South Dade Community Resource Guide

Food, essential supplies and support across South Miami, Coral Gables, Pinecrest, Palmetto Bay, Perrine, South Miami Heights, Cutler Bay, Goulds, Naranja, Florida City, Homestead and nearby neighborhoods. Updated November 17, 2026.

Start here if you need help today

211 Miami

Countywide | Free 24-hour referral line. Ask for an open meal, pantry, clothing, housing or utility program near your ZIP code.

Before you go Say whether you need a place reachable by bus or on foot. You can also dial 211.

305-631-4211 · **Web: 211miami.org**

Miami-Dade Homeless Helpline

Countywide | For a place to stay or homeless outreach and referral.

1-877-994-4357 · **Web: miamidade.gov**

Miami-Dade 311

Countywide | County services, transit questions and help finding the right county office.

311 · **Web: miamidade.gov**

How to use this guide

Use the sections for food, household supplies, benefits, housing, children and schools, health and safety, disability and aging, work, legal help and transportation. Call to confirm hours, supply, eligibility, ID requirements, appointments and walk-up access. Red website names are links; the domain is printed so you can type it if your PDF viewer blocks links. The last page lists live search tools.

Basic Needs Miami works primarily through schools and community partners. For direct assistance, use the listed providers or call 211. The South Dade Basic Needs Portal offers more categories at lnk.bio/bnmhelp.

Food | South Miami, Coral Gables and nearby

These options also serve residents traveling from Pinecrest, Palmetto Bay and northern South Dade. Ask about service-area rules before you go.

Riviera Presbyterian Church Food Pantry

South Miami area · 5275 Sunset Dr., Miami 33143 | Food bags for individuals and families.

Before you go Call for current distribution times and intake.

305-666-8586 · Web: rivierachurch.org

Open Arms Community Center

Coral Gables area · 5556 SW 8th St., Coral Gables 33134 | Pantry, USDA food distribution, occasional fresh produce, and help applying for benefits.

Before you go Ask about eligibility and the current second/fourth Thursday schedule.

305-263-3259 · Web: openarmscommunitycenter.org

Cornerstone Church Food Pantry

Cutler Bay · 20740 Old Cutler Rd., Cutler Bay 33189 | Neighborhood food pantry.

Before you go Call to confirm the next Saturday distribution and access rules.

305-235-6651 · Web: directory.plentiful.org

Perrine-Peters United Methodist Church Food Pantry

West Perrine / Palmetto Bay area · 18301 S. Dixie Hwy., Miami 33157 | Pantry listed for grocery basics and fresh food.

Before you go Confirm that the pantry is operating and ask about the next distribution.

305-233-9892 · Web: networks.whyhunger.org

JL and Enid Demps Park Farm Share Distribution

Goulds · 11350 SW 216th St., Miami 33170 | County park lists a monthly Farm Share food distribution.

Before you go Ask about the next second Thursday event, walk-up access and supply.

305-255-2399 · Web: miamidade.gov

Pinecrest and South Miami Heights residents: the listed sites, countywide programs and live pantry directories may be closer than Homestead. Search your ZIP code on the last page or call 211.

Food and hot meals | North and central South Dade

Start with the closest place, and ask whether you need an appointment or can walk up.

Perrine Community Resource Center

West Perrine · 17801 Homestead Ave., Miami 33157 | County center with food box assistance listed for a crisis; other services depend on funding.

Before you go Ask about current food box hours and availability.

305-254-5804 · **Web: jcs.myresourcedirectory.com**

Bridge to Hope

Cutler Bay · 10844 SW 188th St., Cutler Bay 33157 | Fresh food and family support.

Before you go Ask about food distribution days and intake.

786-269-1608 · **Web: bridgetohope.net**

True Deliverance Church of Christ

West Perrine · 18300 SW 109th Ave., Miami 33157 | Food distribution and emergency food; JCS lists Tuesday events with walk-up access.

Before you go Confirm the next event before traveling.

