

Metro North Area Food Pantries & No Cost Meals

FOOD PANTRIES

MONDAY 9:30 AM to 11 AM & 6:30 PM to 8 PM (1st & 3rd MONDAY OF THE MONTH)

North Reading Food Pantry, 150 Haverhill Street, North Reading MA (978)-276-0400

<https://nrfoodpantry.org/>

Open to **North Reading Residents** only, bring an ID and proof of residency (e.g. utility bill) at the first visit.

MONDAY 10:30AM-12:30PM

Citizens Inn Haven from Hunger, 71 Wallis Street, Peabody

(978) 531-1530

<https://citizensinn.org/haven-from-hunger/>

resourcecenter@citizensinn.org

Citizens Inn Food Pantry visit in person with a photo ID and a piece of mail that verifies their residency in **Lynnfield/Peabody** (access every 7 days), or Salem (access every 14 days)

MONDAY 5PM-8PM

Bread of Life-Family Care Pantry at the Family Church, 1691 Revere Beach Parkway, Everett

<https://breadoflifemalden.org/how-we-help>

Bread of Life-Family Care-**no residency requirement, all are welcome!**

TUESDAY 9AM-12PM

St. Raphael Parish Food Pantry, 38 Boston Ave, Medford

<https://saintraphaelparish.org/food-pantry>

Open to **Medford** residents only.

TUESDAY 9 AM to 1 PM

Wakefield Food Pantry at American Civic Center, 467 Main Street, Wakefield MA

(781)-245-2510

<http://wakefieldfoodpantry.org/>

Wakefield Food Pantry serves only **Wakefield residents** and **those who work, worship and are referred by a Wakefield Social Agency (DDS & Communitas are included)**

TUESDAY 10:30AM-12:30PM

Citizens Inn Haven from Hunger, 71 Wallis Street, Peabody

(978) 531-1530

<https://citizensinn.org/haven-from-hunger/>

resourcecenter@citizensinn.org

Citizens Inn Food Pantry visit in person with a photo ID and a piece of mail that verifies their residency in **Lynnfield/Peabody** (access every 7 days), or Salem (access every 14 days)

TUESDAY 3 PM to 5 PM

Pantry of Hope at Melrose First Baptist Church, 561 Main Street, Melrose MA 02176

(781)-665-4470

<https://www.melrosefbc.org/pantry-of-hope>

Pantry of Hope serves the **Melrose** community.

TUESDAY 6 PM to 8:30 PM

Freedom Hill Community Church Food Pantry, 77 Kennedy Drive, Malden MA (781)-321-2121

<https://freedomhillcommunitychurch.org/food-pantry/>

Freedom Hill Food Pantry-**no residency requirement, all are welcome!** Guests receive a nutritious supply of groceries to help them get by.

FOOD PANTRIES CONTINUED

WEDNESDAY 1 PM to 4 PM

Bread of Life-Malden Food Pantry, 54 Eastern Avenue, Malden MA (781)-397-0404

<https://breadoflifemalden.org>

Indoor shopping. Serves residents of **Malden, Everett, Medford, Melrose, Saugus, Stoneham, Wakefield, Winchester, Reading** and **North Reading**. Must complete an application at the time of your first visit. Proof of residency required. A household may pick up groceries as often as once every four weeks

THURSDAY 9 AM to 1 PM & 6:30 to 7:30 PM

Wakefield Food Pantry at American Civic Center, 467 Main Street, Wakefield MA (781)-245-2510

<http://wakefieldfoodpantry.org/>

Wakefield Food Pantry serves only **Wakefield** residents and those who work, worship and are referred by a Wakefield Social Agency (DDS & Communitas are included).

THURSDAY 9:30AM-12:30PM (BY APPOINTMENT)

First Church Stoneham Pantry, 1 Church Street, Stoneham MA 02180 (781)-438-0097

<https://firstchurchstonehampantry.org>

Any resident of **Stoneham** who is facing food insecurity is able to obtain food from the Pantry. Requires brief registration & proof of Stoneham residency before first visit.

