

South Florida Food Pantries

At FIU, we understand that the COVID-19 pandemic has introduced new challenges and opportunities. The Office of Employee Assistance is here to assist you in your time of need. Below are local resources and food pantries available to you. Follow the links below to find your nearest food pantry today.



UNITED WAY OF MIAMI-DADE

The Community Cupboard helps families that do not receive regular food assistance by providing them with, on average, 28 lbs. of food monthly. Find the nearest Community Cupboard near you. Visit go.fiu.edu/communitycupboard.



FEEDING AMERICA

Feeding America has food banks nationwide that distributes over 4 billion meals each year! Visit go.fiu.edu/feedingamerica to find your nearest food bank.



FOODPANTRIES.ORG

Find your nearest food pantry today. Visit go.fiu.edu/foodpantry to discover more information on food banks, soup kitchens, food boxes and vouchers.

Questions? Contact the Office of Employee Assistance at oea@fiu.edu or 305-348-2469.