



Food Assistance Resource Guide

Compiled by Community Resource Center at Northeast Arc

This guide provides comprehensive information about food assistance resources available in the DDS Northeast Region. Resources are organized by city/town to help you quickly find services in your local area.

Note that many of these resources serve multiple towns. Residency restrictions are noted where applicable.

How to Use This Guide

- Resources are grouped by city/town in alphabetical order
- On the Table of Contents, you can click on the city/town you would like resources for
- Each listing includes contact information, hours, location, and service details
- Click on website links for the most current information
- Contact resources directly to confirm availability and eligibility
- Regional resources (not tied to a specific town) are listed first

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COMMUNITY RESOURCE CENTER

Northeast Arc's Community Resource Center connects individuals and families with valuable resources and events in their local communities. By providing access to these resources, the Community Resource Center empowers families and individuals to actively participate in community life, creating a sense of belonging and inclusion.

DDS Northeast Region Community Resource Specialists

Scan the QR code to sign up to receive event newsletters from the Community Resource Specialist in your DDS Office Area.

North Shore

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Metro North

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Lowell

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Looking for Community Events? Visit
 communityconnections.org

Resources

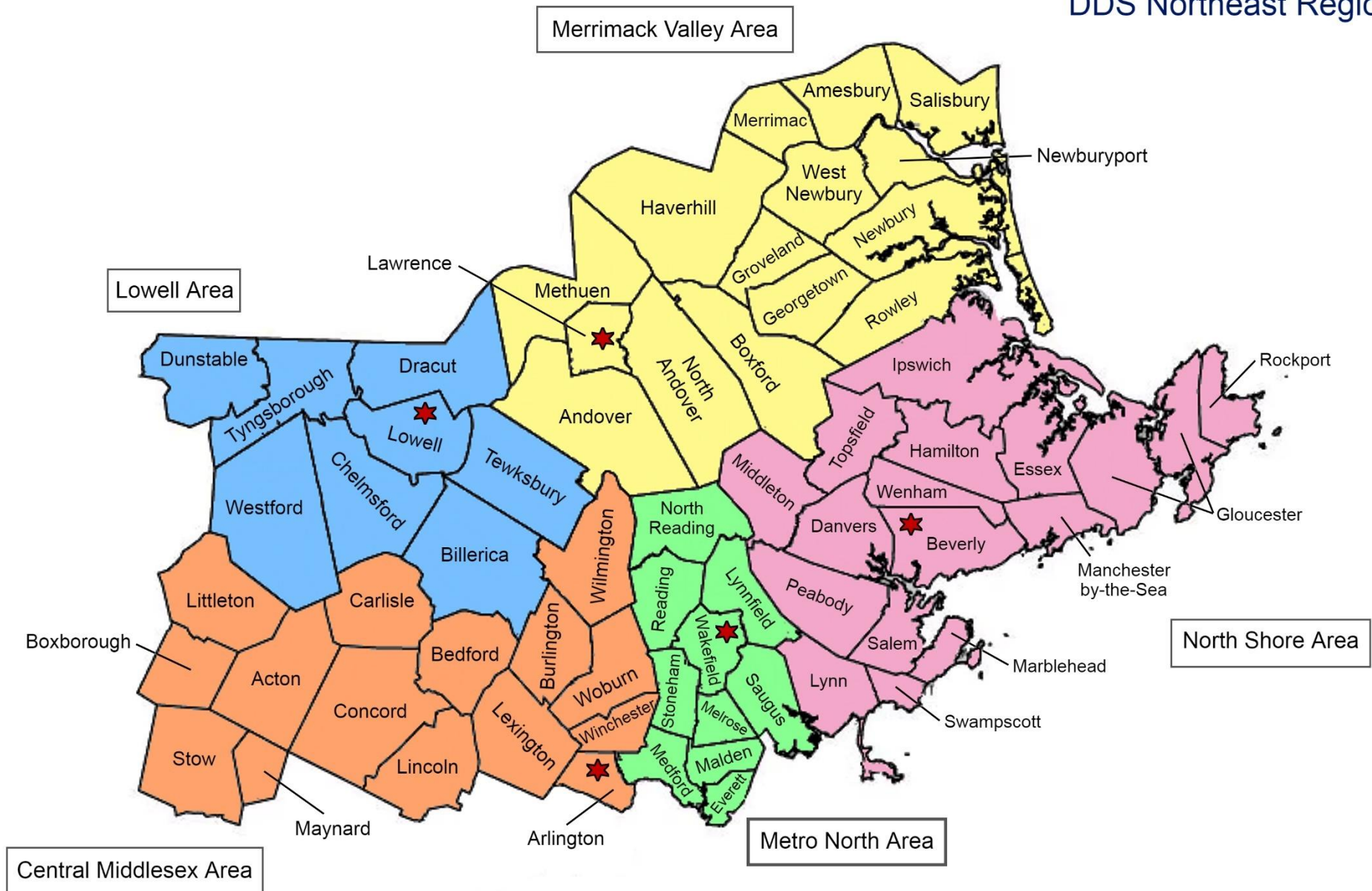
- Community Events
- Recreational Activities
- Support Groups
- Educational Workshops
- Social Opportunities
- Special Olympic Events

Contact Us

Matthew Ataya
Director of Community
Resource Center

✉ mataya@ne-arc.org

DDS Northeast Region



Regional Resources

Backpack Food Program	
Type	Food Pantry at Acton and Boxborough schools
Hours	School Hours
Location	School Addresses
Contact	Contact school principals or Email: reddy@abschools.org
Website	https://sites.google.com/abuw.org/resources/food-security https://drive.google.com/file/d/1Z2HJ4620y10NtEv-4juveQX_UWkYFeV3/view
Serves	Acton, Boxborough
Notes	The Backpack Food Program is available to all Acton-Boxborough students. For elementary students, please fill out and return the form.

DoorDash: Project DASH	
Type	Food delivery service
Hours	24/7
Location	State-wide at partnering locations
Contact	projectdash@doordash.com
Website	https://about.doordash.com/en-us/impact/project-dash
Serves	Hannaford, Stop & Shop, Wegmans, Dollar General, Project Bread
Notes	Contact for full details

Flashfood App	
Type	Food rescue
Website	https://flashfood.com/

GoPuff	
Type	Food and Drink Delivery Platform

GoPuff	
Hours	24/7
Location	Boston
Contact	https://help.gopuff.com/categories/customer-support/65f86c95e2c6870cf99488d7
Website	https://www.gopuff.com/newsroom/community-impact/gopuff-donating-up-to-10-million-in-free-groceries-to-snap-recipients-as-families-nationwide-prepare-for-potential-lapse-in-benefits
Serves	Check local availability at gopuff.com
Notes	SNAP EBT accepted or related services. Contact for full details

Greater Boston Food Bank	
Website	https://www.gbfb.org/
Notes	The Greater Boston Food Bank (GBFB) partners with more than 600 hunger-relief agencies, including food pantries, community meal programs and other food assistance providers throughout the nine counties and 190 towns and cities across Eastern Massachusetts.

Greater Boston Food Bank Resource Search	
Type	Resource Line
Hours	24/7
Website	https://www.gbfb.org/need-food/
Notes	If you or someone you know needs food, enter your ZIP code in the Agency Partner Locator below to find available food assistance options in the community

Lasagna Love	
Type	Prepared Meal Delivery
Hours	Once per month
Location	Volunteer-based
Website	https://lasagnalove.org/
Serves	State-wide based on volunteer availability

Lasagna Love

Notes	Monthly service. Contact for full details
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MA Healthy Incentives Program

Type	Resource Line
Hours	Monday-Friday 8 AM - 7 PM, Saturday 10 AM - 2 PM
Contact	800-645-8333
Website	https://www.mass.gov/info-details/massachusetts-healthy-incentives-program-hip-frequently-asked-questions
Notes	SNAP EBT accepted or related services

Meals on Wheels MA

Type	Agency
Location	300 Rosewood Drive, Suite 30, Danvers
Contact	978-624-2225
Website	https://www.massmealsonwheels.org/
Serves	State-wide
Notes	Meals may be free, have a suggested donation or be paid for on a sliding scale, based on your location, income and need

Project Bread Food Source Hotline

Type	Resource Line
Hours	Monday-Friday 8 AM - 7 PM, Saturday 10 AM - 2 PM
Contact	800 - 645 - 8333
Website	https://projectbread.org/get-help
Notes	Call or text Project Bread's Food Source Hotline to receive information about food resources in their area or talk with a Project Bread counselor Assistance is available in 180 languages

Too Good to Go App	
Type	Food rescue
Website	https://www.toogoodtogo.com/en-us
Notes	Our app is the world's largest marketplace for surplus food. We help users rescue good food from going to waste, offering great value for money at local stores, cafes and restaurants

WIC	
Type	Resource Line
Hours	Monday-Friday 9 AM - 5 PM
Contact	800-942-1007
Website	https://www.mass.gov/orgs/women-infants-children-nutrition-program
Notes	Currently, the federal government shutdown is not impacting WIC services in MA

Acton

Congregation Beth Elohim: Little Free Pantry	
Type	Food Pantry
Hours	24/7
Location	133 Prospect Street, Acton, MA
Contact	Email: socialaction@bethelohim.org
Website	https://boxboroughucc.org/little-free-pantry/
Serves	All Towns
Notes	Food Pantry just off the driveway on the left at the first turnoff, as you enter driveway. Free and open 24/7

Mt. Calvary Lutheran Church Community Supper	
Type	Free Community Meals
Hours	Wednesdays Doors open at 4:15 PM Meal served 4:30 PM - 5:30 PM
Location	472 Massachusetts Ave, Acton, MA
Contact	Phone: 978-263-5156 Email: info@mtcalvaryacton.org
Website	https://www.mtcalvaryacton.org/community-supper
Serves	All Towns
Notes	No registration required

West Acton Baptist Church: Little Free Pantry	
Type	Food Pantry
Hours	24/7
Location	592 Mass Ave, Acton, MA
Contact	Phone: 978-263-5902
Website	https://boxboroughucc.org/little-free-pantry/
Serves	All Towns

West Acton Baptist Church: Little Free Pantry

Notes

Food Pantry is located next to church parking lot and available 24/7 to anyone needing food.

Andover

Neighbors in Need @ Robb Center	
Type	Community Meals
Hours	Thursday 4:00 PM – 5:00 PM
Location	30 Whittier Ct, Andover, MA
Contact	978-623-8320
Website	https://needfood.org/get-help/#get-food
Notes	No residency, age, or income restrictions

Andover

Neighbors in Need @ Robb Center	
Type	Community Meals
Hours	Thursday 4:00 PM – 5:00 PM
Location	30 Whittier Ct, Andover, MA
Contact	978-623-8320
Website	https://needfood.org/get-help/#get-food
Notes	No residency, age, or income restrictions

Neighbors in Need Food Pantry @ South Church	
Type	Pantry
Hours	Thursday 4 PM - 5 PM
Location	41 Central Street, Andover, MA
Contact	978-685-8321
Website	https://needfood.org/get-help/#get-food

Village Food Hub	
Type	Community Fridge and Pantry
Hours	24/7, Fridge & lockers outside, next to Ballardvale United Church
Location	23 Clark Road, Andover, MA
Contact	978-566-3287
Website	https://www.villagefoodhub.org/pantry-program.html
Serves	Andover, North Andover, Lawrence only

MVYMCA @ The Robb Center	
Type	Pantry
Hours	2nd Wednesday each month, 10 AM - 12 PM
Location	30 Whittier Ct Andover, MA

MVYMCA @ The Robb Center	
Contact	978-623-8320
Website	https://mvymca.org/pantry/
Notes	No residency, age, or income restrictions

Arlington

Arlington EATS	
Type	Food Pantry by appointment only
Hours	Mondays 2:00 PM – 7:00 PM (2:00 – 4:00 PM senior hours*) Tuesdays 9:00 AM - 12:30 PM Wednesdays 9:00 AM – 12:00 PM and 4:00 – 6:00 PM Saturdays 9:00 AM – 1:00 PM
Location	117 Broadway, Suite A, Arlington
Contact	Phone: 339-707-6757 Email: info@arlingtoneats.org
Website	https://www.arlingtoneats.org/
Serves	Arlington
Notes	Appointments are preferred. Call (339) 707-6761 to make your appointment. Registration and proof of residence are required. Families can contact schools to enroll students in the Snack Program.

