**Food Bank Calendar**: all of the FREE food banks let you come once a month. Harvest Baptist and Willing Helpers let you come once a week, but you have to pay.

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| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | **Harvest Baptist $8** 8:30am-11:00am  **APPT ONLY**  **Belmont Baptist** 10:00am-12:00pm  **Harvest Baptist $8** 5:00pm- 7:00pm  1st Monday  **APPT ONLY** | **Monastery**  8am-10am  **Willing Helpers $8**  9am-1pm  **First Shady Grove**  10:30am-11:30am  **Emmanuel**  6:30pm-7:30pm | **Willing Helpers $8**  9am-1pm  **New Bethel AME** 10:00am to 12:00pm  **Caring Touch**  5p-7p  **APPT ONLY** | **Willing Helpers $8**  9am-1pm  **First Shady Grove**  10:30am-11:30am  **Willing Helpers $8**  5:30pm-7:30pm |  | **New Bethel AME** 10:00am to 12:00pm  **First Shady Grove**  10:30am-11:30am |
|  | **Harvest Baptist $8** 8:30am-11:00am  **APPT ONLY**  **Belmont Baptist** 10:00am-12:00pm | **Monastery**  8am-10am  **Willing Helpers $8**  9am-1pm  **First Shady Grove**  10:30am-11:30am  **Emmanuel**  6:30pm-7:30pm | **Willing Helpers $8**  9am-1pm  **New Bethel AME** 10:00am to 12:00pm  **Caring Touch**  5p-7p  **APPT ONLY** | **Willing Helpers $8**  9am-1pm  **First Shady Grove**  10:30am-11:30am  **Willing Helpers $8**  5:30pm-7:30pm |  | **New Bethel AME** 10:00am to 12:00pm  **First Shady Grove**  10:30am-11:30am |
|  | **Harvest Baptist $8** 8:30am-11:00am  **APPT ONLY**  **Belmont Baptist** 10:00am-12:00pm  **Harvest Baptist $8** 5:00pm- 7:00pm  3rd Monday  **APPT ONLY** | **Monastery**  8am-10am  **Willing Helpers $8**  9am-1pm  **First Shady Grove**  10:30am-11:30am  **Emmanuel**  6:30pm-7:30pm | **Willing Helpers $8**  9am-1pm  **New Bethel AME** 10:00am to 12:00pm  **Caring Touch**  5p-7p  **APPT ONLY** | **Willing Helpers $8**  9am-1pm  **First Shady Grove**  10:30am-11:30am  **Willing Helpers $8**  5:30pm-7:30pm |  | **New Bethel AME** 10:00am to 12:00pm  **First Shady Grove**  10:30am-11:30am |
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