



## 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. Contacting resources directly is recommended to ensure information is accurate and resources are available.**

### 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

## Table of Contents

Regional Resources.....	6
Acton .....	10
Andover .....	12
Arlington.....	14
Bedford .....	15
Beverly.....	16
Billerica .....	18
Boxborough .....	19
Burlington.....	20
Chelmsford .....	21
Danvers .....	22
Devens .....	23
Dracut.....	24
Dunstable.....	25
Everett .....	26
Gloucester .....	28
Hamilton.....	30
Haverhill.....	31
Ipswich.....	32
Lawrence .....	33
Lexington .....	37
Littleton .....	38
Lincoln .....	39
Lowell .....	40
Lynn.....	44
Lynnfield .....	48
Malden.....	49
Marblehead.....	52
Maynard.....	53
Medford.....	55
Melrose.....	58
Methuen.....	60
Middleton .....	61
North Andover.....	62

North Reading.....	64
Peabody.....	65
Reading .....	67
Salem .....	68
Saugus .....	70
Stoneham.....	71
Stow.....	72
Swampscott.....	74
Tewksbury .....	75
Tyngsboro.....	76
Wakefield.....	77
Westford .....	82
Wilmington.....	83
Winchester.....	84
Woburn .....	85



# 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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Merrimack  
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Central  
Middlesex

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Looking for Community Events? Visit



[ecommunityconnections.org](http://ecommunityconnections.org)

### Resources

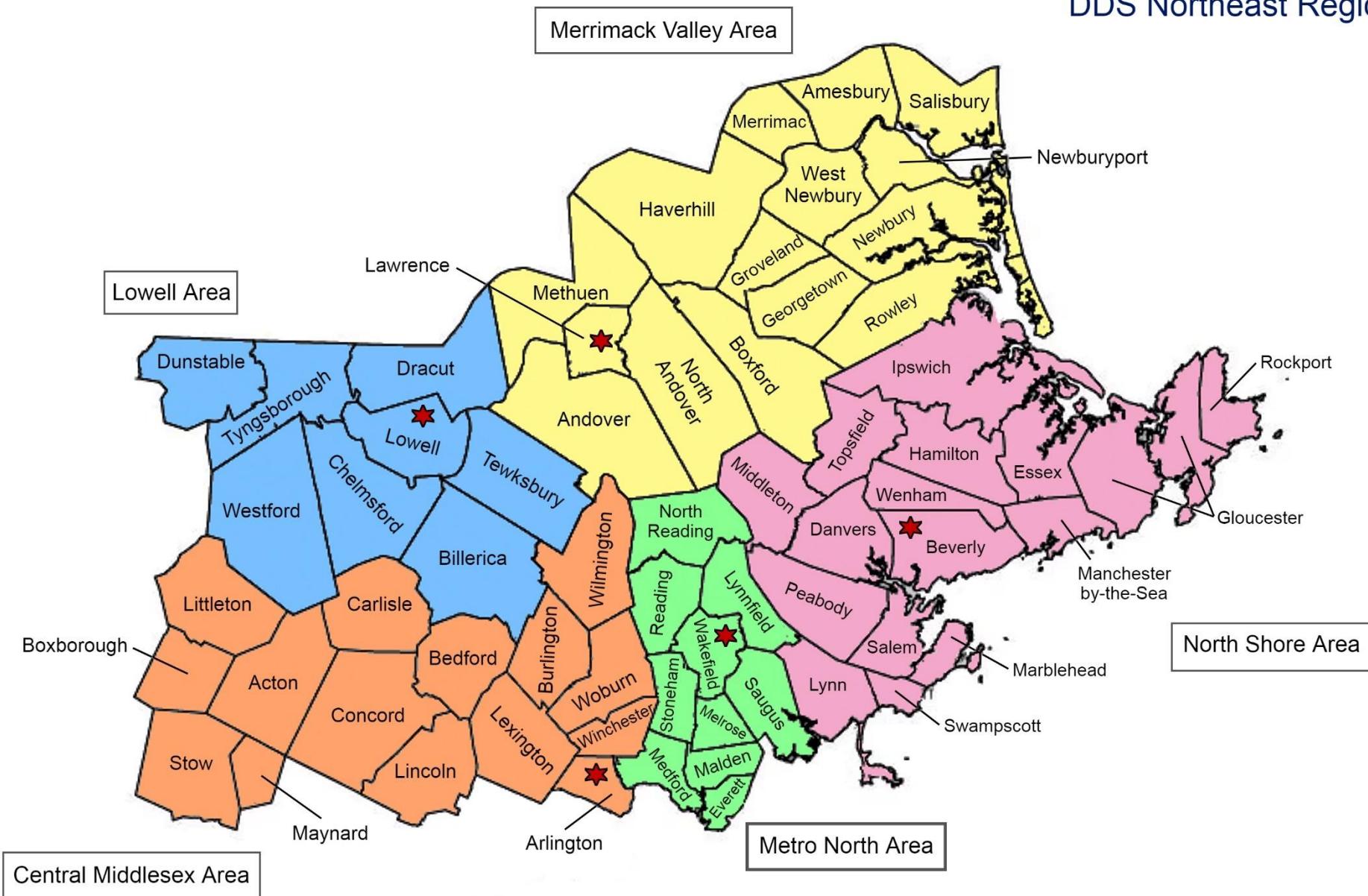
- Community Events
- Recreational Activities
- Support Groups
- Educational Workshops
- Social Opportunities
- Special Olympic Events