Bedford

Bedford Community Table Pantry and Food Pantry	
Type	Drive-Through, Home Delivery, and Self-Service locker Food Pantry
Hours	Thursday 3:30 PM - 5:30 PM
Location	12 Mudge Way, Bedford
Contact	Phone: 781-275-7727 Email: bedfordfoodbank@bedfordma.gov
Website	https://www.bedfordfoodpantry.org/
Serves	Bedford
Notes	Drive-through curbside service with no registration required. Call 781-275-7727 for home delivery. Self-service available in the Town Center.

Beverly

Beverly Bootstraps	
Type	Food Pantry
Hours	Monday - 10:00 am - 4:00 pm Tuesday - 1:00 pm - 6:00 PM Wednesday - 10:00 am - 6:00 PM Thursday - 10:00 AM - 2:00 PM Mobile markets to some apartment communities during the summer. Check website for schedule. Refrigerated food lockers also available for pickup during off hours, place order online ahead of time
Location	35 Park Street Beverly, MA
Contact	978-927-1561
Website	https://beverlybootstraps.org/what-we-do/food-assistance-programs/
Serves	Beverly, Manchester, Essex, Hamilton, and Wenham
Notes	Please bring proof of residence (such as a piece of mail postmarked within the last 30 days). Food pantry intake form and new client registration hours listed on website

Beverly SDA Church	
Type	Food Pantry
Hours	Second Sunday - 1:00 - 2:00 PM
Location	499 Rantoul St Beverly, MA
Contact	978-927-4066
Website	https://beverlyma.adventistchurch.org/ministries

First Baptist Church	
Type	Community Meal
Hours	Mondays at 6:00 PM and Saturdays at 12:30 PM
Location	221 Cabot St. Beverly, MA
Website	https://www.fbcbeverly.org/event/monday-night-supper-2/all/

First Parish Unitarian

Type	Community Meal
Hours	Tuesdays at 5:30 - 7:00 PM
Location	225 Cabot St. Beverly, MA
Website	https://firstparishbeverly.org/social-justice-action/monday-and-tuesday-night-suppers/

Living Faith United Methodist Church

Type	Community Meal
Hours	Wednesdays and Thursdays at 6:00 PM
Location	2 Dane St. Beverly, MA
Website	https://www.living-faithumc.org/

Living Hope Church of the Nazarene Food Pantry

Type	Food Pantry
Hours	Thursday, 10 AM - 12 PM
Location	556 Cabot St. Beverly, MA
Contact	978-927-9977 beverlynazarene@yahoo.com
Website	https://www.beverlychurch.org/
Serves	Beverly
Notes	Beverly residents with proof of residence may take home a prepackaged bag of non - perishable goods as well as items donated from Henry's and Shaws Markets

St. Peter's Episcopal Church

Type	Community Meal
Hours	Fridays and Sundays at 6:00 PM
Location	4 Ocean St. Beverly, MA
Contact	978-922-3438 Email: info@stpetersbeverly.org
Website	https://stpetersbeverly.org/outreach/

Billerica

Billerica Community Food Pantry	
Type	Food Pantry
Hours	Free meals for families in need - just talk to front desk
Location	70 Concord Rd., Billerica, MA
Contact	billericapantry@gmail.com 978-357-7560
Website	https://billericacommunitypantry.com/

Mimi's Banh Mi	
Type	Restaurant
Hours	Free meals for families in need - just talk to front desk
Location	446 Boston Rd. Suite 2, Billerica, MA
Contact	(978) 477-0091
Website	https://www.facebook.com/p/Mimis-Banh-Mi-61574577113509/

Boxborough

Acton Food Pantry	
Type	Drive - Thru Food Pantry
Hours	Wednesdays 10:00 AM - 7:00 PM Thursdays 9:30 AM - 11:30 AM *Closed 4th week of each month
Location	235 Summer Road, Boxborough, MA (Building #1, Lower Level in the Boxborough Business Park) Reachable by Acton CAT and Boxborough MART bus, Boxborough
Contact	Phone: 978-635-9295 Email: foodpantryvolunteer@actoncommunitysupper.org
Website	https://www.actonfoodpantry.org/
Serves	Acton, Boxborough
Notes	Registration is not required but is preferred. Call or email to organize alternative pick-up arrangements if needed.

Burlington

Burlington Community Food Pantry- People Helping People	
Type	Distribution and Home Delivery Food Pantry
Hours	Tuesdays 3:00 PM - 7:00 PM Wednesday 11:00 AM - 1:00 PM Thursday 10:00 AM - 12:00 PM
Location	21 - 23 Murray Ave, Burlington
Contact	Phone: 781-270-1961 Email: byfs@burlington.org
Website	https://peoplehelpingpeopleinc.org/programs.html
Serves	Burlington residents meeting income guidelines
Notes	Registration is required. Weekly service available.

Minuteman Senior Services	
Type	Private agency
Hours	Monday through Friday 9:00 AM - 5:00 PM
Location	1 Burlington Woods Drive, Suite 101, Burlington
Contact	Phone: 888-222-6171 Email: info@minutemansenior.org
Website	https://minutemansenior.org/
Serves	Acton, Arlington, Bedford, Boxborough, Burlington, Carlisle, Concord, Harvard, Lexington, Lincoln, Littleton, Maynard, Stow, Wilmington, Winchester, Woburn
Notes	Food service for seniors on Medicare and enrolled in Minuteman Senior Services SHINE program.

Chelmsford

Chelmsford Food Pantry	
Type	Food Pantry
Hours	Wednesdays 5 - 8 PM; Thursdays 2 - 4 PM; Fridays 6:30 - 8 PM
Location	50 Rear Billerica Rd., Chelmsford, MA
Contact	978-250-3818 office@chelmsfordfoodpantry.org
Website	https://chelmsfordfoodpantry.org/
Notes	Free Emergency Home Delivery If you live in Chelmsford, the Chelmsford Food Pantry can deliver Free to you. Please give us a call or send us an email and we will do everything we can to help.

Chelmsford Winter Farmers Market	
Type	Farmers' Market
Hours	Saturdays, 10 AM – 1 PM, November to Mid-March
Location	Weston Nurseries 160 Pine Hill Road, Chelmsford, MA
Website	https://minutemansenior.org/

Table of Plenty @ Chelmsford Senior Center	
Type	Food Pantry; Community Meal
Hours	Sit - down meals are served every Tuesday from 5:00 - 6:00 PM at the Chelmsford Senior Center
Location	75 Groton Rd., Chelmsford, MA
Contact	978-710-8328
Website	https://tableofplentyinchelmsford.org/

Danvers

Danvers People to People Food Pantry	
Type	Food Pantry
Hours	Tuesday/Thursday 9 AM - 12 PM First and third Wednesday 4:00 - 6:00 PM * Any time schools are closed for snow, the Pantry will be closed
Location	12 Sylvan Street Danvers, MA
Contact	978-739-4188
Website	https://www.danverscommunitycouncil.com/danvers-people-to-people-food-pantry
Serves	Danvers
Notes	Must provide proof of residence with utility bill, not just ID, at each visit

Devens

Loaves and Fishes Pantry	
Type	Drive - Thru Food Pantry
Hours	Wednesdays and Fridays 9:00 AM - 12:00 PM First Tuesday of the month 4:00 PM - 7:00 PM Third Saturday of the month 9:00 AM - 12:00 PM Last Thursday of the month 9:00 AM - 12:00 PM
Location	234 Barnum Road, Devens, MA
Contact	Phone: 978-772-4627
Website	https://loavesfishespantry.org/loaves-fishes-new-client-registration/
Serves	Ayer, Devens, Dunstable, Groton, Harvard, Littleton, or Shirley
Notes	No income requirements. You may receive groceries twice a month. You must bring only a Proof of Residency (POR) when you visit the Pantry.

Dracut

Dracut Food Pantry	
Type	Food Pantry
Hours	4th Saturday of Month, 9 - 12 PM
Location	1934 Lakeview Ave., Dracut, MA
Contact	978-957-8600
Website	https://dracutfoodpantry.com/
The White Lotus	
Type	Food Pantry
Hours	Beginning November 17th - partnering with other local restaurants to provide free plate of fried rice to vulnerable groups including SNAP benefit recipients who will not receive assistance and local Veterans or elderly individuals not receiving assistance - show government ID or EBT card.
Location	1734 Lakeview Ave, Dracut, MA
Contact	978-957-2738
Website	https://www.facebook.com/p/The-White-Lotus-61571384037847/

Dunstable

Loaves and Fishes Pantry	
Type	Drive - Thru Food Pantry
Hours	<p>Wednesdays and Fridays 9:00 AM - 12:00 PM</p> <p>First Tuesday of the month 4:00 PM - 7:00 PM</p> <p>Third Saturday of the month 9:00 AM - 12:00 PM</p> <p>Last Thursday of the month 9:00 AM - 12:00 PM</p>
Location	234 Barnum Road, Devens, MA
Contact	Phone: 978-772-4627
Website	https://loavesfishespantry.org/loaves-fishes-new-client-registration/
Serves	Ayer, Devens, Dunstable, Groton, Harvard, Littleton, or Shirley
Notes	No income requirements. You may receive groceries twice a month. You must bring only a Proof of Residency (POR) when you visit the Pantry.

Everett

Bread of Life Food Pantry Delivery	
Type	Food Pantry Grocery Delivery
Hours	Deliveries are scheduled Tuesday-Friday
Location	Bread of Life is located in Malden, provides delivery to Everett & Malden under the circumstances listed in the notes section.
Contact	781-397-0404
Website	https://breadoflifemalden.org/
Serves	Everett, Malden
Notes	<p>A household may receive a delivery weekly, biweekly or monthly based on eligibility and availability of drivers</p> <p>The criteria for applying for Grocery Delivery program is:</p> <p>You must be an individual or couple 60 years or older with a mobility impairment, or Disabled with a mobility impairment, and have no household member between the ages of 18 and 59 years old AND you must live in Malden or Everett,</p> <p>OR</p> <p>You must be referred by a healthcare provider for a mobility impairment,</p> <p>OR</p> <p>You must have a COVID diagnosis.</p> <p>The application to receive groceries through the delivery program are available on the Bread of Life website.</p>

City of Everett Hot Meals	
Type	No-Cost Meals
Hours	Monday 4:30pm Friday 3pm
Location	Connolly Center 90 Chelsea Street Everett, MA 02149
Contact	781-397-0404
Website	https://tinyurl.com/EverettSNAPFood
Serves	Everett
Notes	Grab-and-go meals provided for up to 200 Everett residents by partners Massimino's (Mondays, pasta) and North Shore Community Church/AWMI (Fridays, protein/starch/veggie). If coming to the Connolly Center is a hardship, please call Simone Holyfield at 617-394-2454 to make alternate pick-up or drop-off arrangements.