305-254-2163 · **Web: jcs.myresourcedirectory.com**

CityReach Ministries

Southwest Miami · 12236 SW 128th St., Miami 33186 | Groceries twice monthly plus bread and pastries; also clothing and household items.

Before you go Check the current first and third Tuesday schedule and Wednesday follow-up.

305-259-7677 · **Web: cityreachministries.com**

Matthew 25 Food Pantry

Southwest Miami · 14205 SW 142nd Ave., Miami 33186 | Grocery pantry with new-client intake and monthly distribution for enrolled clients.

Before you go First-time visitors register on Wednesday or Thursday. Check Saturday distribution calendar.

305-964-7816 · **Web: ccadm.org**

Food and hot meals | Naranja to Florida City

Naranja Community Resource Center

Naranja · 13955 SW 264th St., Miami 33032 | County resource center. Ask about food distributions and referral options.

Before you go Food events and availability vary.

305-258-5471 · **Web: miamidade.gov**

Florida City/Homestead Community Resource Center

Florida City · 1600 NW 6th Ct., Florida City 33034 | County services and food referral.

Before you go Call to ask about referral and pickup instructions.

305-247-2068 · **Web: miamidade.gov**

Homestead Soup Kitchen

Homestead · 105 SW 3rd Ave., Homestead 33030 | Free hot lunch, listed Monday, Wednesday and Friday, noon to 1 p.m.

305-245-7448 · **Web: jcs.myresourcedirectory.com**

Homestead Food Pantry, First United Methodist Church

Homestead · 622 N. Krome Ave., Homestead 33030 | Monthly pantry. Its site lists the fourth Saturday, 9 a.m. to noon.

Before you go Confirm the date and any registration before going.

305-248-4770 · **Web: homestead.church**

Search by ZIP code and check the next event

Farm Share

Across South Dade | Upcoming distributions and a partner pantry search.

Before you go Use the live calendar. Call 211 if you cannot use the website.

211 · **Web: farmshare.org**

Feeding South Florida

Across Miami-Dade | Search the programs directory for a neighborhood pantry; contact the client services team for assistance.

Before you go Confirm each partner’s intake and pickup arrangements.

954-518-1857 · **Web: feedingsouthflorida.org**

Food benefits and nutrition

These programs can help beyond one pantry visit. Eligibility and application steps vary.

Florida SNAP / MyACCESS

Statewide · online or by phone | Apply for food assistance, check a case and request application help.

Before you go The official application portal is MyACCESS.

850-300-4323 · **Web: myflfamilies.com**

WIC appointments

Countywide | Nutrition benefits, breastfeeding support and referrals for eligible pregnant or postpartum people, infants and children.

Before you go Call to arrange an appointment at the nearest center.

786-336-1300 · **Web: miamidade.floridahealth.gov**

West Perrine WIC / Health Center

West Perrine · 18255 Homestead Ave., Miami 33157 | WIC services at the county health center.

786-336-1300 · **Web: miamidade.floridahealth.gov**

Goulds WIC Center

Goulds · 10300 SW 216th St., Goulds 33190 | Local WIC office.

786-336-1300 · **Web: miamidade.floridahealth.gov**

Naranja Community Health WIC Center

Naranja · 13805 SW 264th St., Naranja 33032 | Local WIC office.

786-336-1300 · **Web: miamidade.floridahealth.gov**

Homestead / Florida City WIC Center

Florida City · 753 W. Palm Dr., Florida City 33034 | Local WIC office.

786-336-1300 · **Web: miamidade.floridahealth.gov**

Clothing, diapers and household basics

Closet of Living Hope

Homestead · 225 SW 2nd Ave., Building 2, Homestead 33030 | Free clothing and shoes as available.

Before you go Call for an appointment.

786-860-2047 · Web: closetoflivinghope.com

CityReach Ministries

Southwest Miami · 12236 SW 128th St., Miami 33186 | Lightly used clothing, children's items and household goods as available.

Before you go Call to check current inventory and pickup.

305-259-7677 · Web: cityreachministries.com

Miami Diaper Bank Mobile Diaper Pantry

Countywide · scheduled locations | Direct diaper and wipes program for eligible families; online registration and appointment required.

