# Mississippi County Resources

## Health and Community Resources

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of Missouri Extension - Mississippi County</td>
<td>109 N. First St. Charleston, MO 63834 Phone: 573-683-6129 Fax: 573-683-6130</td>
</tr>
<tr>
<td><strong>Family Nutrition Education Programs (FNEP).</strong> The Family Nutrition Education Programs help limited-resource families and individuals improve their health and fitness. Education focuses on teaching healthier eating habits, understanding of food safety and better management of food dollars. FNEP is available to individuals, groups and schools at no cost. Contact for more information on FNEP.</td>
<td></td>
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<tr>
<td>Mississippi County Health Dept.</td>
<td>1200 E. Marshall St. Charleston, MO 63834 Phone: 573-683-2191 Fax: 573-683-6539</td>
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<tr>
<td>East Prairie, MO</td>
<td>202 E. Pine St. East Prairie, MO 63845 Phone: 573-683-2191 Fax: 573-649-5788</td>
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<tr>
<td>Bowden Center</td>
<td>200 S. Elm St. Charleston, MO 63834 Phone: 573-649-3731 Mon-Fri; 10am-7pm Sat; 10am-2pm</td>
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</tbody>
</table>

## Food Pantries

<table>
<thead>
<tr>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Caring Communities Resource Center</td>
<td>Provides food to families and individuals who are in need. 603 Garfield St. East Prairie, MO 63845 Phone: 573-683-7551 Lisa Minner</td>
</tr>
<tr>
<td>First Baptist Church/Partnered with Charleston Ministerial Alliance</td>
<td>Provides a bag of groceries to families who are in an emergency situation/offered monthly 301 S. Main St. Charleston, MO Phone: 573-683-6046 Kerry Stokes or Ottis Boyce</td>
</tr>
<tr>
<td>The Flame of Hope/United Methodist Church Food Pantry</td>
<td>604 W. Washington St. P.O. Box 276 East Prairie, MO Phone: 573-427-8571 Mon &amp; Thu; 8am-4pm</td>
</tr>
<tr>
<td>Southeast Missouri Food Bank</td>
<td>P.O. Box 1688 3920 Nash Road Cape Girardeau, MO 63702-1688 Phone: 573-651-0400</td>
</tr>
<tr>
<td>Shining Light Pantry</td>
<td>721 W. Marshall Charleston, MO 63834 Phone: 573-683-2555 3rd Sat; 1-4pm</td>
</tr>
</tbody>
</table>
| Physical Activity | AD Simpson Park  
Hwy. 105 & Tom White St.  
Charleston, MO  
Baseball & playground | Benny Hillhouse Memorial Park  
213 Gilmore St.  
Charleston, MO  
Baseball, basketball, tennis, playground | Big Oak State Park  
13640 S. Hwy 102  
East Prairie, MO 63845-8768  
Walking/hiking trail  
Fishing |
|-------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|
| Charleston Health Club  
2751 E. Marshall St.  
Charleston, MO 63834  
Phone: 573-683-6835 | Dr. E. Charles Rolwing Park  
First & Marshall St.  
Charleston, MO 63834 | East Prairie City Pool  
801 N. Martin St.  
East Prairie, MO 63845  
Phone: 573-649-9492 | K.S. Simpkins Park  
510 W. Virginia St.  
East Prairie, MO 63845  
Walking trail, playground |
| Grocery Stores | Country Mart 2459  
1 Charleston Plaza  
Charleston, MO 63834  
Phone: 573-683-3008  
7am-10pm | McClain’s Food Center  
610 S. Main St.  
Charleston, MO 63834  
Phone: 573-683-4783 | McDonald’s Food Mart  
707 W. Washington St.  
East Prairie, MO 63845  
Phone: 573-649-3535 |
| Town & Country 3823  
523 E. Washington St.  
East Prairie, MO 63845  
Phone: 573-649-2204  
7am-10pm | | | |
| Farmers’ Markets | Charleston Farmers’ Market  
AD Simpson Park at 1400 S. Main St.  
Charleston, Missouri 63834  
Phone: 573-238-4262  
Chamber of Commerce  
Wed: 3:30-6pm  
Memorial Day-Labor Day | | |
| SNAP Office | Mississippi County SNAP Office  
718 N. Martin  
East Prairie, MO 63845  
Phone: 573-649-3091  
Dan Dambach, Manager  
M-F; 8am-5pm | | |