Last Updated: 8/2026
This list is updated quarterly by BRIGHT Coalition members.

Barren County Food Resources

Pathfinders Food Pantry of Cave City, KY

- The address changes each time there's a food distribution. Check their Facebook for updates.
- Facebook page
- 7:30am-10:30am or until they run out of food, Thursday of the 3rd full week of the month.
- Barren County Resident in 42127, 42152, 42160, 42171, & 42749 zip codes. Must bring proof of address.
- Non-perishable foods
- https://www.facebook.com/pathfinderscavecity/

Community Relief Fund

- 317 Columbia Ave, Glasgow, KY 42141
- crfglasgow@yahoo.com, 270-651-9006
- Monday, Wednesday, & Friday 8am-3pm, Tuesday & Thursday 8am-12pm
- Barren County Resident with proof of ID and Social Security. Food available every 60 days.
- Non-perishable foods.
- facebook.com/crfglasgow/

Soup Kitchen at the Bunche Center

- 301 Bunche Ave, Glasgow, KY 42141
- 270-834-8537
- Hot lunch every Monday, Tuesday, Thursday, and Friday 11:30am-1pm or until they run out.
- Barren County residents.
- Hot lunch.
- https://www.findglocal.com/US/Glasgow/218466288363708/Glasgow-Barren-County-Community-Soup-Kitchen

Barren County Community Action - Community Services

- 411 Happy Valley Rd, Glasgow, KY 42142
- 270-651-8171
- CALL FOR FOOD APPOINTMENT | Monday-Friday 8am-4pm (closed from 12pm-1pm for lunch). **Download, print, and fill out the Zero Income Form if you do not have any income right now.**
- Barren County resident, Social Security for everyone in the household, previous month income for whole household.

BRIGHT Coalition

- Non-perishable foods.
- https://www.casoky.org/

Senior Center Glasgow

- 117A Mayfield Plaza, Glasgow, KY 42141
- 270-651-6288
- Monday-Friday 8am-2:30pm, hot meals: Curbside pick-up arrive at 11am, eating at the center serving starts @ 10:45am
- For individuals 60 years or older. First-time visitors must go to the center to fill out paperwork.
- Hot lunch.
- https://www.facebook.com/p/Glasgow-Senior-Center-100064706767450/

Pathfinder Pantry - SKYCTC

- 129 State Ave, Glasgow, KY 42141: Glasgow Health, Building A, Reception
- Dr. David Lawrence Travis, Director of Student Life and Engagement: 270-901-4348, David.Travis@kctcs.edu
- Monday-Thursday 7:30am-4pm
- Must be a student at SKYCTC. Photo ID and student number to verify that they are a current student.
- Walk-ins welcome: grab-and-go meal service (breakfast, lunch, or a snack) | Groceries pick up service (complete request form online for grocery delivery box) non-perishables, hygine items
- https://southcentral.kctcs.edu/about/student-life/grow.aspx

Highland Hills Church

- 302 S Broadway St, Glasgow, KY 42141
- 270-361-5117
- (Food Pantry) Every Wednesday 4pm-6pm; Free community hot meal served at 5pm
- Anyone is welcome. They do take a copy of IDs.
- Food pantry: Non-perishables | Free community hot meal
- FB page: Highland hills community Church

BRIDGE Kentucky

- 1411 N Race St, Suite E, Glasgow, KY 42141 (follow the parking lot to the back, located in the basement)
- 270-629-5323
- FILL OUT ONLINE FORMS FOR FOOD APPOINTMENT (BRIDGEKY.com, Need Help? Tab, Food Assistance) Office hours: 9am- 12pm, Tuesday- Friday 9am-4:30pm.
- Barren County Resident.
- Non-perishable food items and warming room is open Monday-Sunday 8am-5pm when temperatures are below 50 degrees.