Before you go Review income, benefit, child-age and documentation rules first. The program does not offer delivery.

305-926-3815 · Web: miamidiaperbank.com

211 Miami for hygiene and period supplies

Countywide | Ask specifically for free toiletries, period products, baby supplies or showers near your ZIP code.

Before you go Ask the referral specialist to confirm distribution and eligibility.

305-631-4211 · Web: 211miami.org

An important update

PERIOD. Miami closed its direct distribution office in 2026. Its website points to community partners for period product access. Call 211 for a current direct service location.

Housing, eviction and utility bills

Miami-Dade Homeless Helpline

Countywide | Shelter referral, outreach and help for people experiencing homelessness.

1-877-994-4357 · **Web: miamidade.gov**

Emergency Food and Shelter Assistance

Countywide · community resource centers | One-time crisis assistance for eligible households, including rent, utilities, mortgage or food, subject to funding.

Before you go Call a center about documents and funding before visiting.

786-469-4600 · **Web: miamidade.gov**

LIHEAP and FPL Care to Share

Countywide · community resource centers | Energy bill help for qualifying households, including a disconnection crisis.

Before you go Bring your bill and ask what other documents apply. Help depends on eligibility and available funds.

786-469-4640 · **Web: miamidade.gov**

Housing Advocacy Hotline

Countywide | County housing questions and referrals.

786-469-4545 · **Web: miamidade.gov**

Legal Services of Greater Miami

Countywide · telephone and online intake | Free civil legal assistance for eligible residents, including housing matters.

Before you go Check intake hours and case eligibility.

305-576-0080 · **Web: legalservicesmiami.org**

Where to ask in person

County Community Resource Center

Perrine · 17801 Homestead Ave., Miami 33157 | Ask about current applications and referrals.

305-254-5804 · **Web: miamidade.gov**

County Community Resource Center

Naranja · 13955 SW 264th St., Miami 33032 | Ask about current applications and referrals.

305-258-5471 · **Web: miamidade.gov**

County Community Resource Center

Florida City · 1600 NW 6th Ct., Florida City 33034 | Ask about current applications and referrals.

305-247-2068 · **Web: miamidade.gov**

Health care and family services

Community Health of South Florida (CHI)

Goulds · Doris Ison Health Center, 10300 SW 216th St., Miami 33190 | Community health center and appointments.

305-253-5100 · Web: chisouthfl.org

CHI West Perrine Health Center

West Perrine · 18255 Homestead Ave., Perrine 33157 | Community health care.

305-234-7676 · Web: chisouthfl.org

CHI Naranja Health Center

Naranja · 13805 SW 264th St., Naranja 33032 | Community health care.

305-258-6813 · Web: chisouthfl.org

CHI Martin Luther King Jr. Clinica Campesina

Homestead · 810 W. Mowry Dr., Homestead 33030 | Community health care.

305-248-4334 · Web: chisouthfl.org

CHI South Dade and Everglades Centers

Homestead / Florida City · 13600 SW 312th St. and 19300 SW 376th St. | Ask CHI which location offers the service you need.

305-252-4820 · Web: chisouthfl.org

West Perrine County Health Center

West Perrine · 18255 Homestead Ave., Miami 33157 | WIC, immunizations, vital records and other public health services.

305-234-5400 · Web: miamidade.floridahealth.gov

Jackson South Medical Center

South Dade · 9333 SW 152nd St., Miami 33157 | Hospital with 24-hour emergency department.

305-251-2500 · Web: jacksonhealth.org

Children, child care and school support

Miami-Dade Head Start / Early Head Start

Countywide · center search | Free early education and family support for qualifying families with children from birth to age five; search centers with openings.

Before you go Gather proof of child age, income and county residence. Applications accepted year-round.

786-469-4622 · **Web: miamidade.gov**

Early Learning Coalition: School Readiness

Countywide · online family portal | Child care financial assistance for eligible families, plus provider referrals.

Before you go Check eligibility and application status through the Florida Family Portal.

