NORTHWEST ARKANSAS
Community Resource Guide

Benton, Washington and nearby counties | Updated November 6, 2026 | Prepared for Sheep n Fish Fellowship

“Bear one another’s burdens, and so fulfill the law of Christ.” — Galatians 6:2

START HERE: QUICK HELP

2-1-1 Community Referrals

Dial **211** for food, housing, utilities, health care and nearby assistance. For immediate danger call **911**; for a mental health crisis call or text **988**.

When calling a shelter or pantry

Ask about today’s availability, hours, service area, identification requirements and whether children can be accommodated. Services and funding can change.

FOOD, GROCERIES & HOUSEHOLD ESSENTIALS

Flames2Fire Ministries / F2FPantry

Phone: 479-202-1010 | **Website:** f2f.churchcenter.com/home
Mobile and order-ahead food pantry distributions in Bentonville, Centerton, Decatur, Gravette, Hiwasse, Rogers and Siloam Springs. Some locations require advance registration; others allow walk-up selection. Check the online calendar for the correct site, address and date. First-time visitors complete a household intake form. Farm2Families also supplies fresh food and gardening education.

The Community Table — Bentonville Community Church of the Nazarene

Address: 216 NW A St, Bentonville, AR 72712 | **Phone:** 479-273-2132
Website: bnaz.org/the-community-table
Free client-choice food pantry, open to everyone with no eligibility requirements. Official site lists Mondays 10 a.m.–noon and 4–6 p.m.; check before travel.

To the Table NWA — separate food program

Previously listed pickup: 1401 S Walton Blvd, Suite 21, Bentonville
A local food-resource list describes online ordering and Wednesday pickup. **Current operations, pickup address and enrollment have not been independently verified**; confirm before referring someone.

Helping Hands of Benton County

Address: 2602 SW D St, Bentonville | **Phone:** 479-273-2511 | **Website:** helpinghandsnwa.org
Food pantry and limited emergency assistance with rent, utilities, prescriptions and household needs, subject to eligibility and funds.

Samaritan Community Center

Address: 1211 W Hudson Rd, Rogers | **Phone:** 479-636-4198 | **Website:** samcc.org
Food, meals and other family support; confirm current service schedule.

LifeSource International

Address: 682 S Lt Col Leroy Pond Ave, Fayetteville | **Phone:** 479-521-4000
Food pantry, clothing and family support. Call for distribution times.

Cooperative Emergency Outreach (CEO)

Address: 1649 E Huntsville Rd, Fayetteville | **Phone:** 479-444-7500
Emergency help that may include food, utility/rent assistance and vouchers, based on available funds.

HOUSING, HOMELESSNESS & EMERGENCY SHELTER

7hills Homeless Center

Address: 1832 S School Ave, Fayetteville | **Phone:** 479-966-4378
Daytime homelessness support and housing connections; call for current intake.

Salvation Army of Northwest Arkansas

Fayetteville: 479-521-2151 | **Bentonville shelter location previously listed:** 3305 SW I St
Ask about emergency shelter, meals and social services; bed availability and locations must be confirmed.

New Beginnings NWA

Phone: 479-222-0807
Ask about bridge housing and homelessness-related support and current intake.

City of Fayetteville Housing & Community Services

Address: 100 W Rock St, Suite 160, Fayetteville | **Phone:** 479-575-8260
Housing and homelessness program information, including referrals to funded assistance.

DOMESTIC VIOLENCE, WOMEN & FAMILIES

Northwest Arkansas Women's Shelter

24-hour crisis: 479-246-9999 | **Toll-free:** 800-775-9011
Confidential crisis support and safe-shelter referrals for domestic violence survivors.

Peace at Home Family Shelter

24-hour crisis: 479-442-9811 | **Toll-free:** 877-442-9811
Domestic violence crisis assistance and shelter referrals.

Saving Grace NWA

Phone: 479-636-1133
Supportive housing and services for eligible young women transitioning toward independence. Confirm current age and admission criteria.

RECOVERY & MENTAL HEALTH

Soul's Harbor — Rogers

Address: 1206 N 2nd St, Rogers | **Phone:** 479-631-7878
Transitional recovery community for men; ask about eligibility and openings.

Women's recovery housing referrals

Ask about **Nicole's House, Joppa House, P.E.A.R.L.** and local Oxford Houses. Program requirements, costs, medication policies and whether children can stay vary.