City of Everett Holiday Assistance	
Type	No-Cost Meals
Hours	<p>The dates to register are November 3-November 20th.</p> <p>Apply at the Connolly Center: Mondays 9 AM – 3 PM Tuesday, Wednesday, Thursday 9 AM–4 PM Friday 9 – 11:30 AM.</p>
Location	<p>Connolly Center 90 Chelsea Street Everett, MA 02149</p>
Contact	<p>Antoinette.Blanchard@ci.everett.ma.us</p> <p>Dale.Palma@ci.everett.ma.us</p>
Website	https://tinyurl.com/EverettSNAPFood
Serves	Everett
Notes	<p>Everett households can apply for curated food boxes for Thanksgiving and Christmas. Families with children can also apply for toy assistance. The dates to register are November 3-November 20th.</p> <p>Apply at the Connolly Center (90 Chelsea St) on Mondays, 9 AM – 3 PM Tuesday/Wednesday/Thursday 9 AM – 4 PM; and Fridays, 9 – 11:30 AM.</p> <p>You can also apply at Everett City Hall (484 Broadway) on Mondays and Thursdays, 9 AM – 12 PM and 2 – 7 PM.</p>

Everett Grace Food Pantry	
Type	Food Pantry
Hours	Saturday 9:15 AM, Sunday 10 AM - 11 AM
Location	50 Church Street, Everett, MA 02149
Contact	617-799-9440
Website	https://facebook.com/gracefoodpantryeverett/
Serves	No Residency Requirement(s)
Notes	Everett Grace Food Pantry & Outreach offers a food pantry has no residency requirement, all are welcome! The mission behind Everett Grace Food Pantry & Outreach is that that they everyone from low-income families, single parents, senior citizens, unemployed individuals, disabled veterans, working poor, and anyone else in need of assistance. Bring your own bags, no ID required. They recommend arriving early to get a number.

Everett Mobile Market	
Type	Food Pantry
Hours	Thursday 3:30 PM - 5 PM
Location	Lafayette School, 117 Edith Street, Everett, MA
Contact	781-397-0404
Website	https://breadoflifemalden.org
Serves	Everett
Notes	“Grab-and-go” distribution by drive-thru or walk-up. Groceries can be picked up weekly. Households are required to complete a pantry application in advance of receiving food. Applications can be completed in person at 54 Eastern Avenue, Malden, MA, on Mondays 12-5pm, Wednesdays 1-4pm or Fridays 1-4pm.

Family Care Pantry	
Type	Food Pantry
Hours	Monday 5 PM - 8 PM
Location	1691 Revere Beach Parkway, Everett, MA
Contact	781-397-0404
Website	https://breadoflifemalden.org

Serves	No Residency Requirement(s)
Notes	A household may pick up groceries as often as once per week. All are welcome to access, no application needed!

Gloucester

Grace Center(Lifebridge)	
Type	Community Meal
Hours	Breakfast - 8:30 - 10:00 am Lunch - 12:00 Noon
Location	264 Main St Gloucester, MA, Gloucester
Contact	978-675-6240
Website	https://lifebridgenorthshore.org/locations/grace-center/

The Open Door Pantry	
Type	Pantry
Hours	Pick-up Hours: Monday 9:45am – 6:00pm Tuesday 8:30am – 6:00pm Wednesday 8:30am – 6:00pm Thursday 8:30am – 6:00pm Friday 8:30am – 6:00pm
Location	28 Emerson Avenue, Gloucester, MA
Contact	978-283-6776 info@foodpantry.org
Website	https://www.foodpantry.org/
Notes	Our pantries in Gloucester and Ipswich offer weekly curbside grocery pickup and limited delivery. Apply to use our refrigerated food lockers in Gloucester and Ipswich to pick-up groceries after hours and on weekends. Online shopping available! You must comply with current TEFAP Income Guidelines to qualify for our food services. TEFAP income guidelines here: https://foodpantry.org/wp-content/uploads/2025/05/TEFAP2526g.png

The Open Door	
Type	Community Meal
Hours	Monday - Friday: 4:30 - 5:30 PM Senior Soup and Salad Thursdays and Fridays at 11:30 a.m. Rose Baker Senior Center 6 Manuel F Lewis Street, Gloucester MA 01930 JOIN US for hot soup, sandwiches, salad, chips, and dessert!
Location	28 Emerson Avenue, Gloucester, MA
Contact	978-283-6776
Website	https://foodpantry.org/get-help/programs-services/fresh-meals/

The Open Door

Notes

Special diet? Allergies to food? Let us know ASAP when you arrive!

Hamilton

Acord Food Pantry	
Type	Food Pantry
Hours	<p>Main Location: Wed. 9:30AM – 11:00AM Thu. 10:00AM – 11:00AM (Seniors 60+ only) Thu. 6:30PM – 7:30PM Sat. 9:00AM – 11:00AM</p> <p>Mobile Markets: Essex COA - First Friday, 10:30am - 11:30am Hamilton Housing Authority - First and third Mondays, 9 - 9:30am Hamilton COA - Second and fourth Mondays, 11:45am - 12:30pm Little Brook Village in Topsfield - First Monday, 10:30 - 11:30am Enon Village in Wenham - Fourth Tuesday, 10am - 11am Maple Woods in Wenham - First and third Tuesdays, 9:30 - 10:30am</p>
Location	69 Willow Street, South Hamilton, MA
Contact	978-468-7424 Acord.director@gmail.com
Website	https://www.acordfoodpantry.org/
Serves	Essex, Hamilton, Ipswich, Manchester, Topsfield, and Wenham
Notes	<p>No income restrictions, just proof of residence. Current proof of address, such as a utility bill, is required for every visit. May get food once every 7 days. Additional support available during school vacations, summer break, and holidays</p>

Haverhill

Somebody Cares New England	
Type	Pantry
Hours	Last Thursday of the month (Except during November & December- they are open the Thursday BEFORE the holiday) 10 AM-Elderly & Disabled 11 AM-2:30 PM All others
Location	358 Washington Street, Haverhill, MA
Contact	978-912-7626
Website	https://somebodycaresne.org/food-pantry/
Notes	Any Haverhill resident in need is welcome to come! If it's your first time visiting the food pantry, please make sure and bring an ID or proof of address.

Veterans Northeast Outreach Center	
Type	Pantry
Hours	Thursdays 10 AM-2 PM
Location	10 Reed St, Haverhill, MA
Contact	978-372-3626
Website	https://events.riseup.vet/greaterbostonvets/detail/4200/1757599200000
Notes	Veterans and their families only

Vault 77 Lounge	
Type	Restaurant Free Meals
Hours	Everyday 5:00 PM – 8:00 PM (operating hours)
Location	77 Washington St, Haverhill
Contact	(978) 891-5355
Website	https://www.facebook.com/groups/mveats/permalink/3014072868772410
Notes	Every Monday until the shutdown ends — We will be hosting a free buffet-style meal for anyone with a valid EBT card and ID.

Ipswich

Ipswich Dinner Bell	
Type	Community Meal
Hours	Mondays 5-6 PM
Location	Masonic Hall, 70 Topsfield Road, Ipswich, MA
Website	https://ipswichdinnerbell.org/
Notes	Free and all are welcome
The Open Door Pantry	
Type	Pantry
Hours	<p>Pick-up Hours: Wednesdays and Thursdays from 10:30am to 5:00pm</p> <p>Mobile Market Pop Ups are also available throughout the Northshore (Gloucester, Essex, Rockport, Danvers, Manchester). See full schedule here: https://foodpantry.org/get-help/programs-services/mobile-market/</p>
Location	00 Southern Heights Ipswich, MA
Contact	<p>978-283-6776 info@foodpantry.org</p>
Website	https://www.foodpantry.org/
Notes	<p>Our pantries in Gloucester and Ipswich offer weekly curbside grocery pickup and limited delivery. Apply to use our refrigerated food lockers in Gloucester and Ipswich to pick-up groceries after hours and on weekends. Online shopping available!</p> <p>You must comply with current TEFAP Income Guidelines to qualify for our food services. TEFAP income guidelines here: https://foodpantry.org/wp-content/uploads/2025/05/TEFAP2526g.png</p>

Lawrence

Bread and Roses Food Pantry	
Type	Pantry
Hours	Monday-Thursday 11 AM-3 PM
Location	58 Newbury Street, Lawrence, MA
Contact	978-681-8768
Website	https://breadandroseskitchen.org/

Bread and Roses Community Meals	
Type	Community Meals
Hours	Monday-Thursday, Saturday 4 PM-6 PM
Location	58 Newbury Street Lawrence, MA
Contact	978-681-8768
Website	https://breadandroseskitchen.org/

Cor Unum Meal Center	
Type	Community Meals
Hours	Everyday 6:00 AM – 8:00 AM, 4:30 PM – 6:30 PM
Location	191 Salem Street Lawrence, MA
Contact	978-688-8900
Website	https://www.facebook.com/p/Cor-Unum-Meal-Center-100064442509884/

Food for the World	
Type	Pantry
Hours	1st & 3rd Monday of the Month 10 AM-11 AM
Location	46 - 48 Fitz Street, Lawrence, MA
Contact	978-683-9949
Website	https://www.foodfortheworld.org/

Food for the World	
Type	Pantry
Hours	Friday 1 PM-3 PM
Location	35 Common Street, Lawrence, MA
Contact	978-683-9949
Website	https://www.foodfortheworld.org/

Food for the World Inc	
Type	Pantry
Hours	Wednesday 9 AM-11 AM
Location	516 Essex Street, Lawrence, MA
Contact	978-683-9949
Website	https://www.foodfortheworld.org/

House of Mercy	
Type	Community Meals
Hours	Monday-Friday 9 AM-10 AM, 11:30AM-1:30 PM
Location	85 Baystate Road, Lawrence, MA
Contact	978-655-8141
Website	https://www.housesofmercy.net/

House of Mercy	
Type	Pantry
Hours	Thursday 10:30 AM-11:30 AM
Location	85 Bay State Rd, Lawrence, MA
Contact	978-655-8141
Website	https://www.housesofmercy.net/
Notes	Must attend service

Lawrence Boys and Girls Club

Type	Pantry
Hours	3rd Tuesday of the Month 10 AM-12 PM
Location	136 Water Street, Lawrence, MA
Contact	978-683-7747
Website	https://needfood.org/
Notes	Must bring own bags and complete an application

Lawrence Community Fridge

Type	Community Fridge and Pantry
Hours	24/7
Location	163 East Haverhill Steet Lawrence, MA
Contact	lawrencecommunityfridge@gmail.com
Website	https://lawrencefridge.neocities.org/
Notes	Lawrence residents only

Lazarus House Ministries (St. Martha's Pantry)

Type	Pantry
Hours	Wednesday 9 AM-2 PM
Location	242 Hampshire Street Lawrence, MA
Contact	978-689-8575
Website	https://lazarushouse.org/

Lazarus House Ministries (Soup Kitchen)

Type	Community Meals
Hours	Everyday 8:30 AM – 9:30 AM, 11:30 AM – 1:00 PM
Location	260 Park Street Lawrence, MA
Contact	978-332-5013
Website	https://lazarushouse.org/

Salvation Army - Lawrence

Type	Pantry
Hours	Wednesday 9 AM-1 PM
Location	250 Haverhill Street, Lawrence, MA
Contact	978-682-8038
Website	https://easternusa.salvationarmy.org/massachusetts/lawrence/
Notes	Families of 3+

Salvation Army - Lawrence

Type	Pantry
Hours	Thursday 9 AM - 11 AM
Location	250 Haverhill Street, Lawrence, MA
Contact	978-682-8038
Website	https://easternusa.salvationarmy.org/massachusetts/lawrence/
Notes	Families of 1 - 2

