-2915
5:30 PM - 6:30 PM
*Community meal 1st Wed.
of the month*

Windfall United Methodist

201 S. Independence St.
Windfall, IN 46076
(765) 945-7195
4th Tues. 4 PM - 5 PM

Do you know of another source for assistance in Tipton County? Please contact the Tipton County Purdue Extension Community Wellness Coordinator, Eric Hillis, at (765) 675-1177.

Additional resources on reverse

Budget friendly shopping list:

- Canned beans (all varieties)
- Whole grain tortillas
- Cheese
- Canned tomatoes & sauce
- Canned or frozen corn and other vegetables
- Canned chipotle peppers
- Canned or frozen fruit
- Salsa
- Milk
- Eggs
- Butter
- Olive oil
- Whole grain bread (freeze extra)
- Potatoes, onions, carrots, celery
- Minced garlic
- Oranges, apples, limes, avocados
- Chicken, ground beef or turkey (freeze extra)
- Sausage or kielbasa
- Broth
- Brown rice
- Peanut butter
- Nuts & dried fruit
- Whole grain pasta

Sign up for Food Finder's mobile pantry updates at:

food-finders.org/mobile-pantry-program/



Recipe Ideas:

Quesadillas:

Beans + Salsa + Torillas + Cheese

Chili:

Beans + Canned Tomatoes + Onion + Spices + Garlic (optional lime juice)

Burrito Bowl:

Beans + Salsa + Rice + Spices + Cheese (optional lime juice and avocado)

Breakfast Burritos:

Beans + Salsa + Eggs + Tortillas + Cheese (optional avocado)

Side Dish:

Beans + Spices + Garlic

Bean Soup:

Beans + Broth + Garlic + Carrots + Onions + Celery + Spices (optional lime juice)

Breakfast Scramble:

Egg + Sausage + Potato + Onion + Canned Veggies

Find more recipes, tips and videos at:

eatgathergo.org



Extension - Nutrition
Education Program