

The North Philly Guide to FREE FOOD

- because food is a fucking human right! -

Updated: March 1st, 2026



(79) TCRC: Ujima
1st/3rd Sat 9-12
1701 Lehigh Ave

(96) PA Black Panther Party
Mon-Fri 10-6
2123 N Gratz St

(78) TCRC: Temple U
1st/3rd Fri 10-1
Broad and Diamond

(115) Brothers of Strawberry Mansion
1st/3rd Sat, 9:30-11:30
3218 W Susquehanna Ave

(57) Sanctuary Farm Stand
Winter: Tue 9-12:30
22nd and Cecil B Moore

(38) Mama-Tee Fridge
Open 24/7
3033 W Glenwood Ave

(100) Umoja Community Fridge
Open 24/7
2200 W Jefferson St.

(49) Mighty Writers
Tue/Thu 12 pm
23rd and Seybert

(36) Mama-Tee Fridge
Open 24/7
1400 N Broad St

(34) Mama-Tee Fridge
Open 24/7
2015 Fairmount Ave

(39) Mama-Tee Fridge
Open 24/7
3231 N 2nd St

(53) Philly SRA
2nd/4th Thu 9 am
McPherson Sq

(10) CARP
Every 2 Sun. (see Insta)
Kensington and Lehigh

(70) St. Francis Inn
See stfrancisinn.org
2441 Kensington Ave

(104) N PHL Comm. Pantry
Open 24/7
N 3rd and Diamond

(37) Mama-Tee Fridge
Open 24/7
2401 E Lettery St

(32) Lutheran Settlement House
Mon-Fri 9-3
1340 Frankford Ave

(35) Mama-Tee Fridge
Open 24/7
1255 E Palmer St

(48) Mighty Writers
Thu 1:45 pm
1100 Poplar St



Distros

Groceries, may have meals



Comm. fridges

24/7 access to perishables



Meals

Warm, cooked, ready-to-eat food



Free tables/boxes

24/7 access to shelf-stable only



[acab.link/s/phl-mutual-aid]

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(107) **Mt Airy Comm. Fridge & Pantry**
Open 24/7
6900 Stenton Ave

(28) **JeffCares Pantry**
Tue 8:30-1; Thu 1-4
5587 N Park Ave

(43) **Mama-Tee Fridge**
Open 24/7
1301 Lindley Ave

(22) **Germantown Comm. Fridge**
Open 24/7
19 E High St

(97) **FNB Northwest**
3rd Thu, 6:30-8:30
5800 Germantown Ave

(21) **Germantown Comm. Fridge**
Open 24/7
20 W Armat St

(75) **TCRC: Germantown**
3rd Sun 12-3
47 W Coulter St

(42) **Mama-Tee Fridge**
Open 24/7
234 Winona St

(76) **TCRC: Nazarene**
Wed 10-1
3981 Nice St

(41) **Mama-Tee Fridge**
Open 24/7
1717 W Hunting Park Ave

(11) **East Falls Fridge**
Open 24/7
3507 Midvale Ave

(101) **Northeast Comm. Fridge**
Open 24/7
7902 Oxford Ave.

(12) **FAWN Pantry**
Tue/Wed 10-2
5675 N Front St

(113) **Feast of Justice**
Call 215-268-3510
6434 Castor Ave

(102) **We Love To Give and Beloved St. John**
1/10 and 1/24 12-2
4541 N Broad St

(103) **First Redemption Evang'l**
Thu 10:30-1:30
4400 N Broad St

(6) **As I Plant This Seed Fridge**
Open 24/7
3958 N 9th St

(77) **TCRC: Northeast Baptist**
Wed 12-3
4744 Tackawanna St

(77) **TCRC: Nazarene**
Wed 10-1
3981 Nice St

(73) **TCRC: Faith Assemblies**
Thu 10-1
1926 Margaret St

(40) **Mama-Tee Fridge**
Open 24/7
160 E Erie Ave

 **Distros**
Groceries, may have meals

 **Comm. fridges**
24/7 access to perishables

 **Meals**
Warm, cooked, ready-to-eat food

 **Free tables/boxes**
24/7 access to shelf-stable only



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