YMCA Lawrence

Type	Pantry
Hours	Thursday 3 PM-4 PM
Location	40 Lawrence Street, Lawrence, MA
Contact	978-725-6681
Website	https://mvymca.org/pantry/

**Neighbors in Need Food Pantry @ Iglesia Adventista Del Septimo Dia
Jerusalen**

Type	Pantry
Hours	Tuesday 5:40 PM – 6:30 PM
Location	198 South Broadway, Lawrence, MA
Contact	978-685-8321
Website	https://needfood.org/get-help/#get-food

Neighbors in Need Food Pantry @ Lawrence Boys and Girls Club	
Type	Pantry
Hours	Thursday 9:00 AM –10:30 AM
Location	136 Water Street, Lawrence, MA
Contact	978-685-8321
Website	https://needfood.org/get-help/#get-food

**Neighbors in Need Food Pantry @ Iglesia Adventista Del Septimo Dia
Jerusalen**

Type	Pantry
Hours	Tuesday 5:40 PM – 6:30 PM
Location	198 South Broadway, Lawrence, MA
Contact	978-685-8321
Website	https://needfood.org/get-help/#get-food

Neighbors in Need Food Pantry @ Ministerio Apostolico Jesucristo es el Senor	
Type	Pantry
Hours	Friday 9:00 AM – 10:30 AM
Location	96 East Haverhill Street, Lawrence, MA
Contact	978-685-8321
Website	https://needfood.org/get-help/#get-food

Lexington

Grace Chapel Food Bank Ministry, Lexington	
Type	Food Pantry
Hours	Every other Wednesday 5:00 PM - 6:00 PM (November 5, 19)
Location	59 Worthen Road, Lexington South Entrance, Lexington
Contact	Phone: 781 - 862-6499 Email: care@grace.org
Website	https://www.grace.org/be-curious/articles/food-bank/
Serves	All Towns, Grace Chapel families individuals
Notes	Registration required

Lexington Food Pantry	
Type	Food Pantry by curbside pick-up
Hours	Saturdays 9:30 AM - 12:30 PM
Location	Church of Our Redeemer 6 Meriam Street, Lexington, MA
Contact	Phone: 781-861-5060 Email: lexfoodpantry@gmail.com
Website	https://www.lexingtonfoodpantry.org/
Serves	Lexington
Notes	Monthly service

Littleton

Neighborhood Community Supper at Congregational Church of Littleton	
Type	Free Community Meals
Hours	Tuesdays 5:30 - 6:30 PM Doors open at 5:00 PM Dinner served at 5:30 PM
Location	330 King Street, Littleton, MA
Contact	Phone: 978-486-3245 Email: office@ccol.org
Website	https://www.littletonma.org/229/Food-Programs-Nutrition
Serves	Central Middlesex area
Notes	The Neighborhood Community Supper provides a home - cooked meal at no charge and a chance to gather to enjoy each other's company

Lincoln

St. Julia Parish Food Pantry	
Type	Food Pantry
Hours	Saturday 10:00 AM – 11:00 AM
Location	42 Lincoln Road, Lincoln
Contact	Phone: 781-899-2611 Email: parish@stjulia.org
Website	https://stjulia.org/svdp/
Serves	Lincoln, Weston
Notes	Clients can choose from a large variety of non-perishable items, paper goods, bakery items, as well as refrigerated and frozen foods and fresh fruits and vegetables

Lowell

Central Food Ministry	
Type	Food Pantry
Hours	<u>Tuesdays</u> : Call between 9 am - 12 pm; Pick-up hours: 10 am - 1 pm <u>Wednesdays</u> : Call between 9 am - 12 pm; Pick-up hours: 10 am - 1 pm <u>Thursdays</u> : Call between 9 am - 12 pm; Pick-up hours: 10 am - 1 pm Call between 6 pm - 7 pm; Pick-up hours: 7 pm - 8 pm
Location	370 W. Sixth St., Lowell, MA
Contact	978-454-7445
Website	https://www.cfministry.org/need-food
Notes	Call 978-454-7445 on the day you'd like to pick up food. Each person in your family will receive a 5-day supply of food. You can pick up food once a month.

Christ Jubilee Food Pantry	
Type	Food Pantry
Hours	Fridays 12:00-1:00; Call Ahead
Location	101 Smith St., Lowell, MA
Contact	(978)-452-9976
Website	https://ampleharvest.org/food-pantries/christ-jubilee-food-pantry-10569/

Community Christian Fellowship	
Type	Food Pantry
Hours	1st Wednesday of Month 10 AM - 1:30 PM
Location	105 Princeton Blvd., Lowell, MA
Contact	978-934-9414 x117
Website	http://ccflowell.org

Dwelling House of Hope

Type	Food Pantry
Hours	Saturday at 7 AM
Location	125 Mt. Hope St., Lowell, MA
Contact	1-866-674-9988
Website	https://www.dwellinghouseofhope.org/need-food
Notes	Stay in your car and join the queue and when it's your turn, a box of assorted food will be placed in your car.

Eliot Church

Type	Community Meal
Hours	Monday - Friday, from 10:00 a.m. to 2:30 p.m.
Location	273 Summer Street, Lowell MA 01852
Contact	978-452-3383
Website	https://eliotlowell.org/daycenter/
Notes	After 2:30, guests may remain in the building as St. Paul's Kitchen comes in to prepare and serve supper. We offer coffee, light meals, a clean restroom, wi-fi, electricity for phone charging, clothing, and personal hygiene items.

Living Waters

Type	Community Meal
Hours	Tuesday, Thursday & Friday 9 AM-1:30 PM, Saturday 9 AM-12:00 PM
Location	10 Kirk St., Lowell, MA
Contact	978-323-4673
Website	http://livingwaterslowell.org

Lowell Senior Center

Type	Community Meal
Hours	Breakfast from 7 AM – 8 AM, and lunch from 11:00 AM - 11:30 AM

Lowell Senior Center	
Location	276 Broadway St., Lowell, MA
Contact	978-970-4131
Website	http://lowellma.gov
Notes	For adults aged 60 or older

MOBILE PANTRY - Merrimack Valley Food Bank	
Type	Food Pantry
Location	Mobile, Lowell
Contact	978-454-7272
Website	https://mvfb.org/programs/mobile-pantry/
Serves	Greater Lowell Area
Notes	<p>The Mobile Pantry is currently accepting referrals or service requests for new clients. For questions about eligibility for the Mobile Pantry, please call 978-454-7272 or contact us and ask for Roberta Emerson, our Program Director.</p> <p>Homebound clients in Greater Lowell who are elderly or have disabilities. The program is available to people in these groups who are experiencing food insecurity but are unable to visit a food pantry. Includes fresh produce, dairy products, frozen proteins, beverages, nonperishable items, and may include low - sodium and sugar-free products as needed. The bags are personalized based on an individual's dietary restrictions and food preferences</p>

Merrimack Valley Catholic Charities	
Type	Food Pantry
Hours	Monday-Thursday 1 PM-3:30 PM
Location	70 Lawrence St., Lowell, MA
Contact	978-454-9946
Website	https://www.ccab.org/about-us/locations/

Nibbāna Cafe

Type	Restaurant
Hours	Free breakfast for those losing SNAP - no proof needed - ask for SNAP breakfast
Location	122 Western Ave, Lowell, MA
Contact	978-322-0325
Website	https://nibbanacafe.com/

Open Pantry of Greater Lowell

Type	Food Pantry
Hours	Monday - Thursday 8:45 AM - 11:45 AM
Location	13 Hurd St., Lowell, MA
Contact	(978) 453-6693
Website	https://theopenpantry.org/

Salvation Army Pantry

Type	Food Pantry; Community Meal
Hours	Food Pantry: Monday, Wednesday, Friday 9 a.m. - 11 a.m. Wednesday evening hours 3 p.m. - 6 p.m. BY APPOINTMENT ONLY: November & December Community Meals: Sunday 4:30 p.m. Tuesday & Thursday 11:30 a.m. Saturday 1:00 p.m. "
Location	150 Appleton St., Lowell, MA
Contact	(978)-458-3396
Website	https://easternusa.salvationarmy.org/massachusetts/lowell/

St. Paul's Kitchen

Type	Community Meal
Hours	Monday – Friday 5:00 PM – 5:45 PM
Location	273 Summer St., Lowell, MA
Contact	978-206-1189

St. Paul's Kitchen	
Website	stpaulssoupkitchen.org
Notes	<p>We dedicate ourselves to serving the poor, elderly, and families in need. Since 1995, we've stood as a beacon of hope in the Lowell community, providing hot meals and support to everyone facing food insecurity. During these challenging times, we've seen an increase from 23,255 meals served in 2023 to 28,726 in 2024. This 24% increase in one year is a silent alarm, so now more than ever, we must take action. Meals are prepared by our team of generous supporters, including non-profit organizations, houses of worship, and local businesses.</p>

Lynn

Alfredo's Italian Kitchen	
Type	Restaurant
Hours	Tuesdays during SNAP freeze
Location	425 Lynnway, Lynn, MA
Contact	781-584-4954
Website	https://alfredoslynn.com/ https://www.facebook.com/alfredositaliankitchenlynn/
Serves	Anyone with a SNAP card
Notes	<p>Every Tuesday, families who receive SNAP/EBT benefits can enjoy one FREE large cheese pizza — just show your EBT card at checkout. One pizza per family. No questions, no judgment.</p> <p>*This program will continue until the government resolves the SNAP benefits interruption.</p>

Lynn Community Health Center Mobile Market	
Type	Food Pantry
Hours	Typically,* the 1st Saturday of each month from 9:00 a.m. - 10:00 a.m
Location	73 Buffum St, Lynn, MA
Contact	781-581-3900 market@lchcnet.org
Website	https://lynnchc.org/mobile-market/
Serves	Anyone who has a Greater Boston Food Bank card
Notes	Registration required

Catholic Charities Food Pantry	
Type	Food Pantry
Hours	<p>Mon/Wed/Fri*: 9 am - 12 pm & 1 pm - 3 pm</p> <p>Tuesday: 1 pm - 3 pm</p> <p>Thursday: 9 am - 12 pm (65+ LIMITED MOBILITY ONLY)</p> <p>*Closed every third Friday of the month</p>
Location	8 Silsbee Street, Lynn, MA
Contact	(617) 451-7999
Website	https://www.ccab.org/basic-needs/food-pantries/

Catholic Charities Food Pantry

Notes	Families unable to afford meals for Thanksgiving or other holidays may receive food packages for their household. Call 617 - 506 - 6628 for more information
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Lynn Community Fridge

Type	Food Pantry
Location	Centerboard parking lot 16 City Hall Square Lynn, MA
Contact	lynncommunityfridge@centerboard.org
Website	https://www.facebook.com/lynncommunityfridge/
Notes	The Lynn Community Fridge is a mutual aid project in Lynn, MA, with a goal to combat food insecurity

My Brother's Table

Type	Community Meal
Hours	Monday - Friday: 12 PM - 6 PM Saturday Sunday: 2 PM - 4:30 PM
Location	98 Willow Street, Lynn, MA
Contact	781-595-3224
Website	https://mybrotherstable.org/get-help/
Notes	No Eligibility Screening. All Welcome

New America Association of America

Type	Food Pantry
Location	330 Lynnway, Suite 302 Lynn, MA
Contact	781-593-0100
Website	https://naamass.org/how-you-can-help/food-distribution-program/

Phoenix Food Hub

Type	Food Pantry
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Phoenix Food Hub

Hours	Indoor Winter Farmers' Markets - every 2nd and 4th Saturdays from December through March, 11 am to 3 pm. Farmers' Markets are hosted by The Food Project and are open to all. Bags of free groceries distributed every first Saturday from 9 AM to 10 AM and every 3rd Friday from 9 AM to 11 AM
Location	8 Silsbee Street Lynn, MA
Contact	781-599-0110 and ask for the Nutrition Department
Website	https://phoenixfoodhub.org/
Serves	Lynn, Lynnfield, Nahant, Saugus, Swampscott
Notes	There are no age or income requirements and there is no application for the program, just sign up over the phone or in person when you come to the event. To learn more or to sign up for the program, please call 781-599-0110 and ask for the Nutrition Department.

