

FOOD ASSISTANCE RESOURCE GUIDE

FOOD PANTRIES

OPEN TO ALL

No proof of income or residency status required.

- All agencies that distribute TEFAP/ USDA food must distribute food to CT residents regardless of city or neighborhood.
- Individuals will be asked to verbally attest to eligibility requirements.

Believe in Me Empowerment
425-427 Dixwell Ave.
203-772-2771
1st Tues, 11am-1pm for
emergency walk-up
3rd Thurs, 4pm-6pm

Bethel AME Church
255 Goffe St.
203-915-2947
3rd Sat of month, 10am-12pm
4th Wed of month, 12pm-2pm

**Beulah Heights Church - Helping
Hand Food Pantry**
782 Orchard St.
203-745-3589
2nd Tues, 3pm-5:30pm
4th Tues, 11am-1pm

Cathedral of Higher Praise Church
155 Grand Ave.
203-776-7676
2nd & 4th Sat, 9am-11am

Centro San Jose
290 Grand Ave.
203-777-6771
Last Friday of month, 9am-12pm

Christian Community Action
168 Davenport Ave.
203-777-7848
Monday-Friday 9am-5pm

**Christian Love Center Church-West
River Community Food Pantry**
154 Derby Ave.
203-752-1644
2nd & 4th Thursday, 4pm-6pm

Community Baptist Church
143 Shelton Ave.
203-562-7060
3rd Sat of month,
11am-12:30pm

**Community Builders -
Kensington Square 1 & 2**
1333 Chapel St.
203-777-6612
2nd & 4th Thursday, 1-3pm

**Downtown Evening Soup
Kitchen (DESK)**
57 Olive St.
203-624-6426
1:30pm-3pm

Door of Salvation Church
3 Arch St.
203-691-5608
Closed Permanently

**Ed Leduc Memorial Food Pantry -
A Place to Nourish Your Health**
1302 Chapel St.
203-624-0947
1st & 3rd Thurs, 10am-3pm

Glorified Deliverance Church
604 Dixwell Ave.
203-314-1440
1st, 2nd, and 4th Sat of month
11am-1pm

Iglesia Jehovah Rohi
577 Howard Ave.
203-605-8060
1st and 3rd Sat of month,
11am-12pm

**Immanuel Missionary
Baptist Church**
1324 Chapel St.
203-777-8744
4th Sat of month, 8am-9:30am.
Emergency bags 4th Sunday of
month, 12:30pm-1:30pm

**Integrated Refugee &
Immigrant Services (IRIS)**
75 Hamilton St.
203-562-2095
Wed, 8:30am-11am

Jewish Family Services
1440 Whalley Ave.
203-397-0796
Wed & Thurs, 9am-12pm
By appointment only

Keefe Community Center
11 Pine St.
Hamden, CT 06514
203-562-5129
Mon & Thurs, 11am-2pm,
Tues 1pm-4pm, Wed &
Fri, 9am-11am

**Liberty Educational
Service Center**
44 Eastern St.
203-691-9494,
203-606-1905
2nd & 4th Sat, 1pm-3pm. Must
call Friday after 2pm to make
appointment

Loaves & Fishes
57 Olive St.
203-562-2691
Sat, 8:30am-10:30am

**Maranatha Life Changing
Ministries COGIC -
Newhallville Substation**
596 Winchester Ave.
203-440-6774
2nd and 4th Tues, 3pm-5pm

Mount Hope Recovery Center
565 Dixwell Ave.
203-785-0656
2nd & 4th Fri, 5pm-6pm
Must be signed in by 5pm

New Flame Restoration
1375 State St.
203-843-8831
Thurs, 3:00pm until food
runs out

New Haven Church of Christ
16 Gem St.
203-777-2992
2nd Sat, 12pm-1pm
Emergency food bags Tues by
appointment

**New Haven Inner City
Enrichment (NICE) -
Hill Substation**
410 Howard Ave.
203-479-0056
Last Sat of month, 11am-1pm
2nd Thurs of the month 1pm-2pm

New Haven Pride Center
50 Orange St.
203-387-2252
Mon & Fri 11am-4pm
Tues & Thurs 11am-1pm

Olive Street Pantry
57 Olive St.
203-624-6426
Wed, 1:30pm-3pm

**Omega SDA Church Community
Service**
278 Winthrop Ave.
203-865-3500
1st & 3rd Sunday, 12pm-1:30pm

Salvation Army - New Haven
450 George St.
203-624-9891
Mon, Wed, Fri, 9am-12pm

Second Star of Jacob Church
185 Chapel St.
203-776-9603 (call 9am-1pm)
Last two Thurs of month,
10am-12pm

St. Luke's Church
111 Whalley Ave.
203-865-0141, ext. 101
Temporarily closed July-Aug

St. Matthew's Church
388 Dixwell Ave.
203-777-0472
2nd and 4th Sat of month
8am-9am

**Upon This Rock Ministries -
Dwight Substation**
130 Edgewood Ave.
203-387-1215
3rd Sat of month, 9am-12pm,
4th Sat of month, 9am-12pm

Varick AME Zion Church
242-246 Dixwell Ave.
203-624-6245
1st Sat of month, 10am-12pm
Weds 10am-12pm to go bags

