

Chapel Hill Food Access Information

Anyone can use this guide to help them navigate free and/or affordable food in their local community!

Free Meals and Groceries for Families and Kids

- **Weaver Street Market:**

- Location: 716 Market Street, Chapel Hill NC 27516 | (919) 929-2009
- Hours: Open daily, 8 am - 9 pm
- This grocery market-style program allows eligible families to pick up a box stocked with fresh produce, eggs, milk, chicken, non-perishables, and grocery gift cards to address food needs and choice. Over 600 families (about 2,500 individuals, including 1,400 children) receive support monthly.
- Information: <https://www.weaverstreetmarket.coop/location/southern-village/>



- **TABLE:**

- Location: 311 E. Main Street Carrboro, NC 27510 | (919) 636-4860
- Hours of Operation:
Food and kits are delivered throughout the week. Families apply online or by phone.
- TABLE has distributed over 3,400,000 nutritious snacks and meals to local kids since 2008. TABLE delivers healthy, nutritious food directly to the homes of 1100 children every week and incorporate nutrition education into food delivery program to ensure kids are not only given access to the food they need but also learn healthy eating habits to sustain them into the future.
- Information: <https://tablenc.org/what-we-do/food-access/>



- **RENA Community Center:**

- Location: 101 Edgar Street, Chapel Hill, NC | (919) 918-2822
- Hours of Operation:
Monday - Friday 10am - 5:00pm
Saturday - 10am - 3pm
Sunday - Closed
- Hours of Food Distribution:
Every Third Saturday of the month from 10 am - 3 pm
- Serves families in the surrounding area with regular monthly food distributions (bags of canned & fresh goods). RENA combines food assistance with community-building programs such as tutoring, gardening, and cultural enrichment.
- Information: <https://www.renacomunitycenter.com/>



Apply for SNAP (Supplemental Nutrition Assistance Program)

- **Supplemental Nutrition Assistance Program (SNAP):** SNAP provides food benefits to low-income families to supplement their grocery budget so they can afford the nutritious food essential to health and well-being.

- <https://www.fns.usda.gov/snap-directory-entry/north-carolina>



Convenient Meal Delivery for the Elderly and Home-bound

- **Meals on Wheels Orange County:**

- Location: Main office and meal pickup at St. Thomas More Catholic Church – South Campus, 632 Laurel Hill Road, Chapel Hill, NC 27514 | (919) 942-2948
- Hours: Meals are delivered Monday through Friday (with Thursday coverage of Friday in northern areas). Delivery generally occurs between 10:30 a.m.–12:30 p.m.
- A volunteer-driven, community-funded nonprofit delivering hot, nutritious meals and warm check-ins to older adults, homebound individuals, and those recovering in southern Orange County (including Chapel Hill and Carrboro). Also offers a weekly frozen meal box for individuals unable to be home for daily deliveries.
- Information: <https://www.mowocnc.org/about-us>

- **Mom's Meals :**

- Service coverage includes Chapel Hill and all of North Carolina.
- Hours:
Delivery schedules and meal frequency depend on provider arrangements and individual needs.
- Delivers medically tailored, refrigerated meals to eligible individuals (65+, disabled, Medicaid/Medicare Advantage recipients, or participants in waiver programs). Meals are designed to meet specific dietary requirements and are available at low to no cost, depending on health plan coverage.
- Information: <https://www.momsmeals.com/our-food-programs/>



- **Chefs For Seniors:**

- Location: Based in Durham and Chapel Hill region.
- Flexible service—clients schedule weekly or bi-weekly visits.
- A personal-chef-style service providing freshly prepared, customized meals in clients' homes. Designed to offer personalized dietary support (e.g., low sodium, diabetes-friendly), with chefs cooking meals and handling cleanup. Tailored to seniors and offered at prices comparable to standard meal delivery services
- Information: <https://chefsforseiors.com/>



Get Involved with Food Accessibility

Volunteers: PORCH Chapel Hill: A grassroots hunger-relief nonprofit that organizes monthly food distributions ("Food for Families") for school children and their families. Volunteers help pack and distribute grocery boxes, assist with office tasks, and support outreach.