St. Stephen's Episcopal Church

Type	Food Pantry
Hours	Fridays 2:30 PM - 3:30 pm (closed first Friday of each month)
Location	74 South Common Street Lynn, MA
Contact	781-599-4220
Website	https://www.ststephenslynn.org/food-pantry
Notes	Food pantry volunteers speak English and some Spanish. The food pantry serves in the back parking lot off of Blossom Street. Clients who are registered receive a laminated card. Bring your card every week - if you lose your card you will need to re-register and we will reprint the card for you. Children below the age of 18 are not allowed to pick up food for the household. Whomever presents the registered card will be asked to confirm information about the client.

Tabernacle Evangelique Pantry

Type	Food Pantry
Hours	12:00 PM - 2:00 PM every other Saturday_x000D_
Location	7 Park St Lynn, MA
Contact	617-93-8116

Tabernacle Evangelique Pantry

Website	https://www.foodhelpline.org/resources/tabernacle-evangelique-de-louange-inc
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The Haven Project

Type	Food Pantry Community Meal
Hours	Available by appointment Monday - Friday 9 AM - 6 PM
Location	57 Munroe St. Lynn, MA
Contact	(781) 913 - 5738 (call or text) office@havenproject.net
Website	https://havenproject.net/
Notes	Open to homeless youth ages 17 - 24. We provide meals and unrestricted access to a food pantry. We offer basic needs items including clothing, backpacks, and hygiene items, access to a shower and laundry on - site, and emergency funds

The Salvation Army - Lynn

Type	Food Pantry
Hours	Tues/Wed/Fri - 9:00 am - 11:30 am
Location	1 Franklin Street Lynn, MA
Contact	781-598-0673
Website	https://easternusa.salvationarmy.org/massachusetts/lynn/
Serves	Lynn, Lynnfield, Nahant, Saugus, and Swampscott
Notes	Bring proof of address. Clients may only visit the food pantry once per month

Washington Street Baptist Church (WSBC) Lynn

Type	Food Pantry
Hours	Last Saturday of every month from 8:30 AM - 11:00 AM
Location	256 Washington St. Lynn, MA
Contact	781-595-2550 lynnwsbc@gmail.com
Website	https://www.lynnwsbc.org/food-pantry

Washington Street Baptist Church (WSBC) Lynn**Notes**

The Thanksgiving and Christmas food pantries are the Saturday before the holiday

Lynnfield

Good Hope Foods	
Type	Food Pantry
Hours	1st & 3rd Thursday 10:30 AM - 12:30 PM
Location	47 Groveland Street, Lynnfield, MA
Contact	781-715-0203
Website	https://goodhopeinc.org/food-pantry/
Serves	No Residency Requirement(s)
Notes	Good Hope, Inc.'s food pantry has no residency requirement—anyone from any city or town is welcome to visit.

Malden

Bread of Life	
Type	No - Cost Meals
Hours	Tuesday - Friday 4 PM - 5:30 PM
Location	54 Eastern Avenue, Malden, MA 02148
Contact	781-397-0404
Website	https://breadoflifemalden.org/
Serves	No Residency Requirement(s)
Notes	Congregate meal setting indoors. No application needed. Residents of any community are welcome

Bread of Life Food Pantry Delivery	
Type	Food Pantry Grocery Delivery
Hours	Deliveries are scheduled Tuesday-Friday
Location	Bread of Life is located in Malden, provides delivery to Everett & Malden under the circumstances listed in the notes section.
Contact	781-397-0404
Website	https://breadoflifemalden.org/
Serves	Everett, Malden
Notes	<p>A household may receive a delivery weekly, biweekly or monthly based on eligibility and availability of drivers</p> <p>The criteria for applying for Grocery Delivery program is:</p> <p>You must be an individual or couple 60 years or older with a mobility impairment, or Disabled with a mobility impairment, and have no household member between the ages of 18 and 59 years old AND you must live in Malden or Everett,</p> <p>OR</p> <p>You must be referred by a healthcare provider for a mobility impairment,</p> <p>OR</p> <p>You must have a COVID diagnosis.</p> <p>The application to receive groceries through the delivery program are available on the Bread of Life website.</p>

Freedom Hill Community Church

Type	Food Pantry
Hours	Tuesday 6 PM - 8:30 PM
Location	77 Kennedy Drive, Malden, MA
Contact	781-321-2121
Website	https://freedomhillcommunitychurch.org/food-pantry/
Serves	No Residency Requirement(s)
Notes	Freedom Hill's Food Pantry provides food for anyone in need. Guests receive a nutritious supply of groceries to help them get by. We have no geographic restrictions – all are welcome. If you are coming to receive groceries, we ask guests to park in our lot and remain in their cars. Pantry staff will let you know when to pull your car up to the pantry door. If you walk or take public transportation to the pantry, please remain outside the door and staff will assist you there.

Malden Market (Located at Malden YMCA)

Type	Food Pantry
Hours	Monday, Tuesday, Thursday 11 AM - 2 PM, Saturday 10 AM - 12 PM
Location	99 Dartmouth Street, Malden, MA
Contact	781-324-7680
Website	https://mv-ymca.org/food-security/malden-ymca-food-market
Serves	No Residency Requirement(s)
Notes	The Malden YMCA Food Market provides free food for individuals and families who need it, no residency requirement. Households can access the market weekly and select their choice of protein, produce, dairy, and dry goods. They recommend bringing reuseable bags and a cart (if you need one). Register online for an appointment.

Ward 1 Community Fridge

Type	Community Fridge
Hours	24/7
Location	Community Health Alliance, 195 Canal Street, Malden, MA
Website	https://www.facebook.com/groups/759753784654081/
Serves	Malden

Ward 1 Community Fridge

Notes	The Malden Community Fridge is a community - run initiative that helps to provide free food to the local community 24/7, 365 days a year. It is located across from Cambridge Health Alliance.
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Ward 3 Community Fridge

Type	Community Fridge
Hours	24/7
Location	401 Pleasant St, Malden, MA
Website	https://www.facebook.com/groups/759753784654081/
Serves	Malden
Notes	The Malden Community Fridge is a community - run initiative that helps to provide free food to the local community 24/7, 365 days a year.

Ward 5 Community Fridge

Type	Community Fridge
Hours	24/7
Location	420 Eastern Avenue, Malden, MA
Website	https://www.facebook.com/groups/759753784654081/
Serves	Malden
Notes	The Malden Community Fridge is a community-run initiative that helps to provide free food to the local community 24/7, 365 days a year. It is located behind U - Haul at 420 Eastern Avenue

Ward 7 Community Fridge

Type	Community Fridge
Hours	24/7
Location	Malden Catholic High School, 99 Crystal Street, Malden, MA
Website	https://www.facebook.com/groups/759753784654081/
Serves	Malden
Notes	The Malden Community Fridge is a community-run initiative that helps to provide free food to the local community 24/7, 365 days a year. It is

Ward 7 Community Fridge

located behind Malden Catholic near the Soccer Fields on Maplewood Street.

Ward 8 Community Fridge

Type	Community Fridge
Hours	24/7
Location	155 Beach Street, Malden, MA
Website	https://www.facebook.com/groups/759753784654081/
Serves	Malden
Notes	The Malden Community Fridge is a community-run initiative that helps to provide free food to the local community 24/7, 365 days a year. It is located on the corner of Lynn Street and Beach Street (roughly at 155 Beach Street).

Marblehead

Jewish Family & Children's Service Family Table	
Type	Food Pantry
Hours	One Sunday each month (varies). See schedule here: https://www.jfcsboston.org/our-services/center-for-basic-needs-assistance/family-table-food-pantry/family-table-distribution-day-schedule
Location	1 Community Road Marblehead, MA
Contact	978-741-7878 familytable@jfcsboston.org
Website	https://www.jfcsboston.org/Our-Services/Center-for-Basic-Needs-Assistance/Family-Table
Notes	Family Table fulfills its mission by providing kosher food, creating a caring Jewish connection, and empowering people to make healthy eating a part of their daily lives. We do this by offering Nutritious groceries, including fresh produce and whole grain products. Jewish holiday and ritual items, including challah and Shabbat candles, personal hygiene items such as soap, toothpaste, and shampoo New client application: https://www.jfcsboston.org/Our-Services/Center-for-Basic-Needs-Assistance/Family-Table/Become-a-Client

Marblehead Food Pantry	
Type	Food Pantry
Hours	Tuesday 9 AM - 12 PM Thursday 5:00 - 7 PM
Location	80 Atlantic Ave Marblehead, MA
Contact	781-631-5335 info@marbleheadfoodpantry.org
Website	https://marbleheadfoodpantry.org/
Serves	Marblehead
Notes	If you are a resident of Marblehead, you may use the Pantry once a week. Please bring a bill or other document mailed to you within the last 3 months

Maynard

Backpack Program (Maynard Food Pantry)	
Type	Food Distribution at Maynard Schools
Hours	Weekly on Friday
Location	Maynard Schools
Contact	Email: Program Director, Kerry Bernard at kerrymvb@gmail.com
Website	http://www.maynardfoodpantry.com/maynard-backpack-program-for-children/
Serves	Maynard schools
Notes	Weekly food delivery program for students. Sign up at: chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/http://www.maynardfoodpantry.com/wp-content/uploads/2023/08/permission-form-English.pdf

Maynard Food Pantry	
Type	Food Pantry
Hours	Mondays 10:00 AM - 12:00 PM
Location	82 Main Street, Maynard, MA
Contact	978-764-5279 or 978-618-4264
Website	http://www.maynardfoodpantry.com/maynard-backpack-program-for-children/
Serves	Maynard, Acton, Stow and Sudbury
Notes	Maynard Shoppers are welcome to shop two times per month, and out-of-town residents are welcome to shop one time monthly. The Maynard Food Pantry also provides Thanksgiving and Holiday dinner baskets for shoppers.

Open Table Maynard	
Type	Drive-Thru Food Pantry (Groceries, prepared meals, senior lunch, kids bags, mobile programs, home delivery)
Hours	Tuesdays 1:00 - 3:00 PM (Seniors 65+) Tuesdays 3:00 - 6:30 PM Thursdays 1:00 - 4:30 PM
Location	33 Main Street, Maynard

Open Table Maynard	
Contact	978-369-2275 or Email: info@opentable.org
Website	https://www.opentable.org/
Serves	<p>Acton, Bedford, Billerica, Boxborough, Carlisle, Chelmsford, Concord*, Framingham, Hudson, Lexington, Lincoln, Littleton, Lowell, Marlborough, Maynard*, Natick, Stow, Sudbury, Waltham, Wayland, Westford</p> <p>*People who work in Concord or Maynard that live outside this service area may also shop with proof of employment</p>
Notes	You may preorder online, by phone, or make selection upon arrival from your car.

Medford

Community Baptist Church Little Pantry	
Type	Little Pantry
Hours	24/7
Location	470 Fulton Street, Medford
Contact	781-396-5536
Website	https://www.facebook.com/groups/562608498028884/
Serves	Medford
Notes	Available 24/7, 365 days/year with shelf stable items.

