Specifically mention that you are calling for glasses and exams.
Will refer to a Lions Club on your zip code area.
- Eye Exams
- Eye Glasses

Ministries of Jesus 405-340-7400
1100 East I-35 Frontage Rd., Edmond, OK 73013
Mon – Thu 9am – 4pm, Friday 9am-12pm
- Provides eye exams to individuals of any age residing in any county.
- Also provides medical clinic.
- Call ahead for referrals and appointments.

Prevent Blindness Oklahoma 405-848-7123
6 N.E. 63rd, Suite 150, OKC, OK 73105
Mon – Fri 8:30am – 4:30pm
Provide information regarding resources in any county.
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Oklahoma Money Matters is an initiative of the Oklahoma College Assistance Program, an operating division of the Oklahoma State Regents for Higher Education. Personal finance resources to help Oklahomans make positive financial choices.

Oklahoma Indian Legal Services, Inc. 405-943-6457
4200 Perimeter Center, Suite 222, 800-658-1497 (In State Only)
OKC, OK 73122
www.oilsonline.org
OILS is a non-profit legal aid office that provides services to low-income Indians living in Oklahoma. OILS specializes in the areas of law that impact Indian people because they are members of a federally-recognized tribe. OILS also conducts several other programs designed to help all citizens. For example, OILS conducts a low-income tax clinic with funding from the Internal Revenue Service.

Social Security Administration 1-866-772-1213
TTY: 1-800-325-0778
Shepherd Mall 2615 Villa Prom OKC, OK 73107
www.ssa.gov
M.T.Thur.F:9am-3pm & W: 9am-12pm
Federally funded financial support system.

Tinker Airmen and Family Readiness Center 405-739-2747
6001 Arnold Ave. Tinker AFB, OK 73145
Mon - Fri 7:30am - 4:30pm.
▪ Credit management, budgeting, how to buy a car or house, thrift savings plan for federal employees.
▪ Requirement DOD card holder, no fees.

FOOD

Alameda Baptist Church 405-329-5157
1503 E. Alameda Norman, OK
M, T TH, 10am – 12pm
Food pantry available for residents of Norman and Noble only. Call for appointment.

Alameda Church of Christ 405-321-0788
801 E. Alameda Norman, OK 73071
Wed 10:00 am – 1:00 pm
2nd Saturday 9:00 am – Noon
4th Thursday 5:30 pm – 7:30 pm
No appointment necessary. Bring photo ID. Food can be picked up every other month. Serves entire metro area.

Antioch Christian Church 405-691-2115
3616 SW 119th St OKC, OK 73170
Food pantry. Call on Mondays to schedule an appt for Wednesdays.

Baptist Mission Center (Food pantry) 405-235-6162
2125 Exchange Ave, OKC, OK 73108
Thu 1pm-3pm
Food Pantry
▪ 25 family weekly intake
▪ Can only receive every other month
▪ Valid ID and utility bill (to verify address) required
▪ Also handout additional list of Food Pantries

BritVil Food Pantry 405-842-1275
8717 N. Western, OKC, OK 73114
Serves zip codes: 73114, 73120, 73131, 73105
Mon – Fri 9am – 11am
(They open at 9am but start handing out numbers at 8am)
▪ Food pantry provided.
▪ Must bring photo ID on every visit and provide address verification/utility bill and social security card for every member of the household to initial visit, as well as annually.

CAREFOROKC 405-232-4255
(A ministry of First Baptist Church of Oklahoma City) 1201 N. Robinson, OKC, OK 73103
Food Pantry and Clothing Room
Mondays Only 4:30 - 6:30 pm (No appointment necessary)
Must have ID or Proof of Residency
Available for zip codes: 73103, 73104, 73015, 73106, 73107, 73108 and 73118

Catholic Charities Archdiocese of Oklahoma City 405-523-3038 / 1-800-375-8514
1501 Classen Blvd. OKC, OK 73106
Mon – Fri 8am – 5pm
www.catholiccharitiesok.org
Disaster relief program that provides pre- and post- adoption services; pregnancy counseling; marriage, family and individual counseling; immigration legal services; refugee resettlement; emergency rent and utility assistance; disaster relief; homeless services; faith community nursing; and parish outreach, Resale shop. Maternity wear, clothes for preemie-10 yrs, other baby items, furniture etc.

Christian Service Center 405-236-5956
115 SW 24th St., OKC, OK 73109
9am – 2pm (must arrive by 1:30pm) Mon – Fri
▪ Serves residents located in zip codes: 73139, 73149, 73159, 73169, 73170, & 73179.
▪ Referral needed from DHS, Community Action, or a Church of Christ.
▪ Provides food at no cost.

City Care, Inc. 405-609-2400
2400 General Pershing Blvd, OKC, OK 73107
www.citycareinc.org
Food outreach as well as affordable housing. City Care is a 501 (c)(3) non-profit organization at work in the Oklahoma City metro area, improving the lives of those in poverty. City Care prepares Oklahoma City’s less fortunate for positive change by providing: Food, shelter and sanctuary for the homeless. Supportive housing for low-income families and homeless. One-on-one tutoring and mentoring for inner-city kids through City Care’s Whiz Kids Oklahoma The opportunity to build life skills with City Kids Outdoors at Crystal Lake. Altogether, City Care is working to provide an opportunity to transition out of homelessness and achieve long-term success.

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