

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

*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		https://www.thefooddrive.org/community-freezer
No residency requirement	Mon. Wed. Fri.	5pm-6:45pm	The Dwelling Place 523 Main Street Woburn	781-369-5230	https://thedwellingplacewoburn.org/
No residency requirement	Mon-Fri	12pm-6pm	My Brother's Table 98 Willow Street Lynn	781-595-3224	https://mybrotherstable.org/
	Sat/Sun	2pm-4:30pm			
No residency requirement	Tues.-Fri.	4pm-5:30pm	Bread of Life 54 Eastern Avenue Malden	781-397-0404	https://breadoflifemalden.org/
No residency requirement	Mon., Tues. Thurs., Fri.	5pm-5:30pm	Citizens Inn 71 Wallis Street Peabody	978-531-1530	https://citizensinn.org/haven-from-hunger/

Monthly Meals

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

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	https://projectbread.org/get-help 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
	Sat	10am-2pm			
Statewide	N/A	N/A	Greater Boston Food Bank Resource Search	N/A	https://www.gbfb.org/need-food/ 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.dtadash.ehs.mass.gov/> to find HIP vendors.



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