THURSDAY (1st & 3rd Thursday each month) 10AM-12:30PM

Good Hope Foods at Calvary Christian Church, 47 Grove Street, Lynnfield

<https://goodhopeinc.org/food-pantry/>

Good Hope Foods-**no residency requirement, all are welcome!**

THURSDAY 3:30PM-5PM

Everett Mobile Market, Lafayette School, 117 Edith Street, Everett, MA (781)-397-0404

<https://breadoflifemalden.org/>

"Grab-and-go" distribution by drive-thru or walk-up. Open to residents of **Everett** only. Must complete a pantry application in advance of receiving food. Applications are completed in person at 54 Eastern Avenue, Malden, MA, on Mondays 12-5pm, Wednesdays 1-4pm or Fridays 1-4pm.

THURSDAY 12:30-2:30 & 6PM-8PM

Citizens Inn Haven from Hunger, 71 Wallis Street, Peabody

(978) 531-1530

<https://citizensinn.org/haven-from-hunger/>

resourcecenter@citizensinn.org

Citizens Inn Food Pantry visit in person with a photo ID and a piece of mail that verifies their residency in **Lynnfield/Peabody** (access every 7 days), or **Salem** (access every 14 days)

THURSDAY 6PM-8PM

Community Cupboard Food Pantry at Unitarian Universalist Medford Church, 147 High Street, Medford

<https://uumedford.org/connection/food-pantry/>

Community Cupboard Food Pantry is open to anyone 18+, there is **no residency requirement, all are welcome!** Clients can receive two bags of food (self-selected). Enter the front door of church between 5:30pm and 7:30pm.

FOOD PANTRIES CONTINUED

FRIDAY 9:30 to 10:30 AM

A Servant's Heart Food Pantry at Faith Evangelical Church, 200 Franklin Street, Melrose

<https://faithchurchac.org/food-pantry/>

A Servant's Food Pantry is open to **Melrose** residents and **surrounding communities**.

FRIDAY 10:30AM-12:30PM

Citizens Inn Haven from Hunger, 71 Wallis Street, Peabody

(978) 531-1530

<https://citizensinn.org/haven-from-hunger/>

resourcecenter@citizensinn.org

Citizens Inn Food Pantry visit in person with a photo ID and a piece of mail that verifies their residency in **Lynnfield/Peabody** (access every 7 days), or **Salem** (access every 14 days)

FRIDAY 1 PM to 4 PM

Bread of Life-Malden Food Mart, 54 Eastern Avenue, Malden MA

(781)-397-0404

<https://www.breadoflifemalden.org/>

Serves residents of **Malden, Everett, Medford, Melrose, Saugus, Stoneham, Wakefield, Winchester, Reading** and **North Reading**. Proof of residency required, can access once every 4 weeks.

FRIDAY 9:30 AM to 11 AM

Saugus United Parish Food Pantry, 50 Essex Street, Saugus MA

(781)-233-2663

<https://www.cliftondalecc.org/saugus-united-parish-food-pantry>

Open to **Saugus** residents and **surrounding communities**. Pantry requests first-time-time clients arrive by 10:30am to give time to register.

SATURDAY 9:15 - 10:30 AM and SUNDAY 10 - 11 AM (check Facebook page to confirm)

Everett Grace Food Pantry, 50 Church Street, Everett

(617) 799-9440

<https://facebook.com/gracefoodpantryeverett/>

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. Arrive early to get a number.



October 2025-If possible, keep \$1 Keep at least \$1 on your EBT card. The Healthy Incentives Program (HIP) is a state program that continues to work as long as there is a balance on your card, even if federal SNAP benefits are not sent out during a shutdown. Visit <https://dtafinder.dtadash.ehs.mass.gov/> to find HIP vendors.



