



First Foundations

fostering hope. furnishing dreams

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Resource Guide

Knoxville, Tennessee

Updated January 2026

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Your Information

Address: _____

Landlord or Apartment Manager Name and Phone:

Case Manager Name and Phone:

Apps

Fresh EBT is a FREE app that makes it easy to find out information about your EBT balance and benefits on your phone, instead of calling your benefits office. The app also helps you find grocery stores, corner stores and farmers markets that accept SNAP benefits. Fresh EBT is available on the Apple store and the Google Play store.

Apartment & Home Basics

Living On Your Own: What No One Tells You

Living independently means small choices can turn into big problems if you do not know what to do. These basics help you save money, avoid emergencies, and keep your housing.

Cold Weather & Heat

- In winter, keep your thermostat between 64–68°F.
- Put on an extra sweatshirt and use blankets to stay warm and save money.
- Never turn the heat completely off in winter, even if you leave town.
- When temperatures drop below freezing, let one faucet drip slowly and open cabinet doors under sinks.
- It is illegal in Tennessee for a landlord to not provide heat.
- Landlords in Tennessee are not required to provide air conditioning.

Thermostat & Electricity

- Turning heat or air conditioning way up or way down does not work faster.
- Setting your air conditioning too low can cause the unit to freeze up and stop working.
- Anything plugged into the wall uses electricity, even when it looks turned off.
- Plugged-in items usually cost more than items that are not plugged in.
- Space heaters use a huge amount of electricity and usually cost more than running your regular heat.
- Unplug electronics, chargers, and small appliances when not in use.
- Use power strips and turn them off when possible.

Bills & Money Priorities

- Pay your rent before anything else.
- You will not need electricity or Wi-Fi if you lose your housing.
- Late rent leads quickly to late fees, court costs, and eviction.
- Keep screenshots or copies of all rent payments and any legal fees you pay.

Water, Toilets & Drains

- Never pour grease, oil, or butter down any drain.
- Never flush wipes, paper towels, or feminine products.
- Use a hair catcher in tubs and showers.
- Know where your water shutoff valve is.
- If a toilet overflows, turn the valve behind it clockwise to stop the water.

Plungers

- A toilet plunger should look like an accordion, not a flat cup.
- Cup-style plungers usually will not work on toilets.
- Buy the correct plunger before you need it.

Fire Safety

- Keep a fire extinguisher in the kitchen.
- Shake the fire extinguisher once a month to prevent clumping.
- Do not use a fire extinguisher on a grease fire unless it is rated for grease fires.
- Never use water on a grease fire.
- Smother grease fires with a lid or baking soda.
- Never leave the stove unattended.

Smoke Detectors

- Most smoke detectors use 9-volt batteries, the rectangle kind.
- If a detector chirps, the battery is dying.
- Test smoke detectors monthly.
- Never remove batteries and forget to replace them.

Electricity Safety

- Do not overload outlets or power strips.
- Extension cords are temporary, not permanent.
- Sparks, burning smells, or warm outlets mean stop using them and report it.

Laundry Safety

- Clean the dryer lint trap every load.
- Lint buildup causes fires.
- Do not overload washers.
- Leave the washer door open between loads to prevent mold.

Pests & Cleanliness

- Take trash out regularly.
- Do not leave food out overnight.
- Rinse cans before throwing them away.
- Report pests early.

When to Act Immediately

- If you smell gas, leave immediately and call 911.
- If there is no heat in winter, report it immediately.
- If water is flooding, shut it off and call maintenance.
- If you smell burning from electricity, unplug and

Food Pantry and Free Meal Sites

DOWNTOWN AREA

First Baptist Downtown Fish Pantry

First Monday: 9-11 a.m.
510 W. Main Street
865-546-9661

First Presbyterian Church

First Tuesday: 9-11 a.m.
620 State Street
865-938-5889

Wesley House

Monday, Wednesday,
Thursday: 7:30-11:30 a.m., 12-4 p.m.
Tuesday: 8:30-11:30 a.m.; 12-3 p.m.
Friday: 7:30-10 a.m.; 1:30-4 p.m.
1719 Reynolds Street
Can schedule appointment, call:
865-524-5495

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EAST KNOXVILLE AREA

Strawberry Plains UMC

First and Third Thursday: 7-8 p.m.
3173 W. Old Andrew Johnson Highway
865-933-8583