305-646-7220 · **Web: elcmdm.org**

Florida Voluntary Prekindergarten (VPK)

Countywide · online family portal | Free educational program for eligible four-year-olds; search public and private options.

Before you go Apply for VPK and request a provider list near your ZIP code.

305-646-7220 · **Web: familyservices.floridaearlylearning.com**

Project UP-START, Miami-Dade Public Schools

Countywide · through school or district | School enrollment and education support for students living in unstable housing.

Before you go Tell the school if your family is staying temporarily with others, in a shelter, motel or another unstable setting.

305-995-7558 · **Web: news.dadeschools.net**

Early Learning Inclusion Warm-Line

Countywide | Discuss developmental or inclusion concerns about a young child with an early learning specialist.

Before you go Leave a message for an inclusion specialist to follow up.

786-433-3095 · **Web: elcmdm.org**

Mental health, substance use and personal safety

CHI Behavioral Health / CCBHC

Naranja, Homestead and Florida City sites | Counseling, psychiatric care and substance-use services for children and adults; ask about same-day and transportation options.

Before you go Ask which location and services fit your needs; fees and insurance can be discussed at intake.

305-253-5100 · **Web: chisouthfl.org**

CHI South Miami Health Center

South Miami · 6350 Sunset Dr., South Miami 33143 | Local outpatient behavioral health appointments.

Before you go Call for an appointment and current services.

786-293-5500 · **Web: chisouthfl.org**

988 Suicide and Crisis Lifeline

Nationwide · call or text | Free, confidential support for emotional distress, mental health or substance-use concerns; you do not have to be suicidal.

Before you go Call or text 988 at any hour. For an immediate physical danger, call 911.

988 · **Web: 988lifeline.org**

Miami-Dade Domestic Violence Helpline

Countywide · 24 hours | Safety planning and connection to shelter and advocacy; text is available if speaking is unsafe.

Before you go Call or text 305-679-0303. For immediate danger, call 911.

305-679-0303 · **Web: miamidade.gov**

Coordinated Victims Assistance Center

Countywide · includes South Dade outreach | Advocacy, counseling and other assistance for victims of domestic or sexual violence.

Before you go Ask about the South Dade Government Center outreach location.

305-285-5900 · **Web: miamidade.gov**

Older adults, mobility and work

County Meals on Wheels

Countywide | Meal delivery eligibility for residents 60 or older who are homebound or have a disability.

Before you go Call for eligibility assessment.

786-469-4707 · **Web: miamidade.gov**

Senior center meals

Naranja, Richmond Heights, South Miami and other county sites | County listing of congregate meals, centers and contact numbers.

Before you go Call the site nearest you for enrollment and transportation questions.

311 · **Web: miamidade.gov**

Miami-Dade Transit trip planning

Countywide | Find a bus route to a pantry, clinic or community center.

Before you go You can also dial 311.

305-891-3131 · **Web: miamidade.gov**

Special Transportation Service (STS)

Countywide | ADA paratransit for certified riders who cannot use regular transit.

Before you go Ask about certification before booking rides.

786-469-5000 · **Web: miamidade.gov**

Golden Passport EASY Card

Countywide | Eligible seniors 65 and older and Social Security beneficiaries can ride county transit free with the card.

786-469-5151 · **Web: miamidade.gov**

CareerSource South Florida, Homestead

Homestead · MDC Homestead Campus, 500 College Terrace, Building F, Room F217 | Job search and training assistance.

Before you go Homestead center is by appointment.

305-929-1514 · **Web: careersourcesfl.com**

Disability, aging and caregiver support

Alliance for Aging Elder Helpline

Miami-Dade / Monroe | Help older adults and caregivers find home care, meals, benefits and community services.

Before you go Free information and referrals; weekdays, with voicemail after hours.

305-670-4357 · **Web: allianceforaging.org**

County Disability Services for Independent Living

Countywide | Case management, home care, counseling and help finding accessible housing or work for eligible adults ages 18–59.

Before you go Ask about eligibility and service availability.

