

## Metro North Area Food Pantries

Check the website or call the location ahead of time to check on registration process.

Town Served	Day	Time	Place	Phone	Website
Multiple Towns/Cities*	Wednesday Friday	1pm-4pm	Bread of Life 54 Eastern Street Malden	781-397-0404	<a href="https://breadoflifemalden.org">https://breadoflifemalden.org</a>
Everett	Thursday	3:30pm-5pm	Everett Mobile Market 117 Edith Street Everett	781-397-0404	<a href="https://breadoflifemalden.org/">https://breadoflifemalden.org/</a>
Lynnfield	Monday Tuesday Friday	10:30-12:30pm	Citizens Inn Haven from Hunger	978-531-1530	<a href="https://citizensinn.org/haven-from-hunger/">https://citizensinn.org/haven-from-hunger/</a>
	Thursday	12:30pm-2:30pm 6pm-8pm	71 Wallis Street Peabody		
Medford	Tuesday	9am-12pm	St. Raphael Parish Food Pantry 38 Boston Ave Medford		<a href="https://sainraphaelparish.org/food-pantry">https://sainraphaelparish.org/food-pantry</a>
Melrose	Friday	9:30am-10:30am	A Servant's Heart Food Pantry 200 Franklin Street Melrose		<a href="https://faithchurchac.org/food-pantry/">https://faithchurchac.org/food-pantry/</a>
North Reading	Monday (1 <sup>st</sup> & 3 <sup>rd</sup> )	9:30am-11am, 6:30pm-8pm	North Reading Food Pantry, 150 Haverhill Street North Reading	978-276-0400	<a href="https://nrfoodpantry.org/">https://nrfoodpantry.org/</a>
Reading	Monday	6:30pm-7:30pm	Reading Food Pantry 6 Salem Street Reading	781-944-8486	<a href="https://www.readingfoodpantry.org/">https://www.readingfoodpantry.org/</a>
	Friday	10:30am-11:30am			
Saugus	Friday	9:30am-11am	Saugus United Parish Food Pantry 50 Essex Street Saugus	781-233-2663	<a href="https://cliftondalecc.org/saugus-united-parish-food-pantry">https://cliftondalecc.org/saugus-united-parish-food-pantry</a>
Stoneham	Monday	1pm-3pm	Stoneham Adventist Community Services 9 Gerry Street Stoneham	781-438-1374	<a href="https://stonehammemorialchurch.org/community-services/">https://stonehammemorialchurch.org/community-services/</a>
	Wednesday	12pm-1:15pm			
Wakefield**	Tuesday	9am-1pm	Wakefield Food Pantry 467 Main Street Wakefield	781-245-2510	<a href="http://wakefieldfoodpantry.org/">http://wakefieldfoodpantry.org/</a>
No residency requirement	Monday	5pm-8pm	Family Care Pantry 1691 Revere Beach Pkw Everett	781-397-0404	<a href="https://breadoflifemalden.org">https://breadoflifemalden.org</a>
No residency requirement	Tuesday	6pm-8:30pm	Freedom Hill Community Church 77 Kennedy Drive Malden		
No residency requirement	Thursday (1 <sup>st</sup> & 3 <sup>rd</sup> )	10am-12:30pm	Good Hope Foods 47 Grove Street Lynnfield		<a href="https://goodhopeinc.org/food-pantry/">https://goodhopeinc.org/food-pantry/</a>
No residency requirement	Thursday	6pm-8pm	Community Cupboard Food Pantry 147 High Street Medford	781-321-2121	<a href="https://freedomhillcommunitychurch.org/food-pantry/">https://freedomhillcommunitychurch.org/food-pantry/</a>
No residency requirement	Saturday Sunday	9:15am-10:30am 10am-11am	Everett Grace Food Pantry 50 Church Street Everett	617-799-9440	<a href="https://facebook.com/gracefoodpantryeverett/">https://facebook.com/gracefoodpantryeverett/</a>

\*Serves Malden, Everett, Medford, Melrose, Saugus, Stoneham, Wakefield, Winchester, Reading and North Reading

\*\*Wakefield Food Pantry is open to Wakefield residents and those who work, worship and are referred by a Wakefield Social Agency (DDS & Communitas are included)



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

## Metro North Area No Cost Meals

All are welcome to attend the meals listed below, meal goers do not need to be from specific towns.

### Weekly Meals

Town Served	Day	Time	Place	Phone	Website
No residency requirement	Sunday	11:30am-12pm	Melrose Community Freezer 645 Main Street Melrose		<a href="https://www.thefooddrive.org/community-freezer">https://www.thefooddrive.org/community-freezer</a>
No residency requirement	Mon. Wed. Fri.	5pm-6:45pm	The Dwelling Place 523 Main Street Woburn	781-369-5230	<a href="https://thedwellingplacewoburn.org/">https://thedwellingplacewoburn.org/</a>
No residency requirement	Mon-Fri	12pm-6pm	My Brother's Table 98 Willow Street Lynn	781-595-3224	<a href="https://mybrotherstable.org/">https://mybrotherstable.org/</a>
	Sat/Sun	2pm-4:30pm			
No residency requirement	Tues.-Fri.	4pm-5:30pm	Bread of Life 54 Eastern Avenue Malden	781-397-0404	<a href="https://breadoflifemalden.org/">https://breadoflifemalden.org/</a>
No residency requirement	Mon., Tues., Thurs., Fri.	5pm-5:30pm	Citizens Inn 71 Wallis Street Peabody	978-531-1530	<a href="https://citizensinn.org/haven-from-hunger/">https://citizensinn.org/haven-from-hunger/</a>

### Monthly Meals

Town Served	Day	Time	Place	Phone	Website
No residency requirement	Monday (4 <sup>th</sup> of month)	5pm-6pm	Shepherd's Table Ministry 8 Lafayette Street, Wakefield		<a href="https://www.fbcwakefield.org/about-4-1">https://www.fbcwakefield.org/about-4-1</a>
No residency requirement	Tuesday (3 <sup>rd</sup> of month)	5pm-6pm	Horizon House 78 Water Street, Wakefield	781-245-4272	<a href="https://www.emmanuelwakefield.org/food-insecurity">https://www.emmanuelwakefield.org/food-insecurity</a>
No residency requirement	Wednesday (2 <sup>nd</sup> of month)	5pm-6pm	Most Blessed Sacrament 1155 Main Street Wakefield	781-486-4632	<a href="https://mbsparishwakefield.com/community-dinners.html">https://mbsparishwakefield.com/community-dinners.html</a>
No residency requirement	Thursday (1 <sup>st</sup> of month)	5pm-5:30pm	St. Joseph Parish 173 Albion Street Wakefield	781-245-5770	<a href="https://stjosephwakefield.org/st-joseph-table/">https://stjosephwakefield.org/st-joseph-table/</a>
No residency requirement	Friday (3 <sup>rd</sup> of month)	6pm	Faith Evangelical Church 200 Franklin Street Melrose		<a href="https://www.facebook.com/FaithChurchMelrose">https://www.facebook.com/FaithChurchMelrose</a>

### Additional Food Resources

Town Served	Day	Time	Place	Phone	Website/Information
Statewide	Mon-Fri	8am-7pm	Project Bread's Food Source Hotline	800-645-8333	<a href="https://projectbread.org/get-help">https://projectbread.org/get-help</a>
	Sat	10am-2pm			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
Statewide	N/A	N/A	Greater Boston Food Bank Resource Search	N/A	<a href="https://www.gbfb.org/need-food/">https://www.gbfb.org/need-food/</a>  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.

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.dtdash.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.