East Knox Free Medical Center at Magnolia United Methodist Church

Monday: 12:00 pm - 6:00 pm
2700 E. Magnolia Ave, Knoxville, TN 37914
865-766-0354
www.freeclinics.com/cit/tn-knoxville
*Food & Medical - do not need insurance

LOVE Kitchen delivers on Thursdays at 11:30am
MUST CALL on Wednesday between 12:00 noon-1 p.m.
865-546-3248

New Life UMC

Fourth Tuesday: 10a.m.-12 noon
7921 Millertown Pike
865-546-5153

FISH Hospitality Pantry at St. Luke's Episcopal Church Programs

Monday and Wednesday: 10:00am - 1:00pm
600 S. Chestnut Ave, Knoxville, TN 37914
865-522-3474
www.fishpantry.org
If unable to pick up food, call FISH at 865-523-7900 Monday-Saturday after 9am.

Knoxville Dream Center at Overcoming Believers Church

Tuesday: 1 p.m.
211 Harriet Tubman Street
865-688-9636

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NORTH KNOXVILLE AREA

FISH Pantry

Tuesday and Thursday, fourth
Saturday: 10a.m.-1p.m.
122 W. Scott Avenue
865-971-4000

Oakland Community Food Bank

Saturday following the third
Monday: 10 a.m.-12 noon
4012 Oakland Drive
865-688-8588

Powell UMC

Monday-Friday: 9-10 a.m.;
third Saturday 9-11 a.m.
323 W. Emory Road
865-938-2741

*Proof of address required.

Knoxville Dream Center at Park West Church - Dutch Valley

Tuesday; 11 a.m.
1416 Breda Drive
865-688-9636

Trinity UMC

Wednesday: 10 a.m.-12 p.m.
5613 Western Avenue
865-588-5763

Knoxville Dream Center at West Lonsdale Baptist Church

Monday: 11 a.m.
2720 Dayton Street NW
865-688-9636

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SOUTH KNOXVILLE AREA

FISH (Sustainable Future Building)

Wednesday and Friday: 10
a.m.-1 p.m.
201 Ogle Street
865-577-9600

Knoxville Dream Center at Montgomery Village

Thursday: 5 p.m.
4530 Joe Lewis Road
865-403-1380

Forward Market

Tuesday and Wednesday: 8:30
p.m.-4 p.m.
1520 Willoughby Road
931-252-4373

WEST KNOXVILLE AREA

Manna House at Cokesbury UMC

Tuesday, Thursday, and
Saturday: 9-11 a.m.

9919 Kingston Pike

865-693-0353

*Must bring photo ID and SS card,
immigrant visa, or matricula
accepted.

Middlebrook Pike UMC Fish (can deliver)

Fourth Friday: 9 a.m.-12 noon

7234 Middlebrook Pike

865-690-8641

Knoxville Dream Center at Parkwest Church

Thursday: 1:30 p.m.

7635 Middlebrook Pike

865-688-9636

St. Vincent's Food Pantry - All Saints Catholic Parish

Second Saturday: 2-4 p.m.;

Fourth Saturday: 10 a.m.-12

noon

620 N. Cedar Bluff Road

865-474-8618

Church of the Savior UCC Knoxville (can deliver)

Call for emergency food delivery:

865-584-7531

St. Elizabeth's Episcopal Church (can deliver)

110 Sugarwood Drive

865-675-0450

Transportation

ETHRA - East Tennessee Human Resource Agency

Three-day notice required; priority given for medical appointments
865-691-2551

Lyft Up

United Way and Goodwill offer rides to job interviews, job training sites, and/or a job. Additionally, specific Goodwill sites will now offer rides for criminal record-expungement services and/or to pick up internet hotspots donated by Indeed.

<https://www.lyft.com/lyftup/jobs-access/get-help>

KAT Bus

Monthly bus passes available for \$30, gives you unlimited rides for 30 consecutive days. For occasional use, A single ride is \$1. A day pass is \$2. Exact change or katpay required.

*Plan your trip or check your bus route at: <https://katbus.com/>

Medical & Legal

VITA (Volunteer Income Tax Assistance)

Community Action Committee (CAC)

865-546-3500

IRS-trained and certified volunteers provide free federal tax preparation.