- https://www.bridgeky.com/copy-of-utility

Need More Acres Farm - FreshRx for Moms

- 270-799-5563, michelle.lifeisgood@gmail.com, Facebook page
- Sign up at: needmoreacres.com/contact to get weekly fresh food deliveries
- FreshRx for MOMs.
- Nutritious, fresh food.
- https://needmoreacres.com/

First United Methodist Church - Glasgow

- 500 S Green Street, Glasgow, KY 42141
- 270-651-3445
- Pantry: 3rd Thursday of the month, 1pm-3pm
- Barren County Resident, ID or bill with address
- Non-perishables, frozen foods (whatever else Feeding America supplies)
- https://www.facebook.com/p/Glasgow-First-United-Methodist-Church-100064279585724/

Loaves & Fishes Food Pantry: First Christian Church

- 1100 N Race Street, Glasgow, KY 42141
- 270-651-6164; fccglasgow@gmail.com
- Food is distributed on the last Thursday of each month from 9:00 AM to 11:00 AM, except in November and December when it is held earlier to make sure families receive food before the holidays.
- There are no eligibility requirements. After your first visit, you will receive a postcard with the date of the next month's distribution. Be sure to bring the card with you each time you come.
- Non-perishable food is available once per month, unless there is an emergency.
- https://www.facebook.com/fccglasgowky

Home Delivered Meals (for seniors)

- 177 Graham Ave, Bowling Green, Ky 42101
- Barren River Aging and Dsiability Resource Center (ADRC) 270-782-9223 or 1-800-395-7654
- Hot meals delivered Monday-Friday during lunch time. Frozen meals are delivered 2x a month in bulk
- 60 or older, living without an able-bodied person in the home who cannot make meals, limited driving/mobility. Please call to fill out the application.
- Hot and frozen meals.
- Bradd.org

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Barren River Area Safe Space (BRASS)

- Glasgow #: 270-659-0832, Crisis Line 1-800-928-1183
- 24/7
- Victims of domestic violence, currently in an abusive relationship, have fled, or are relocating. have to fill out a crisis intake form.
- Barren County location: only accesible on Wednesdays. Food depends on donations.
- https://www.brassinc.org/

St. Helen Church

- 156 McGrah Ave, Glasgow, KY 42141
- 270-590-6385 (Leonette)
- Food Pantry: Every Tuesday 9am-12pm (except holidays) will open earlier if lots of people.
- Must be a Barren County resident. They will ask for ID, name, and address.
- Non-perishables, frozen foods, meats/protein.

Cave Area Conference Center

- 502 Mammoth Cave St, Cave City, KY 42127
- Facebook page
- It takes place on the Thursday of the third full week each month, from 7:30AM to 10:30AM or until the food runs out.
- For Barren County residents in the following ZIP codes: 42127, 42152, 42160, 42171, and 42749. Proof of Barren County address is required.
- Non-perishable food items and any additional items provided by Feeding America.
- https://www.facebook.com/pathfinderscavecity/

South Green Street Church of Christ

- 306 S Green St, Glasgow, KY 42141
- 270-651-5409, office@sgcofc.com
- 2nd & 4th Wednesday of each month, 9am-12pm.

*Donations for the food pantry may be left near the back door.

- Open to anyone with a valid ID
- Non-perishable foods
- https://www.facebook.com/profile.php?id=100064882922478

Temple Hill Baptist Church

- 8427 Tompkinsville Road, Glasgow, KY 42141
- 270-427-3126, Facebook page for upcoming distributions
- First Saturday of the 1st full week of the month 8am-9am
- No requirements
- Monthly food boxes. Dry goods and frozen meat.

- Facebook page: https://www.facebook.com/templehillbc/ ; Website: https://www.templehillbc.com/

Next Step Glasgow

- 107 W College St, Glasgow, KY 42141
- 270-659-0020
- Speak to counselor/food commodities boxes: Monday, Tuesday, Thursday 10am-1:30pm | Monday-Friday 10am-2pm (office hours)
- Barren County Resident
- Assist with many services including food: fresh vegetables, food commodities boxes.
- https://www.nextstepglasgow.com/