305-547-5444 · **Web: miamidade.gov**

Naranja Senior Center Meals

Naranja · 13955 SW 264th St., Miami 33032 | County senior meal site and activities for eligible older adults.

Before you go Ask about enrollment, meals and transportation.

305-257-0986 · **Web: miamidade.gov**

Richmond Heights Senior Center Meals

Richmond Heights · 14638 Lincoln Blvd., Miami 33176 | County senior meals and activities.

Before you go Ask about enrollment and current hours.

305-232-5536 · **Web: miamidade.gov**

South Miami Plaza Senior Meals

South Miami · 6701 SW 62nd Ave., South Miami 33143 | County-listed congregate meal site for eligible older adults.

Before you go Ask about eligibility and site access.

305-669-0712 · **Web: miamidade.gov**

Work, education and technology

CareerSource South Florida

Countywide · center search | Job search assistance, training and referrals; Homestead has a local center.

Before you go Ask for the closest full-service center and appointment instructions.

305-929-1514 · **Web: careersourcesfl.com**

Miami Dade College Adult Education

Homestead · 500 College Terrace, Homestead 33030 | Ask about adult education and English-language learning options.

Before you go Call the Homestead campus for classes and enrollment.

305-237-5159 · **Web: mdc.edu**

Miami-Dade Public Library Technology

Countywide · branch search | Library-card access to computers, internet, printing and learning resources.

Before you go Check the nearest open branch and printing costs before visiting.

305-375-2665 · **Web: mdpls.org**

South Miami Branch Library

South Miami · branch page | Computers, books, learning activities and help finding other library services.

Before you go Check hours and branch services on the website.

305-667-6121 · **Web: mdpls.org**

Miami Tax Pros / VITA

Countywide · 211 appointments | Free tax preparation and potential financial coaching for eligible residents, including sites serving Florida City and Perrine.

Before you go Call 211 for qualification, appointment and document checklist.

211 · **Web: miamidade.gov**

Legal, benefits and veterans services

Legal Services of Greater Miami

Countywide · phone and online intake | Civil legal help for eligible households with housing, public benefits and other noncriminal matters.

Before you go Ask about intake hours and whether the issue is within its practice areas.

305-576-0080 · **Web: legalservicesmiami.org**

Miami-Dade Veterans Service Program

Cutler Bay · South Dade Government Center, 10710 SW 211th St., Suite 205 | Help veterans and eligible family members apply for VA benefits, claims and appeals.

Before you go Ask for an appointment and the documents to bring.

305-252-5810 · **Web: miamidade.gov**

MyACCESS Florida

Statewide · online or by phone | Apply for SNAP, Medicaid and cash assistance and manage benefits in one state portal.

Before you go For help with an application, ask a county resource center or community partner.

850-300-4323 · **Web: myaccess.myflfamilies.com**

Miami-Dade 311 Service Center

Cutler Bay · South Dade Government Center area | In-person or phone help navigating county services, permits and transit questions.

Before you go Ask for the South Dade service center hours before visiting.

311 · **Web: miamidade.gov**

Live lookups and source directory

Use these pages to look up the next distribution or a service that is not listed here. Save the portal on your phone.

South Dade Basic Needs Portal

Links by topic, including food, housing, utilities, health and jobs.

lnk.bio/bnmhelp

211 Miami

24-hour referral line and search for resources by ZIP code.

211miami.org

Farm Share distributions

Live event calendar and partner pantry search.

farmshare.org

Feeding South Florida programs

Neighborhood pantry and program directory.

feedingsouthflorida.org

Miami-Dade Community Resource Centers

Official locations and county service details.

miamidade.gov

Florida MyACCESS

Official food assistance application.

myaccess.myflfamilies.com

Miami-Dade Transit

Route planning and customer service.

miamidade.gov/transit

Before you go

Call the program to confirm the address, hours, language support, eligibility, documents, transportation and whether supplies are available. Events may change or fill up. A resource center may provide referral or application help rather than a same-day pickup.

Basic Needs Miami · basicneedsmiami.org · Updated November 17, 2026