

Feeding Your Family: Accessible Food Support in Our Community

And Resources Near You...



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Welcome 

Nourishment is a vital part of healing, especially during pregnancy, postpartum, and the early stages of parenting. This resource page was created to support you and your family with trusted, local food resources in and around Raleigh, NC. Whether you're looking for free groceries, low-cost fresh produce, community gardens, or programs that stretch your food budget, you'll find options here that prioritize dignity, accessibility, and care. You deserve support and having access to nourishing food is one important way we help your body, mind, and family thrive.

1

Food Bank of Central & Eastern North Carolina

A major regional food bank offering free groceries through partner pantries, mobile markets, and pop-up distributions throughout Wake County and surrounding areas.

<https://foodbankcenc.org/>

2

Inter-Faith Food Shuttle (Wake County)

Provides free food through mobile markets, community pantries, and school-based programs, with a strong focus on families and neighborhood access.

<https://foodshuttle.org/findfood/>

3

North Carolina State Farmers Market (Raleigh)

A year-round market offering fresh, affordable local produce. Many vendors accept SNAP/EBT, helping families access nutritious foods at lower cost: <https://www.ncagr.gov/divisions/marketing/farmers-markets-agricultural-centers/state-farmers-market-raleigh>

4

SNAP/EBT & Double Bucks Programs (Capital Area Food Network)

Helps SNAP recipients stretch their food dollars by matching benefits at participating farmers markets across Wake County

<https://www.capitalareafoodnetwork.org/ebt-farmers-market>

5

Raleigh Parks Community Gardens Program

Offers community garden spaces, education, and opportunities to grow fresh food locally supporting long-term food access and wellness.

<https://raleighnc.gov/parks-and-recreation/services/gardens-and-urban-agriculture/raleigh-parks-community-garden-program>

6

North Raleigh Ministries Food Pantry
A well-established pantry serving individuals and families in northern Wake County.
<https://northraleighministries.com/>

7

Catholic Parish Outreach Food Pantry
Provides free groceries and essential food items with an emphasis on dignity and community care.
<https://www.catholiccharitiesraleigh.org/programs/catholic-parish-outreach-food-pantry/>

8

Wake Relief
Supports families in crisis with food assistance and connections to additional resources.
<https://wakerelief.org/>

9

Bread of Life Food Pantry (Wake Cross Roads)
Serves eastern Wake County residents with regular food distribution.
<https://wakercrossroads.com/bread-of-life>

10

Raleigh Parks Community Gardens Program
Raleigh Rescue Mission – Food Distribution Center
Offers meals and grocery support, especially for individuals experiencing housing or financial instability.
<https://raleighnc.gov/parks-and-recreation/services/gardens-and-urban-agriculture/raleigh-parks-community-garden-program>

Your wellbeing and your family's nourishment matters. Accessing healthy, reliable food can relieve stress, support postpartum healing, and strengthen your whole family during transitional seasons. These community food resources were selected to help you find support with compassion, dignity, and ease. Remember, reaching out for help is a sign of strength, and you deserve to be nourished in every way possible. If you need help navigating these programs or understanding eligibility, I'm here to support you every step of the way 