River Lake Church

- 2870 North Jackson Highway, Glasgow, KY 42141 (Glasgow Distribution: River Lake Church) | 111 Bunche Ave, Glasgow, KY 42141 (Main office for applications)
- info@riverlakechurch.com
- Food distribution 3rd full week Tuesday of the month 9am-12pm
- Live in following zip codes: 42141, 42142, 42123, 42130, 42131, 42156, 42166, 42133 & proof of address and income. **One food bag per month.** (if someone else is picking up your food, need a note explaining why & your ID or piece of mail with your name/address)
- Bag of non-perishable foods
- https://riverlakechurch.com/feeding-america/

Feeding America Senior Box Distribution

- 100 Cheatham St, Glasgow, KY 42141 (Senior HERO Center - Housing Authority of Glasgow)
- Jeff Martin: 270-651-3859 ext. 111
- CSFP: 1st Tuesday of the month 8am-12pm
- Live in the following zip codes: 42123, 42130, 42131, 42133, 42141, 42154, 42156, 42166: Low income seniors (60+). Fill out application at the Housing Authority of Glasgow office
- Non-perishables and sometimes dairy products (milk, cheese) will post when they have fruits and veggies.
- https://www.facebook.com/housingauthorityofglasgowHEROcenter/

Blessing Boxes - Barren County

Location 1

- Barren County Family YMCA (1 YMCA Way, Glasgow, KY 42141)
- 24/7
- Take what you need, give what you can - fighting food insecurity with small actions

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Location 2

- Eastern Elementary (4601 New Salem Road)
- 24/7
- Take what you need, give what you can - fighting food insecurity with small actions

Location 3

- E. Main Methodist Church (721 East Main Street)
- 24/7
- Take what you need, give what you can - fighting food insecurity with small actions

Location 4

- First United Methodist Church (500 S Green Street)
- 24/7
- Take what you need, give what you can - fighting food insecurity with small actions

Location 5

- Goodwill (212 S L Rogers Wells Blvd)
- 24/7
- Take what you need, give what you can - fighting food insecurity with small actions

Location 6

- Habitat for Humanity Restore (506 West Main Street)
- Tue-Sat 10-4pm (Box is inside)
- Take what you need, give what you can - fighting food insecurity with small actions

Location 7

- East Barren Fire Department (761 Hollis Thomas Rd, Glasgow, KY 42141)
- 24/7
- Take what you need, give what you can - fighting food insecurity with small actions

Blessing Boxes - Cave City

Location 8

- Cave City Christian Church (300 Broadway Street, Cave City, KY 42127)
- 24/7
- Take what you need, give what you can - fighting food insecurity with small actions

Location 9

- Caverna Elementary School (1106 N Dixie Hwy, Cave City, KY 42127)
- 24/7
- Take what you need, give what you can - fighting food insecurity with small actions

Location 10

- Hair Gallery (220 Mammoth Cave Street, Cave City, KY 42127)
- 24/7
- Take what you need, give what you can - fighting food insecurity with small actions

Blessing Boxes - Hiseville

Location 11

- Hiseville Elementary School (149 Cardinal Blvd, Hiseville, KY 42152)
- 24/7
- Take what you need, give what you can - fighting food insecurity with small actions

Income-Based Government Assistance Programs

Barren County SNAP Office

- 746 E Main St, Glasgow, KY 42141
- 270-651-5119
- Monday- friday 8am-4:30pm
- must apply and meet certain income requirements, and non-financial (citizenship/work)
- almost any food item besides ready to eat hot foods.
- https://www.snapoffices.com/li/ky_42142_barren-county-chfs-office

Barren County Health Department — WIC Program

- 200 South Green St, Glasgow, KY 42142
- 270-651-8321
- Monday-Friday 8am-4pm
- For families who qualify by income and have children younger than five years old.

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- Call or text for information, Nationwide service, 24/7: Health & mental health assistance, child care & after school programs, financial, addiction treatment, transportation, affordable housing & rent assistance, legal services, employment & job training, disaster recovery, & utility assistance.

Community Connections Help Line

- 1-866-775-2192: Call for assistance, provide your zip code and they can help you with finding financial assistance - utility, food programs, human support services, medication assistance, and rent assistance in your area.