Community Cupboard Food Pantry	
Type	Food Pantry
Hours	Thursday 6 PM - 8 PM
Location	147 High Street, Medford
Contact	781-321-2121
Website	https://uumedford.org/connection/food-pantry/
Serves	No Residency Requirement(s)
Notes	Clients typically receive two bags of food which they select themselves. Clients are able to access the food pantry weekly. The food pantry entrance is at the front door of the church.

Loph's Community Fridge	
Type	Community Fridge
Hours	24/7
Location	75 Riverside Avenue, Medford, MA
Website	https://www.facebook.com/groups/lophcommunityfridge
Serves	Medford
Notes	The fridge is located in the parking lot right across from the Senior Center.

Mystic Community Market (located at Walnut Street Center)

Type	Food Pantry
Hours	<p>Appointments Required: Monday, Tuesday, Wednesday, Friday 10:00am - 2:00pm 4:00pm - 4:45pm</p> <p>Thursday: scheduled pick-ups only</p> <p>Saturday 9am-2pm</p> <p>Walk-ins: Monday, Tuesday, Wednesday, Friday 5:00pm - 6:00pm</p>
Location	291 Mystic Avenue, Medford, MA
Contact	617-629-5120
Website	https://mv-ymca.org/food-security/malden-ymca-food-market
Serves	No Residency Requirement(s)
Notes	The Mystic Valley Community Market provides free food for individuals and families who need it, no residency requirement. Households can access the market weekly and select their choice of protein, produce, dairy, and dry goods. They recommend bringing reuseable bags and a cart (if you need one). Register online for an appointment.

Saint Clement's Community Fridge

Type	Community Fridge
Hours	24/7
Location	68 Warner St, Medford, MA
Website	https://www.facebook.com/groups/409646247664852
Serves	Medford
Notes	The Community Fridge is located across from 29 Clements Rd, behind the church. Along with the fridge is a pantry that is accessible 24/7.

Sanctuary's Micro Food Pantry

Type	Little Pantry
Hours	24/7

Sanctuary's Micro Food Pantry	
Location	458 High Street, Medford, MA
Website	https://sanctuaryucc.org/micro-food-pantry/
Serves	Medford
Notes	A city-wide initiative for people to take what they need and leave what they can. Shelf - stable items, unopened used hygiene products, and pet foods are items that may be available through this initiative

St. Raphael Parish Food Pantry	
Type	Food Pantry
Hours	Tuesday 9 AM - 12 PM
Location	38 Boston Avenue, Medford, MA
Contact	781-488-5444
Website	https://www.saintraphaelparish.org/food-pantry
Serves	Medford
	Saint Raphael Food Pantry is located in the basement of the Rectory. Households accessing the food pantry receive assorted groceries (i.e.bread, fresh vegetables when available, frozen foods and other staples).

Melrose

A Servant's Heart Food Pantry	
Type	Food Pantry
Hours	Friday 9:30 AM - 10:30 AM
Location	200 Franklin Street, Melrose, MA
Contact	781-662-8226
Website	https://faithchurchac.org/food-pantry/
Serves	Melrose
Notes	Food Pantry entrance in the Parking Lot on the back of the building along Albion Street.

Faith Evangelical Church Community Meal	
Type	No-Cost Meals
Hours	3rd Friday 6 PM
Location	200 Franklin Street, Melrose, MA
Website	https://www.facebook.com/FaithChurchMelrose
Serves	No Residency Requirements
Notes	Melrose Community Dinners are run by A Servant's Heart Food Pantry & take place every 3rd Friday of the month. They are to serve neighbors, create community, and enjoy good food together. All are welcome!

First Baptist Church Little Free Pantry	
Type	Little Free Pantry
Hours	24/7
Location	561 Main Street, Melrose, MA
Contact	Terron terron@melrosefbc.org
Website	https://mapping.littlefreepantry.org/pantry/2441
Serves	Melrose
Notes	Available 24/7, 365 days a year with shelf-stable items

Gould Street Little Free Pantry

Type	Little Free Pantry
Hours	24/7
Location	4 Gould Street, Melrose, MA
Contact	Laura Lemmons lauralemmons@gmail.com
Website	https://mapping.littlefreepantry.org/pantry/2876
Serves	Melrose
Notes	Available 24/7, 365 days a year with shelf-stable items

Melrose Community Freezer

Type	No-Cost Meals
Hours	Sunday 11:30 AM – 12:00 PM
Location	645 Main Street, Melrose, MA
Website	https://www.thefooddrive.org/community-freezer
Serves	No Residency Requirements
Notes	Free homemade frozen meals are available for all. No residency requirement or application.

Pantry of Hope

Type	Food Pantry
Hours	Tuesday 3:00 PM – 5:00 PM
Location	Melrose First Baptist Church 561 Main Street, Melrose, MA
Website	https://www.melrosefbc.org/pantry-of-hope
Notes	The Pantry of Hope requires each person or family to provide information including their name, address, phone number (optional), number of family members, who referred them, and what other needs they may have.

Methuen

Citywide Methuen Cares Food Pantry	
Type	Food and Paper Products Pantry
Hours	Saturday, November 1, 7:00 AM – 12:00 PM Wednesday, November 5, 12:00 PM – 8:00 PM
Location	Methuen Senior Activity Center, 77 Lowell St, Methuen
Contact	(978) 983 - 8515
Website	https://www.methuen.gov/919/Methuen-Cares-Food-Pantry
Notes	Methuen residence only.

Methuen YMCA	
Type	Pantry
Hours	November 22 & December 20 9:00 AM
Location	129 Haverhill St, Methuen
Contact	(978) 683-5266
Website	https://mvymca.org/pantry/

Neighbors in Need Food Pantry @ First Church Congregational	
Type	Pantry
Hours	Tuesday 5:30 PM – 6:30 PM
Location	26 Pleasant Street, Methuen, MA
Contact	978-685-8321
Website	https://needfood.org/get-help/#get-food

Neighbors in Need Food Pantry @ Neil Playstead	
Type	Pantry
Hours	Wednesday 9:00 AM – 10:30 AM
Location	188 Lawrence St, Methuen, MA
Contact	978-685-8321
Website	https://needfood.org/get-help/#get-food

River Edge	
Type	Restaurant
Hours	Monday-Wednesday 1pm-4:30pm & 8pm-9:15pm
Location	478 Lowell Street, Methuen, MA
Contact	978-933-7688
Website	https://www.facebook.com/share/p/17Kwg5wqHE/
Notes	<p>Starting Monday , 11/3, we are offering FREE Family takeout meals for those that have lost their SNAP benefits or federal employees who aren't receiving their paychecks. This offer is good for Monday through Wednesday 1:00pm-4:30pm and 8pm- 9:15pm every week (until our federal government ends its shutdown and benefits and pay is restored). Community Takeout Meal for 3 includes:</p> <ul style="list-style-type: none"> - Hot & Sour Soup - Crab Rangoon - Chicken w Broccoli - Pork Fried Rice <p>How to order:</p> <ul style="list-style-type: none"> - Call us - Place an order for Community Takeout Meal for 3 - When picking up simply Bring Your ID and show your EBT/SNAP or federal ID to the host.

Middleton

Middleton Food Pantry	
Type	Food Pantry
Hours	Fridays, 11:30 AM – 1:00 PM
Location	38 Maple St Middleton
Contact	Colleen Moulison at cmoulison@middletonma.gov
Website	https://www.middletonma.gov/176/Food-Pantry
Serves	Middleton
Notes	Middleton residents only. Proof of Middleton residency is required

Newbury

First Parish Newbury	
Type	Food Pantry
Hours	2nd and 4th Tuesday each month 7:00 - 10:30 AM
Location	20 High Road, Newbury
Contact	978-358-1077

Website	https://www.newburyfoodpantry.org/get-food
Notes	Order Weekly from 8 am on Wednesday through Thursday at 12:00 noon. Call to order groceries by phone or order online at link. Pickup between 2:40 and 5:00 pm on Friday or 9 am to 12 pm on Saturday. Parking is limited so please be on time.

Newburyport

Salvation Army Newburyport	
Type	Free Community Meals
Hours	Breakfast Fridays 9:30 AM – 10:30 AM Meals Wednesday - Friday
Location	40 Water St, Newburyport
Contact	978-465-0883
Website	https://www.signupgenius.com/go/10C094DAEAE2DA3FCC16-60078625-takeout#/

Among Friends @ St. Paul's	
Type	Free Community Meals
Hours	Dinner on Monday evenings and lunch on Tuesday and Friday afternoons
Location	166 High St., Newburyport
Contact	978-465-5351
Website	https://stpaulsnewburyport.org/among-friends

Changing Tides Cafe	
Type	Restaurant
Hours	If you lost SNAP benefits come order the SNAP breakfast for adult or child - adult has muffin and coffee, child has muffin and apple juice - no charge, no questions.
Location	92 Pleasant St., Newburyport
Contact	(978) 572-1284
Website	https://changingtidescafe.com/

St. Basil's	
Type	Free Community Meals
Hours	Monday 11:30 AM – 12:30 PM
Location	7 Harris Street Newburyport
Contact	978-270-6089
Website	https://annunciation.ma.goarch.org/ministries/stbasil

North Andover

Take and Leave Food Bins	
Type	Community Pantry
Location	Town Hall - 120 Main Street, North Andover
Contact	(978) 688 - 9500
Website	https://www.facebook.com/northandoverma/
Notes	North Andover residents only

Take and Leave Food Bins	
Type	Community Pantry
Location	Senior Center - 481 Sutton Street, North Andover
Contact	(978) 688 - 9500
Website	https://www.facebook.com/northandoverma/
Notes	North Andover residents only

Take and Leave Food Bins	
Type	Community Pantry
Location	North Andover Historical Society - 800 Massachusetts Avenue, North Andover
Contact	(978) 688 - 9500

Take and Leave Food Bins

Website	https://www.facebook.com/northandoverma/
Notes	North Andover residents only

Take and Leave Food Bins

Type	Community Pantry
Location	North Andover Police Department - 1475 Osgood Street, North Andover
Contact	(978) 688 - 9500
Website	https://www.facebook.com/northandoverma/
Notes	North Andover residents only

The People's Pantry @ North Parish

Type	Food Pantry
Hours	2nd and 4th Tuesday each month 7:00 - 10:30 AM
Location	190 Academy Rd, North Andover
Contact	(978) 687 - 7948
Website	https://www.northparish.org/faith-in-action/in-the-larger-community/peoples-pantry/
Notes	Entrance at rear of church

North Reading

North Reading Food Pantry	
Type	Food Pantry
Hours	Monday 9:30 AM – 11:00 AM, 1st & 3rd Monday 6:30 PM – 8:00 PM
Location	150 Haverhill Street, North Reading, MA
Contact	978-276-0400
Website	https://nrfoodpantry.org/
Serves	North Reading
Notes	Clients can access food from the pantry 2 times per month (every other week). The food pantry provides both perishable and non-perishable foods.

Peabody

Activation Church	
Type	Food Pantry
Hours	By appointment. Call for assistance with basic necessities.
Location	200 Corporate Place Peabody, MA
Contact	781-964-7247 peabody@theactivationchurch.com
Website	https://www.cbcpeabody.org/loaf-and-ladle
Notes	Our projects include the distribution of food, basic necessities, clothing, and shoes to families in crisis. If you need help, contact our team and schedule your appointment.