### Contact Us

Matthew Ataya  
Director of Community Resource Center

[mataya@ne-arc.org](mailto: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: <a href="mailto:rreddy@abschools.org">rreddy@abschools.org</a>
Website	<a href="https://sites.google.com/abuw.org/resources/food-security">https://sites.google.com/abuw.org/resources/food-security</a>  <a href="https://drive.google.com/file/d/1Z2HJ4620y10NtEv-4juveQX_UWkYFeV3/view">https://drive.google.com/file/d/1Z2HJ4620y10NtEv-4juveQX_UWkYFeV3/view</a>
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	<a href="mailto:projectdash@doordash.com">projectdash@doordash.com</a>
Website	<a href="https://about.doordash.com/en-us/impact/project-dash">https://about.doordash.com/en-us/impact/project-dash</a>
Serves	Hannaford, Stop & Shop, Wegmans, Dollar General, Project Bread
Notes	Contact for full details

### Flashfood App

Type	Food rescue
Website	<a href="https://flashfood.com/">https://flashfood.com/</a>

### GoPuff

Type	Food and Drink Delivery Platform
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GoPuff	
<b>Hours</b>	24/7
<b>Location</b>	Boston
<b>Contact</b>	<a href="https://help.gopuff.com/categories/customer-support/65f86c95e2c6870cf99488d7">https://help.gopuff.com/categories/customer-support/65f86c95e2c6870cf99488d7</a>
<b>Website</b>	<a href="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">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</a>
<b>Serves</b>	Check local availability at gopuff.com
<b>Notes</b>	SNAP EBT accepted or related services. Contact for full details

Greater Boston Food Bank	
<b>Website</b>	<a href="https://www.gbfb.org/">https://www.gbfb.org/</a>
<b>Notes</b>	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	
<b>Type</b>	Resource Line
<b>Hours</b>	24/7
<b>Website</b>	<a href="https://www.gbfb.org/need-food/">https://www.gbfb.org/need-food/</a>
<b>Notes</b>	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	
<b>Type</b>	Prepared Meal Delivery
<b>Hours</b>	Once per month
<b>Location</b>	Volunteer-based
<b>Website</b>	<a href="https://lasagnalove.org/">https://lasagnalove.org/</a>

## Lasagna Love

<b>Serves</b>	State-wide based on volunteer availability
<b>Notes</b>	Monthly service. Contact for full details

## MA Healthy Incentives Program

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

## Meals on Wheels MA

<b>Type</b>	Agency
<b>Location</b>	300 Rosewood Drive, Suite 30, Danvers
<b>Contact</b>	978-624-2225
<b>Website</b>	<a href="https://www.massmealonwheels.org/">https://www.massmealonwheels.org/</a>
<b>Serves</b>	State-wide
<b>Notes</b>	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