**Vertical Church -
Fair Haven Substation**
295 Blatchley Ave.
203-934-9673 ext. 111
3rd Sat of month, 9am-11am

Walk of Faith Church
104 Fairmont Ave.
203-469-5134
Wed, 12pm-1pm
Attendees can arrive
9:30am to register

**Women of the Village -
Dixwell Substation**
26 Charles St.
203-675-9437, 203-376-2790
Tues, 1pm-2pm, Fri, 12pm-1pm

Connecticut Food Bank Mobile Pantry

Pantry times vary by
location and include
morning, afternoon, and
evening times to
accommodate as many
schedules as possible.
Check the schedule at:

[https://mobilefoodpantry.
ctfoodshare.org/](https://mobilefoodpantry.ctfoodshare.org/)

For additional resources,
please dial: 2-1-1
For the latest guide, visit:

bit.ly/getconnectednhv



Supporting Wellness at Pantries (SWAP)

The SWAP logo appears next
to pantries that implement
SWAP at their location.

Please call ahead to confirm hours.

SOUP KITCHENS

**Community Soup Kitchen (CSK)
@ St. Luke's Church**
111 Whalley Ave.
203-624-4594
Thurs, 12pm-1pm-Food to go

**Community Soup Kitchen (CSK)-
@ Newhallville Partnership**
84 Broadway St.
203-624-4594
Wed and Sat, 8am-9am
Mon, Tues, Thurs, Fri
12pm-1:30pm-Food to go

**Community Soup Kitchen (CSK)-
@ St. Martin Deporres Church**
136 Dixwell Ave.
203-624-4594
Tues, 6:30am-9:30am

**Community Soup Kitchen (CSK)
@ The Hill**
33 Lamberton St.
203-624-4594
Wed and Sat, 8am-9am
Mon, Tues, Thurs, Fri
12pm-1:30pm-Food to go

**Downtown Evening Soup
Kitchen (DESK)**
311 Temple St.
203-624-6426
Sun-Thurs, 5pm-6pm
Locations vary. Check website:
<https://deskct.org/dinner>
Grab-and-go-takeaway dinner
outside

**Immanuel Missionary
Baptist Church**
1324 Chapel St.
203-777-8744
Sun, 11:30am-12:30pm
St. Matthew's Church
388 Dixwell Ave.
203-777-0472
Temporarily Closed

St. Paul's Church
150 Dwight St.
203-624-3937
3rd Sat, 12pm-2pm

St. Thomas More Chapel
268 Park St.
203-777-5537
Wed, 11am-1pm. Begins the
first Wed in Oct and ends the
last Wed in April

Sunrise Café
57 Olive St.
203-824-9836
Mon-Fri, 6:30am-8:30am

**Thomas Chapel Church
of Christ**
30 White St.
203-865-6254
Wed, 11am-1pm

Varick AME Zion Church
242 Dixwell Ave.
203-624-6245
Mon, 4:00 pm-5:00pm
Mon-Thurs, 11:00am-1:00 pm
1st Sat of the month 9am-11am

Yale Community Kitchen
84 Broadway St.
203-624-4594
Fri, 5pm-6pm, Sat, 4pm-5pm
Takeaway dinner service outside

CLIENT SPECIFIC NEEDS

FOOD PANTRIES

FISH of Greater New Haven

Delivers groceries to homebound and disabled
New Haven residents.
Call 203-503-0107 to schedule an assessment.
Calls accepted Mon-Fri, 9am-3pm.
Delivery Hours assigned Mon-Fri,
9am-3pm

SNAP (Food Stamps)

Households and individuals who wish to apply for the
Supplemental Nutrition Assistance Program (SNAP) may check
eligibility and apply online at www.connect.ct.gov, under
'Apply for Benefits.'

Women, Infants & Children (WIC)

The Women, Infants, & Children (WIC) program is a
supplemental food and nutrition program for pregnant women,
new moms and children under the age of 5 years old. To apply
to be a WIC participant, please call 1-800-741-2142.

*All CitySeed Farmers Markets accept SNAP, WIC, FMNP
checks, and Senior FMNP checks. CitySeed offers double value
for SNAP at all of its markets and Mobile Market.*

This guide was developed in
collaboration with:



SENIOR MEALS

Atwater Senior Center
26 Atwater St.
203-946-8558
Mon-Fri, 11am-12:30am
Register one week in advance

Casa Otonal
135 Sylvan Ave.
203-773-9849
Lunch: Mon-Fri, 12pm-1pm
Age 60+

**Dixwell/Newhallville Senior
Center**
197 Dixwell Ave.
203-946-8541
Mon-Fri, 11:30am-12:30pm
Register 24 hours in advance

East Shore Senior Center
350 Woodward Ave.
203-946-8544
Mon-Fri, 11:30am-12:30pm
Register one week in advance

LifeBridge Community Services
offers senior meals through
Meals on Wheels (delivered
Mon-Fri between 8am and 2pm).
They also coordinate lunches at
14 different senior centers
throughout the Greater New
Haven area. Meals are served
Mon-Fri from 11am-12:30pm.
Call 203-752-9919

To update resource
information, please visit:

<https://uwc.211ct.org/professionals>