Appointments required. Bring tax documents and last year's return.

knoxcacvita.org

A Step Ahead Foundation of East TN (FREE birth control)

Monday-Friday, 8:00am-5:00pm

Call or text 865-657-8372

If referred to a clinic, state you were referred by A Step Ahead Foundation.

<https://www.astepaheadeasttn.org/>

TennCare Dentists

<https://www.tn.gov/tenncare/members-applicants/dental-services.html>

TennCare Physicians

Cherokee Health Systems: 866-231-4477

McNabb Center

TennCare Mental / Behavioral Health

Optum Behavioral Health

855-HERE4TN (855-437-3486)

Here4TN.com

Mentors, Coaching & Education

Friends of Literacy

865-549-7007

Basic and intermediate reading, writing, and math for adults

Job Corps (Ages 16-24)

Free education, GED or diploma, and career training

ServeOps (Ages 13-25)

Remodeling and trades experience

Contact Adam Robinson: 865-307-7024

SEED (Ages 16-28)

Career readiness, resumes, job applications

865-766-5185

<https://www.seeedknox.org/>

Tennessee Career Center (Ages 16-24)

865-594-5500

SOLS Writing Center & Magazine

Vocational training in natural hair, nails, and braiding

Self-publishing support

865-444-9063

solswm@gmail.com

C.A.L.M (Cooperative Agreement of Labor & Management)

Construction apprenticeship and skills training

865-272-4698

<https://www.calm-tn.org/>

KnoxWorx

Training and credentials for high-demand industries

Weekly onboarding for ages 18-24

865-524-2774

<https://knoxworx.klf.org/>

Clothes & Hygiene

CareCuts of Knoxville – Free Haircuts

Every Sunday (no 5th Sundays):
Opens 9:30am; line forms early
519 Williams St, Knoxville, TN 37917

Tennessee School of Beauty

Discounted haircuts
865-588-7878

Cokesbury Church – Fig Tree

Monday-Thursday: 11 a.m.-2p.m.;
Saturday 9-11 a.m.
Showers, laundry, meals, computers
865-693-0353
9919 Kingston Pike

NSI – Next Step Initiative

Mon, Wed, Thu.: 11:30am.-2 p.m.
Showers by appointment
865-437-8358

Knox County Schools Clothing Center (Pre-K-12)

865-594-3791

Ladies of Charity

865-247-5790

Knoxville Pays It Forward (KPIF)

Clothing for men, women, and children
865-525-2593

Powell Church Clothes Closet

Free clothing the third Thursday 5-6:30 p.m. and the third Saturday 9 a.m.-12 noon
323 W. Emory Road, Powell, TN 37849
The clothes closet building is behind the church, past the bubble building.

Community Chest - All Clothes \$1

Monday-Saturday: 10 a.m.-5 p.m.
122 W. Scott Ave | 865-971-4417
1508 N. Central St | 865-522-3200

God's Closet

Monday 10 a.m.-2 p.m.
865-525-2589
Community Evangelistic Church
2650 Boyds Bridge Pike

Caring for Kids

CHILDCARE

Families First

Daycare Voucher

<https://www.tn.gov/humanservices/for-families/families-first-tanf.html>

Head Start

Ages: Infant to Preschool

<https://headstart.gov/>

Boys & Girls Club of East Tennessee

Ages: 6-Teens

<https://www.bgca.org/>

Thrive

School-age Children

Areas of Knoxville: Lonsdale, New Hopewell, Papermill, Westland, and West View

<https://www.helpusthrive.com/>

Smart Steps

Childcare assistance program for birth to teen, including special needs.

<https://www.kidcentraltn.com/>

DIAPERS

Free Diapers

You can get up to 100 free diapers a month, if your child is:

- Covered by TennCare or CoverKids
- Is under 2 years old

You will need:

- Your child's pharmacy card -OR-
- Parent's pharmacy card -OR-
- Parent's Social Security number

You should:

- Check the list of participating pharmacies at [TN.gov/TennCare/diapers](https://www.tn.gov/TennCare/diapers)
- Call ahead to check availability

Caring for Pets

Young Williams Animal Center – Pet Food Pantry

Second Saturday of every month

8:00am – 9:30am

3201 Division Street

865-215-6899

The Mosby Foundation

Emergency veterinary help for qualified low-income pet owners

<https://themosbyfoundation.org/>

Humane Society Tennessee Valley

Low cost vet care.

<https://humanesocietytennessee.org/clinic/>