Calvary Baptist Church	
Type	Free Community Meals
Hours	Mondays and Wednesdays 4:30 - 6:00 PM
Location	4 Coolidge Road, Peabody
Contact	Pastor Andy at andykatzmire@cbcpeabody.org
Website	https://www.cbcpeabody.org/loaf-and-ladle
Notes	CBC has partnered with Haven for Hunger to provide meals to those in need in the local Peabody area. We open our doors on Wednesdays at 4:30pm for anyone in need to sit, rest, and talk. We begin serving dinner at 5:30pm. We do our best to provide great meals, but above all, care for and serve the people that join us.

Citizens Inn Haven from Hunger	
Type	Food Pantry
Hours	Mon/Tues/Fri 10:30 AM - 12:30 PM Thursday 12:30 PM - 2:30 PM, 6:00 PM – 8:00 PM
Location	71 Wallis Street, Peabody, MA
Contact	978-531-1530 info@citizensinn.org
Website	https://citizensinn.org/haven-from-hunger/
Serves	Peabody, Salem, Lynnfield
Notes	First-time clients are required to fill out an application form for their household and bring a photo ID along with a recent piece of mail (dated within the last 30 days) to confirm residency in Peabody, Salem, or Lynnfield.

Haven from Hunger	
Type	Free Community Meals
Hours	Mon/Tues/Thurs/Fri 4:30 - 5:30 PM
Location	71 Wallis Street, Peabody
Contact	978-531-1530 or info@citizensinn.org
Website	https://citizensinn.org/haven-from-hunger/
Serves	Peabody, Salem, Lynnfield

St. Clare Mission	
Type	Free Community Meals
Hours	Saturdays 11:30 AM - 1:00 PM
Location	32 Ellsworth Road, Peabody, MA
Contact	(978) 804-2250
Website	https://stclarepeabody.org/st-clare-mission
Notes	Our Saturday lunchtime program offers a safe place for unhoused and other vulnerable people to find shelter and companionship for a little while.

Reading

Reading Food Pantry	
Type	Food Pantry
Hours	Monday 6:30 PM - 7:30 PM, Friday 10:30 AM - 11:30 AM
Location	6 Salem Street, Reading, MA
Contact	781-944-8486
Website	https://www.readingfoodpantry.org
Serves	Reading
Notes	<p>Any Reading resident or family in need can visit the Reading Food Pantry twice each month to receive groceries, household and personal care items.</p> <p>Households accessing the pantry are served via drive-thru. Volunteers bring order forms to neighbors' cars, fill their order inside the Pantry, and then bring the bags to neighbors.</p> <p>The pantry also provides deliveries to neighbors who are unable to travel.</p>

Rowley

Rowley Food Pantry	
Type	Food Pantry
Hours	Tuesday 10:00 AM – 12:00 PM, 1 st & 3 rd Thursday 5:30 PM – 7:00 PM
Location	153 Main Street, Rowley
Contact	(617) 678-9479
Website	https://rowleyfoodpantry.org/
Notes	Located in rear of the Rectory of the First Baptist Church.

Salem

The Salvation Army - Salem	
Type	Food Pantry
Hours	Tuesday 9:00 AM - 11 AM, Thursday 1:00 PM – 3:00 PM
Location	93 North Street, Salem, MA
Contact	978-744-5181
Website	https://easternusa.salvationarmy.org/massachusetts/north-shore/
Serves	Beverly, Salem, Marblehead, Peabody
Notes	Bring proof of address in Beverly, Salem, Marblehead, or Peabody

Food for the World	
Type	Food Pantry
Hours	First and third Saturday of each month 10:00 AM – 12:00 PM
Location	8 North Street, Salem
Contact	(978) 683 – 9949 or foodfortheworld@hotmail.com
Website	www.foodfortheworld.org

The Salem Pantry	
Type	Food Pantry
Hours	<p>The Market (main location at 47 Leavitt Street, Salem): Tuesdays 12:00 – 5:00 PM Wednesdays 2:00 – 7:00 PM Thursdays 11:00 AM – 4:00 PM Fridays 11:00 AM – 4:00 PM Saturdays 10:00 AM – 2:00 PM</p> <p>Pop Ups:</p> <ul style="list-style-type: none"> - Mondays 3:30 PM - 4:30 PM at North Shore Physicians Group, 331 Highland Ave, Salem - Wednesdays 9:30 AM - 11:00 AM at Community Life Center 401 Bridge Street, Salem - 4th Tuesday of each month, 3:00 PM – 4:00 PM at Cook Street Park, 58 Cook Street Lynn, MA <p>Home Delivery: The Salem Pantry's Home Delivery program serves Salem residents who are unable to visit our locations. A referral from a doctor, nurse practitioner, or social services care provider is required.</p>

The Salem Pantry	
Location	47 Leavitt Street, Salem (Main Address)
Contact	(978) 552 - 3954 or info@thesalempantry.org
Website	https://www.thesalempantry.org/
Notes	No income or residency requirements. All can be served. You just need to complete a registration form on your first visit. You can do this at the market or online at https://yourmarket.my.site.com/s/intake?language=en_US .

Salisbury

Pettengill House	
Type	Food Pantry
Hours	Tuesday 9:30 AM – 3:00 PM & 4:00 PM – 6:00 PM Wednesday 9:00 AM – 1:00 PM
Location	13 Lafayette Road, Salisbury
Contact	978-243-9745
Website	httpsyuyyyhhh//pettengillhouse.org/food-pantry.aspx
Notes	All pantry service is curbside. Appointment is encouraged.

Salisbury COA/Joanne's Pantry	
Type	Food Pantry
Hours	Wednesday 1:00 PM – 3:00 PM Fridays 11:00 AM – 1:00 PM
Location	43 Lafayette Road, Salisbury
Contact	(978) 462-2412
Website	https://www.ourneighborstable.org/the-markets.html

Saugus

Saugus United Parish Food Pantry	
Type	Food Pantry
Hours	Friday 9:30 AM – 11:00 AM
Location	50 Essex Street, Saugus
Contact	(781) 233 - 2663
Website	https://cliftondalecc.org/saugus-united-parish-food-pantry
Serves	Saugus
Notes	The food pantry is open to residents of Saugus or those who attend the church from surrounding towns.

Stoneham

Annie's Community Fridge (Stoneham Library)	
Type	Little Pantry
Hours	Monday, Thursday: 10 AM – 9 PM Tuesday, Wednesday, Friday: 9 AM – 5 PM Saturday & Sunday: CLOSED
Location	Stoneham Public Library, 431 Main Street, Stoneham, MA 02180
Contact	781-572-3078
Website	https://www.facebook.com/share/r/1Z2XqJXgE2/
Serves	
Notes	The library has set up a temporary Community Pantry near the front desk of the library for people to take what they need.

First Church Food Pantry	
Type	Food Pantry
Hours	Thursday 9:30 AM - 12:30 PM by appointment
Location	1 Church Street, Stoneham, MA
Contact	781-438-0097
Website	https://www.firstchurchstonehampantry.org/
Serves	Stoneham
Notes	Fill out the registration form on the website prior to visiting and provide proof of Stoneham residency in the form of a recent utility bill, mortgage statement, rental agreement, medical bill, excise tax bill or insurance bill (government issued IDs cannot be accepted).

Fusion Taste	
Type	No-Cost Meals
Hours	Monday-Wednesday 1pm-4:30pm, 8pm-9:15pm
Location	19 Franklin Street, Stoneham, MA
Contact	781-435-2112
Website	https://www.facebook.com/share/p/17Kwg5wqHE/
Serves	Anyone with a SNAP card or Federal Employees who are not receiving paychecks.
Notes	<p>Until SNAP benefits are reinstated, FREE Family takeout meals for those that have lost their SNAP benefits or federal employees who aren't receiving their paychecks.</p> <p>Fusion Taste will continue to offer meals until the federal government ends its shutdown and benefits and pay are restored.</p> <p>Community Takeout Meal for 3 includes: Hot & Sour Soup, Crab Rangoon, Chicken w Broccoli, & Pork Fried Rice.</p>

Call 781-435-2112 to place an order. Bring your EBT/SNAP card or federal ID to show the host when picking up your order.

Pizza Mia Stoneham Lunches

Type	No-Cost Meals
Hours	Daily 11:00 AM – 3:00 PM
Location	67 Franklin Street, Stoneham, MA
Contact	781-572-3300
Website	https://www.facebook.com/share/p/15KR3gWZvEN/
Serves	Anyone with a SNAP card!
Notes	Free Boxed Lunch with a sandwich (turkey, ham, or italian), bag of chips, and a drink (can of soda or bottle of water), or 2 slices of cheese pizza and a soda. Offer is only available in-store for pick up. There are no questions asked, no purchase necessary, just need to show SNAP card.

Java Grind & Grill

Type	No-Cost Meals
Hours	Monday-Friday 7am-9am
Location	125 Main Street, Stoneham, MA 02180
Contact	781-572-3078
Website	https://www.facebook.com/share/p/17NvkSVs5J/
Serves	Anyone with a SNAP card!
Notes	Until SNAP benefits are reinstated, Java Grind will offer the choice of a breakfast sandwich OR a muffin and choice of beverage. Bring SNAP card to access offer.

Stow

Guest Table Community Dinner at First Parish Church	
Type	Free Community Meals
Hours	Second Friday of each month. Doors open at 5:00 PM. Dinner served at 5:30 PM
Location	353 Great Road, Stow
Contact	fpcquesttable@fpc-stow-acton.org
Website	https://www.fpc-stow-acton.org/article/november-guest-table-community-dinner
Serves	Central Middlesex area
Notes	Dinners are nut-free, with vegetarian, gluten-free, and dairy-free options. The facility is designed to be inclusive and accessible to people of all abilities, including wheelchair users.

Small Farm	
Type	Farm Stand
Hours	November - December Bi-weekly Fridays 12:00 - 5:00 PM. Saturdays 11:00 AM - 4:00 PM
Location	84 Gleasondale Road, Stow
Contact	Farmer@small-farm.com
Website	https://small-farm.com/wp/farm-stand/
Serves	Central Middlesex area
Notes	Farm stand accepting cash, check, credit debit card, SNAP EBT, Massachusetts Farmers' Market Coupons and offer HIP benefits.

Stow Food Pantry	
Type	Drive-Up, Food and Household Item Pantry
Hours	Saturday, November 8 and Dec. 13 Sunday, November 9 and Dec. 14 Friday, November 21 and Dec. 19 *All times by appointment
Location	Pompositticut Community Center, 509 Great Road, Stow

Stow Food Pantry	
Contact	(978) 897-4230 for appointments or help stowfoodp@gmail.com for appointments or help
Website	http://stowfoodpantry.com/
Serves	Stow, Maynard, Acton, Boxborough, Lancaster, Bolton
Notes	Appointments are required. COA vans are available from Stow to deliver or provide a ride to the pantry.

Swampscott

Anchor Food Pantry	
Type	Food Pantry
Hours	Monday - 11:00 am - 1:00 pm Wednesday - 6:00 pm - 8:00 PM. To register for a Senior Delivery: All Senior deliveries go out on Monday mornings, unless noted in calendar at link.
Location	86 Burrill St, Swampscott, MA
Contact	781-479-3080 theanchorfoodpantry@gmail.com anchorfooddelivery@gmail.com
Website	https://www.anchorfoodpantry.org/
Serves	Swampscott, Nahant
Notes	First time visitors will be asked to show proof of Swampscott or Nahant residency and complete an intake form.

St. John the Evangelist Church	
Type	Food Pantry
Hours	Tuesday 11 AM - 12 PM Thursday 7 PM - 8 PM
Location	174 Humphrey St. Swampscott, MA
Contact	(781) 593-2544
Website	https://www.stjohnstthomas.com/st-vincent-de-paul-society
Serves	Lynn, Swampscott, Nahant
Notes	The food pantry serves the Swampscott, Lynn, and Nahant communities. We also assist with utilities, heat, displacement, and rent payments as needed.