Mental health and substance use crisis

Call or text **988** for immediate confidential crisis support. Dial **211** for local treatment and counseling referrals.

VETERANS, TRANSPORTATION & OTHER SUPPORT

Benton County Veterans Services

Phone: 479-464-6123 | Assistance with benefits navigation and claims.

Washington County Veterans Services

Phone: 479-444-1767 | Veteran benefit assistance.

Fayetteville VA Medical Center

Phone: 479-443-4301 | VA health services and referral information.

Ozark Regional Transit

Website: ozark.org | Local transit and on-demand service information; confirm route and service-area details.

WHERE TO START: A SIMPLE ACTION PLAN

1. **Need groceries today?** Check Flames2Fire's distribution calendar, The Community Table, Helping Hands or LifeSource. Call first if transportation is difficult.

2. **Need a safe place tonight?** Call 211 and 7hills or Salvation Army. If fleeing abuse, contact the appropriate domestic violence crisis hotline directly.

3. **Facing shutoff or eviction?** Call Helping Hands or Cooperative Emergency Outreach, and ask 211 for additional agencies with current funding.

4. **Several needs at once?** Tell 211 your city, household size, immediate safety concerns and transportation limits.

SOURCES & VERIFICATION NOTES

Sources: F2FPantry official site (f2f.churchcenter.com), Bentonville Community Church of the Nazarene (bnaz.org), City of Fayetteville Community Resource Guide (2026), Benton County and Washington County community resource guides (August 2026), Ozark Regional Transit, and SOCO Church local food resource list. Current addresses and hours are not guaranteed; verify before travel. The entry for To the Table NWA needs direct confirmation.

ADDITIONAL NORTHWEST ARKANSAS RESOURCE

Rogers Dream Center

Address: 115 N. Dixieland Road, Suite 4, Rogers, AR 72756
Phone: 479-306-6623
Website: www.rogersdreamcenter.org

Services: Faith-based community outreach supporting children and families through practical assistance, family events, school-supply and holiday programs, and connections to other community resources. Program availability and eligibility vary; call ahead.

Where it fits in this guide: Family support, basic needs and community referrals. The Rogers Dream Center also maintains an online directory of local food pantries, shelters, maternal health resources and other assistance.

Important: This is not a confirmed emergency overnight shelter. For urgent shelter placement, call 2-1-1 or the shelters listed in the main guide.

Prepared for Sheep n Fish Fellowship | Added November 6, 2026

FOOD HELP BY DAY

Quick-reference appendix: FREE GROCERIES vs PREPARED MEALS. These are published recurring schedules, not live confirmation. Call before traveling, especially on holidays. Location details and phone numbers are in the main guide.

MONDAY

Type	Provider	Time
Groceries	The Community Table, Bentonville	10am-noon; 4-6pm
Groceries	Helping Hands, Bentonville	10am-3pm
Groceries	First Baptist Church Rogers	10am-noon
Groceries	Root Cellar, Rogers	By appointment

TUESDAY

Type	Provider	Time
Groceries	G.R.U.B., Rogers	9am-noon
Groceries	First Baptist Church Rogers (Spanish-language)	9-11am
Groceries	Grace United Methodist, Rogers	9-11:45am
Groceries	Samaritan Market, Rogers	10am-noon
Groceries	Second Street Pantry, Bentonville	Noon-3pm; 4-5:30pm
Groceries	Feed Rogers	1-3pm
Groceries	Helping Hands, Bentonville	10am-3pm
Prepared meal	Samaritan Cafe, Rogers	Tue-Thu; call for exact hours

WEDNESDAY

Type	Provider	Time
Groceries	Feed Rogers	9am-2pm
Groceries	Centro Cristiano, Rogers	9:30am-2:30pm; confirm
Groceries	Samaritan Market, Rogers	10am-noon
Groceries	Helping Hands, Bentonville	10am-3pm
Groceries	Christ the King Lutheran, Bentonville	4-6pm
Prepared meal	Samaritan Cafe, Rogers	Call for exact hours
Groceries	Flames2Fire	Rotating schedule; check calendar

THURSDAY

Type	Provider	Time
Groceries	Grace United Methodist, Rogers	9-11:45am
Groceries	Radiant Life Church, Bentonville	10am-1pm
Groceries	Samaritan Market, Rogers	10am-noon
Groceries	Helping Hands, Bentonville	10am-3pm
Groceries	Feed Rogers	1-6pm
Prepared meal	Samaritan Cafe, Rogers	Call for exact hours