Businesses & Nonprofits: Inter-Faith Council for Social Service (IFC): Provides free meals (Community Kitchen) and groceries (Community Market) to families in need. Local businesses and nonprofits can contribute by donating food, sponsoring meals, or funding pantry operations.

Information: <https://www.ifcweb.org/services/community-kitchen>

Educate & Empower: TABLE – Nutrition Education: Alongside food delivery, TABLE provides nutrition education kits with recipes, activities, and resources to empower families with healthier food choices.

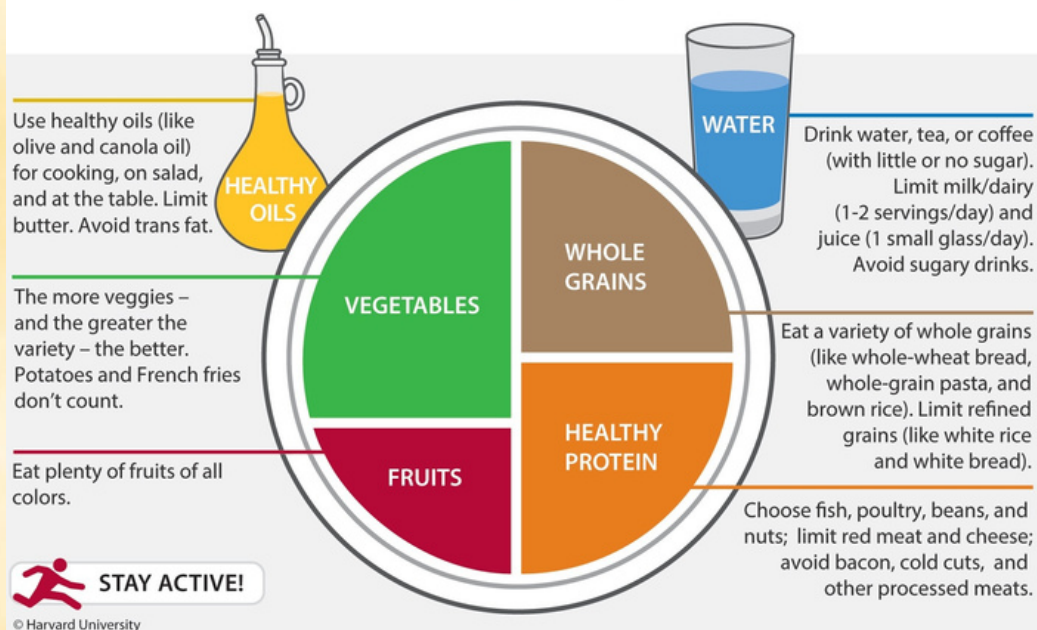
Information: <https://tablenc.org/>



How to eat healthy at no extra cost

Visit www.hsph.harvard.edu/nutritionsource/healthy-eating-plate for up-to-date information on nutrition.

HEALTHY EATING PLATE



Did you know you can get plenty of protein from plants? AND it's generally more cost effective than buying animal products. Here are some great plant protein sources to try and home: lentils, tofu, nuts, chickpeas (all beans!), broccoli, seeds, sprouts, edamame, quinoa, and dark leafy greens.



Try to consume added sugars in moderation. The American Heart Association recommends limiting added sugars to no more than 6% of calories each day (about 6-9 tsp/day for women/men). For children, the recommendation is to limit sugar intake to a maximum 5 tsp/day.

Americans eat on average about 3,400 mg of sodium/day. However, the Dietary Guidelines for Americans recommends that adults limit intake to less than 2,300 mg/day (equal to about 1 teaspoon of table salt). For children, it's even less!

To manage salt and sugar intake, a good rule-of-thumb is to limit processed and fried foods.



For local resources on how to practice plant-forward eating: www.rootedsantabarbara.org

For tips & tricks on how to navigate healthy and affordable food at the grocery store:

www.kidsinnutrition.org/tips-tricks

For healthy child-friendly recipes: <https://www.kidsinnutrition.org/recipes>