Tewksbury

Tewksbury Food Pantry	
Type	Food Pantry
Hours	Sunday - Nov 8 & Dec 13 - 9:00 - 11:00 Monday - Nov 9 & Dec 14 7:00 PM - 8:00 PM Saturday - Nov 17 & Dec 19 10:00 AM - 11:00 AM
Location	999 Whipple Rd., Tewksbury
Contact	(978) 858-2273
Website	https://tewksburypantry.org/
Notes	All new clients must complete a short 2026 application form Thanksgiving Distribution - Sunday before Thanksgiving 11/22 from 10 AM - 12 PM

Tyngsboro

Domino's Pizza	
Type	Restaurant
Hours	Free small pizza or any bread item to any government employee currently out of work - bring government ID with matching photo ID - available once per day per person from 11 AM to Midnight every day.
Location	161 Westford Rd, Tyngsboro
Contact	(978) 234-3001
Website	https://pizza.dominos.com/massachusetts/tyngsborough/161-westford-rd

St. Mary Magdalen Food Pantry	
Type	Food Pantry
Hours	Please Call for Monthly Schedule
Location	93 Lakeview Ave, Tyngsboro
Contact	(978) 844-2365
Website	https://rodmc.org/st-vincent-de-paul-society

Tyngsborough Food Pantry	
Type	Food Pantry
Hours	Monday – Friday 8 AM – 4 PM
Location	169 Westford Road, Tyngsboro, MA
Contact	978-649-9211
Website	https://www.tyngsboroughma.gov/civicalerts.aspx?AID=263
Notes	<p>If you or someone you know needs food, please contact or visit the Center for Active Living at 169 Westford Road. The Council on Aging operates a completely no-questions-asked food pantry stocked with non-perishable items and available to any resident - regardless of age.</p> <p>If you require food assistance and cannot physically get to the Center for Active Living, please call 978-649-9211 and ask for the Director or the Outreach Worker. You may also qualify for meals on wheels or other benefits.</p>

Wakefield

Emmanuel Episcopal Church Community Meal at Horizon House	
Type	No-Cost Meals
Hours	3rd Tuesday 5 PM-6 PM
Location	78 Water Street, Wakefield, MA
Contact	781-245-4272
Website	https://www.emmanuelwakefield.org/food-insecurity
Serves	No Residency Requirement(s)
Notes	All are welcome to join for a community meal, no registration/application requirements!

First Baptist Church of Wakefield Little Pantry	
Type	Little Pantry
Hours	24/7
Location	8 Lafayette Street, Wakefield, MA
Website	https://wakefieldfoodpantry.org/little-free-pantries-give-what-you-can-take-what-you-need/
Serves	Wakefield
Notes	The little free pantry is an outdoor weather-proof cupboard offering 24/7 access to shelf stable food items. The pantry is a community initiative with the Wakefield Food Pantry. It is located on Common Street.

First Parish Congregational Church Little Pantry	
Type	Little Pantry
Hours	24/7
Location	1 Church Street, Wakefield, MA
Website	https://wakefieldfoodpantry.org/little-free-pantries-give-what-you-can-take-what-you-need/
Serves	Wakefield
Notes	The little free pantry is an outdoor weather-proof cupboard offering 24/7 access to shelf stable food items. The pantry is a community initiative

First Parish Congregational Church Little Pantry

with the Wakefield Food Pantry. This little pantry is located on Lake Ave across from the gazebo.

Most Blessed Sacrament Community Meal

Type	No-Cost Meals
Hours	2nd Wednesday 5 PM-6 PM
Location	1155 Main Street, Wakefield, MA
Contact	781-486-4632
Website	https://mbsparishwakefield.com/community-dinners.html
Serves	No Residency Requirement(s)
Notes	All are welcome to join for a community meal, no registration/application requirements!

Most Blessed Sacrament Little Pantry

Type	Little Pantry
Hours	24/7
Location	8 Grove Street, Wakefield, MA
Website	https://wakefieldfoodpantry.org/little-free-pantries-give-what-you-can-take-what-you-need/
Serves	Wakefield
Notes	The little free pantry is an outdoor weather-proof cupboard offering 24/7 access to shelf stable food items. The pantry is a community initiative with the Wakefield Food Pantry. It is located in the back parking lot of the church.

Private Residence, Little Food Pantry

Type	Little Pantry
Hours	24/7
Location	54 Spring Street, Wakefield, MA

Private Residence, Little Food Pantry

Website	https://wakefieldfoodpantry.org/little-free-pantries-give-what-you-can-take-what-you-need/
Serves	Wakefield
Notes	The little free pantry is an outdoor weather-proof cupboard offering 24/7 access to shelf stable food items. The pantry is a community initiative with the Wakefield Food Pantry. This little pantry is located on Lake Ave across from the gazebo.

Shepherd's Table Ministry

Type	No-Cost Meals
Hours	4th Monday 5 PM-6 PM
Location	8 Lafayette Street, Wakefield, MA
Website	https://www.fbcwakefield.org/about-4-1
Serves	No Residency Requirement(s)
Notes	A hot community dinner, all are welcome!

St. Joseph's Community Meal

Type	No-Cost Meals
Hours	1st Thursday 5 PM-5:30 PM
Location	173 Albion Street, Wakefield, MA
Contact	781-245-5770
Website	https://stjosephwakefield.org/st-joseph-table/
Serves	No Residency Requirement(s)
Notes	<p>All are welcome to attend! Recipients may choose to grab and go or to dine in.</p> <p>You can enter the hall through the door with the awning or drive up, and volunteers will help you. Meals are served from 5:00 pm to 5:30 pm on a first-come first-serve basis. The hall closes at 6:00 pm. There is no residency requirement.</p>

The Wakefield Lynnfield United Methodist Church Little Pantry

Type	Little Pantry
Hours	24/7
Location	273 Vernon Street, Wakefield, MA
Website	https://wakefieldfoodpantry.org/little-free-pantries-give-what-you-can-take-what-you-need/
Serves	Wakefield
Notes	The little free pantry is an outdoor weather-proof cupboard offering 24/7 access to shelf stable food items. The pantry is a community initiative with the Wakefield Food Pantry. It is located on the left side of the church.

Wakefield Food Pantry

Type	Food Pantry
Hours	Tuesday 9 AM-1 PM
Location	467 Main Street, Wakefield, MA
Contact	781-245-2510
Website	http://wakefieldfoodpantry.org/
Serves	Wakefield
Notes	<p>The pantry is set up like a small grocery store and guests are able to freely choose which items they want.</p> <p>Wakefield residents can shop twice a month and receive a generous supply of groceries. Guests should bring proof of residency (e.g. utility bill or addressed mail).</p> <p>The pantry also welcomes anyone that works, worships or is referred by a local social service organization (including Communitas & Metro North Area DDS). Bring the referral to the first visit.</p>

Wakefield Town Hall Little Pantry

Type	Little Pantry
Hours	24/7
Location	1 Lafayette Street, Wakefield, MA

Wakefield Town Hall Little Pantry	
Website	https://wakefieldfoodpantry.org/little-free-pantries-give-what-you-can-take-what-you-need/
Serves	Wakefield
Notes	The little free pantry is an outdoor weather-proof cupboard offering 24/7 access to shelf stable food items. The pantry is a community initiative with the Wakefield Food Pantry.

Westford

Westford Food Pantry	
Type	Food Pantry
Hours	<p>Wednesdays: 5:00 PM-7:30 PM Fridays: 8:30 AM-11:00 AM Westford residents may receive a full order of food once per week. Residents of other listed towns may receive a full order twice per month (every other week).</p> <p>2025 Closings: November 26 and 28 December 24, 26 and 31</p>
Location	20 Pleasant St., Westford, MA
Contact	(978) 501-3042
Website	https://westfordpantry.org/
Serves	Westford, Chelmsford North Chelmsford, Lowell, Billerica North Billerica, Dracut, Groton, Littleton, and Tyngsborough
Seoul Kitchen	
Type	Restaurant
Hours	Tues/Wed/Thurs
Location	142 Littleton Rd, Westford, MA
Contact	(978) 399-0016
Website	https://www.facebook.com/eatseoulkitchen
Notes	<p>Starting Tuesday 11/4 - FREE Family takeout meals for those that have lost SNAP benefits or federal employees not receiving paychecks - Tuesdays through Thursdays every week until shutdown ends - Community Takeout Meal for 4 includes: Korean Dumplings, Beef Bulgogi, Kang's Chicken, Veggie Yaki Udon</p>

West Newbury

West Newbury Food Pantry	
Type	Food Pantry
Hours	1 st and 3 rd Tuesday every month, 9:00 AM - 10:30 AM
Location	381 Main Street, West Newbury
Contact	978-363-1100 ext. 134
Website	https://www.wnewbury.org/food-pantry

Wilmington

Shushan Farm	
Type	Honor System Farmstand
Hours	Saturdays 10:00 AM - 7:00 PM Sundays 10:00 AM - 7:00 PM
Location	838 Boutwell Street, Wilmington
Contact	Facebook or Instagram @shushanfarm
Website	https://www.facebook.com/ShushanFarm https://www.instagram.com/shushanfarm/
Serves	Central Middlesex area
Notes	The bottom shelf of the Shushan Farm farmstand will now be a community food shelf, starting November 1st. Farmstand is stocked with homemade baked goods and other treats.

Wilmington Food Pantry	
Type	Food Pantry
Hours	Monday, November 24 4:30 PM-6:30 PM Wednesday, December 17 4:30 PM-6:30 PM Otherwise, 2nd and 4th Wednesday of the month 6:30 PM-7:30 PM
Location	Old South School House 142 Chestnut Street, Wilmington
Contact	Phone: (978) 658-7425 Email: wilmcf@verizon.net
Website	http://www.wilmingtoncommunityfund.org/food-pantry.html
Serves	Wilmington
Notes	No appointment needed. Proof of residence and income information are required.

Winchester

EnKa Pantry	
Type	Food Pantry
Hours	Sundays 8:30 AM - 2:30 PM Mondays 1:30 PM - 7:30 PM
Location	1037 Main Street, Winchester
Contact	Call or text: (781) 369-5844 Email: enkapantry@gmail.com
Website	https://enkasociety.org/food-pantry-3/
Serves	Winchester
Notes	Appointments required and limited to one visit per month. Providing fresh, frozen and non-perishable food and personal care items to individuals and families living in Winchester who do not have adequate financial resources to meet basic needs. Transportation available upon request.

Woburn

Council of Social Concern, Neighbors Helping Neighbors Woburn Food Pantry	
Type	Food Pantry
Hours	Tuesdays and Thursdays 9:30 AM-11:30 PM and 1:30 PM-3:00 PM Wednesday 6:00 PM-7:00 PM
Location	2 Merrimac Street, Woburn
Contact	Phone: (781) 935-6495 Email: paula@socialconcern.org
Website	https://www.socialconcern.org/services/interior-design/
Serves	Woburn, Winchester
Notes	Appointments required and limited to one per month. Call or email to schedule.

St. Vincent de Paul Food Pantry	
Type	Food Pantry
Hours	Tuesdays 10:00 AM-12:00 PM Thursdays 6:00 PM-7:00 PM
Location	Lower level of the St. Charles Borromeo Church Parish Center 8 Summer Street, Woburn
Contact	Phone: (781) 404-5839 Email: svdpwoburn@gmail.com
Website	https://svdpwoburn.org/need-help/svdp-food-pantry/
Serves	Woburn
Notes	Appointments required. The food pantry includes refrigerated, boxed and canned goods, as well as hygienic products and thrift store items.