FRIDAY

Type	Provider	Time
Groceries	Feed Rogers	9am-2pm
Groceries	First Baptist Church Rogers	10am-noon
Groceries	Helping Hands, Bentonville	10am-3pm
Prepared meal	First Baptist Rogers, Olive St campus	11am-12:30pm
Laundry + meal	Laundry Love, Rogers	First Friday 6-8:30pm; verify

SATURDAY

Type	Provider	Time
Groceries	Feed Rogers	9am-noon

SUNDAY

Type	Provider	Time
Pantry/meal	Grace United Methodist, Rogers	4-6pm; verify current format

EVERY DAY / WHEN YOU CANNOT WAIT

Call 211

Ask for a pantry or hot meal open today near your ZIP code. Some shelters provide meals to admitted guests only; call before arriving.

Little Free Pantries

Downtown Rogers has community-stocked take-what-you-need boxes; supply is unpredictable. Do not rely on these for a full meal.

Flames2Fire

Distributions rotate by date and community, so no fixed daily hours are assigned in this appendix. Check the online calendar or call 479-202-1010.

SOURCE & VERIFICATION NOTES

Reviewed November 6, 2026. Sources: Rogers Dream Center resource directory (rogersdreamcenter.org/resources); Ozark Regional Transit community resource directory (ozark.org/community-resources); CASA of Northwest Arkansas community resources (nwacasa.org); NWA Food Bank listings and local provider sites. Some source directories conflict, and some have older entries. Entries marked “confirm” have unresolved details. This guide is a referral aid, not a guarantee of services, eligibility, funding, hours or vacancies.

RENT, BILLS & FINANCIAL ASSISTANCE

Northwest Arkansas

New appendix | November 2026 | Keep the preceding daily food schedule for food-by-day information.

Helping Hands of Benton County

Contact: 2602 SW D St, Bentonville, AR 72712 | 479-273-2511 (main); 479-273-0838 (intake)

Help offered: Limited rent, utility, medical and prescription help for Benton County residents. Assistance depends on funds; call to confirm current intake process.

Website: https://helpinghandsnwa.org/rental-utility-assistance-programs/

Salvation Army - Northwest Arkansas Area Command

Contact: 479-521-2151, option 1 (Washington County), option 2 (Benton County)

Help offered: Emergency electric-bill help, limited rent assistance, food boxes, clothing vouchers and disaster relief; appointments and available funding vary.

Website: https://www.salvationarmyusa.org/usa-southern-territory/arkansas-and-oklahoma/northwest-arkansas-area-command/utility-rent-assistance/

Our Healthy Communities (OHC)

Contact: Rogers | 479-636-7301

Help offered: Ask about LIHEAP heating/cooling assistance, water-bill assistance and community action programs; service areas and application periods apply.

Website: https://ohcnwa.org/

Cooperative Emergency Outreach (CEO)

Contact: 1649 E Huntsville Rd, Fayetteville, AR 72701 | 479-444-7500

Help offered: Emergency help for qualifying Fayetteville-area residents, potentially including rent, utilities, prescriptions and gas vouchers; call to confirm eligibility and funding.

Website: https://www.stpaulsfay.org/partners

Bentonville Utility Assistance Referrals

Contact: City of Bentonville utility assistance directory

Help offered: City-maintained list of agencies and churches, including All Saints Episcopal, St. Stephen’s Benevolence, Helping Hands and Hark. Confirm each organization’s assistance criteria.

Website: https://bentonville.ar.gov/1544/Utility-Assistance

Hark / Arkansas 211

Contact: Dial 211 | Hark: 866-489-6983

Help offered: Resource navigation for rent, bills, food, housing, transportation and other needs. Referrals do not guarantee financial assistance.

Website: https://harknwa.com/

Arkansas Department of Human Services

Contact: Benton County: 900 SE 13th Ct, Bentonville | 479-273-9011

Help offered: Apply for SNAP food benefits, Medicaid/ARKids First and eligible family cash assistance. Benefits are not emergency rent grants.

Website: https://humanservices.arkansas.gov/

Before calling: Have photo ID, lease, overdue bill, eviction/disconnection notice, proof of income and household details ready if available. Ask about funding, eligibility, deadlines and alternatives. Do not delay seeking help if documents are missing.

These listings describe potential services, not confirmed awards or open funding. Call first. Prepared for Sheep n Fish Fellowship.