Scan the QR code or visit <https://tinyurl.com/MetroNorthDDSFood> to access this information electronically and to check for updated information.

MEALS

EVERY SUNDAY 11:30 AM-12 PM

Meal Distribution-Melrose Community Freezer @ First United Methodist Church, 645 Main Street, Melrose
<https://www.thefooddrive.org/community-freezer>

Melrose Community Freezer has **no residency requirement, all are welcome!**

MONDAY, WEDNESDAY, SATURDAY 5PM-6:45PM

The Dwelling Place, United Methodist Church, 523 Main Street, Woburn (781)-369-5230
<https://thedwellingplacewoburn.org/>

The Dwelling Place offers to-go meals. **No residency requirement, all are welcome!**

MONDAY 5PM-6:45PM

The Dwelling Place, United Methodist Church, 523 Main Street, Woburn (781)-369-5230
<https://thedwellingplacewoburn.org/>

The Dwelling Place offers to-go meals. **No residency requirement, all are welcome!**

MONDAY-FRIDAY 12PM-6PM, SATURDAY & SUNDAY 2PM-4:30PM

My Brother's Table, 98 Willow Street, Lynn, MA, 01901 (781)-595-3224
<https://mybrotherstable.org/>

My Brother's Table- **no residency requirement, all are welcome!**

TUESDAY-FRIDAY 4PM-5:30 PM

Bread of Life-Malden, 54 Eastern Avenue, Malden MA (781)-397-0404
<https://breadoflifemalden.org/>

Bread of Life Evening Meals--**no residency requirement, all are welcome!**

MONDAY, TUESDAY, THURSDAY & FRIDAY 4PM-5:30PM

Citizens Inn Haven from Hunger, 71 Wallis Street, Peabody (978) 531-1530
<https://citizensinn.org/haven-from-hunger/> resourcecenter@citizensinn.org

Citizens Inn Community Meal--**no residency requirement, all are welcome!**

THIRD TUESDAY 5PM-6PM

Emmanuel Episcopal Dinner served at Horizon House, 78 Water Street, Wakefield
<https://www.emmanuelwakefield.org/copy-of-pastoral-care>

Emmanuel Episcopal Dinner--**no residency requirement, all are welcome!**

SECOND WEDNESDAY 5PM-6PM

MBS Community Dinner at Most Blessed Sacrament Parish, 1155 Main Street, Wakefield MA
<https://mbsparishwakefield.com/community-dinners.html>
community.dinners@mbsparishwakefield.com

MBS Community Dinners-**no residency requirement, all are welcome!**

FIRST THURSDAY 5PM-5:30PM

St. Joseph's Table at St. Joseph Parish, 173 Albion Street, Wakefield MA
<https://stjosephwakefield.org/st-joseph-table/>

St. Joseph's Table meals-**no residency requirement, all are welcome!** Grab & Go or sit-down meal.

THIRD FRIDAY 6 PM

Melrose Community Dinners at Faith Evangelical Church, 200 Franklin Street, Melrose MA

<https://faithchurchac.org/>

Melrose Community Dinners--**no residency requirement, all are welcome!**

EVERY SATURDAY AND SUNDAY 2PM-4:30PM

My Brother's Table, 98 Willow Street, Lynn, MA, 01901

(781)-595-3224

<https://www.mybrotherstable.org/>

My Brother's Table--**no residency requirement, all are welcome!**

THIRD SATURDAY 9 AM to 10:30 AM

Community Breakfast/Clothing Closet, First Parish Congregational Church

1 Church Street, Wakefield

(781)-245-1539

office@fpccwakefield.org

*Community Breakfast at First Parish Congregational--**no residency requirement, all are welcome!**

*No Community breakfast/clothing closet the Sunday before Easter and the Sunday before Thanksgiving, both at 2:00 pm.



Scan the QR code or visit <https://tinyurl.com/MetroNorthDDSFood> to access this information electronically and to check for updated information.