<b>Type</b>	Resource Line
<b>Hours</b>	Monday-Friday 8 AM - 7 PM, Saturday 10 AM - 2 PM
<b>Contact</b>	800 - 645 - 8333
<b>Website</b>	<a href="https://projectbread.org/get-help">https://projectbread.org/get-help</a>
<b>Notes</b>	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	
<b>Type</b>	Food rescue
<b>Website</b>	<a href="https://www.toogoodtogo.com/en-us">https://www.toogoodtogo.com/en-us</a>
<b>Notes</b>	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	
<b>Type</b>	Resource Line
<b>Hours</b>	Monday-Friday 9 AM - 5 PM
<b>Contact</b>	800-942-1007
<b>Website</b>	<a href="https://www.mass.gov/orgs/women-infants-children-nutrition-program">https://www.mass.gov/orgs/women-infants-children-nutrition-program</a>
<b>Notes</b>	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: <a href="mailto:socialaction@bethelohim.org">socialaction@bethelohim.org</a>
Website	<a href="https://boxboroughucc.org/little-free-pantry/">https://boxboroughucc.org/little-free-pantry/</a>
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: <a href="mailto:info@mtcalvaryacton.org">info@mtcalvaryacton.org</a>
Website	<a href="https://www.mtcalvaryacton.org/community-supper">https://www.mtcalvaryacton.org/community-supper</a>
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	<a href="https://boxboroughucc.org/little-free-pantry/">https://boxboroughucc.org/little-free-pantry/</a>
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, every week, 4 - 5 PM
Location	30 Whittier Ct, Andover, MA
Contact	978-623-8320
Website	<a href="https://needfood.org/get-help/#get-food">https://needfood.org/get-help/#get-food</a>
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	<a href="https://needfood.org/get-help/#get-food">https://needfood.org/get-help/#get-food</a>

### 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	<a href="https://www.villagefoodhub.org/pantry-program.html">https://www.villagefoodhub.org/pantry-program.html</a>
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**

<b>Contact</b>	978-623-8320
<b>Website</b>	<a href="https://mvymca.org/pantry/">https://mvymca.org/pantry/</a>
<b>Notes</b>	No residency, age, or income restrictions

## Arlington

Arlington EATS	
<b>Type</b>	Food Pantry by appointment only
<b>Hours</b>	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
<b>Location</b>	117 Broadway, Suite A, Arlington
<b>Contact</b>	Phone: 339-707-6757 Email: <a href="mailto:info@arlingtoneats.org">info@arlingtoneats.org</a>
<b>Website</b>	<a href="https://www.arlingtoneats.org/">https://www.arlingtoneats.org/</a>
<b>Serves</b>	Arlington
<b>Notes</b>	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	
<b>Type</b>	Drive-Through, Home Delivery, and Self-Service locker Food Pantry
<b>Hours</b>	Thursday 3:30 PM - 5:30 PM
<b>Location</b>	12 Mudge Way, Bedford
<b>Contact</b>	Phone: 781-275-7727 Email: <a href="mailto:bedfordfoodbank@bedfordma.gov">bedfordfoodbank@bedfordma.gov</a>
<b>Website</b>	<a href="https://www.bedfordfoodpantry.org/">https://www.bedfordfoodpantry.org/</a>
<b>Serves</b>	Bedford
<b>Notes</b>	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	
<b>Type</b>	Food Pantry
<b>Hours</b>	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
<b>Location</b>	35 Park Street Beverly, MA
<b>Contact</b>	978-927-1561
<b>Website</b>	<a href="https://beverlybootstraps.org/what-we-do/food-assistance-programs/">https://beverlybootstraps.org/what-we-do/food-assistance-programs/</a>
<b>Serves</b>	Beverly, Manchester, Essex, Hamilton, and Wenham
<b>Notes</b>	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	
<b>Type</b>	Food Pantry
<b>Hours</b>	Second Sunday - 1:00 - 2:00 PM
<b>Location</b>	499 Rantoul St Beverly, MA
<b>Contact</b>	978-927-4066
<b>Website</b>	<a href="https://beverlyma.adventistchurch.org/ministries">https://beverlyma.adventistchurch.org/ministries</a>

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

### First Parish Unitarian

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

### Living Faith United Methodist Church

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

### 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 <a href="mailto:beverlynazarene@yahoo.com">beverlynazarene@yahoo.com</a>
Website	<a href="https://www.beverlychurch.org/">https://www.beverlychurch.org/</a>
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: <a href="mailto:info@stpetersbeverly.org">info@stpetersbeverly.org</a>
Website	<a href="https://stpetersbeverly.org/outreach/">https://stpetersbeverly.org/outreach/</a>

## Billerica

Billerica Community Food Pantry	
<b>Type</b>	Food Pantry
<b>Hours</b>	2 - 6 PM (2nd & 4th Monday)
<b>Location</b>	70 Concord Rd., Billerica, MA
<b>Contact</b>	<a href="mailto:billericapantry@gmail.com">billericapantry@gmail.com</a> 978-357-7560
<b>Website</b>	<a href="https://billericacommunitypantry.com/">https://billericacommunitypantry.com/</a>

## Boxborough

Acton Food Pantry	
<b>Type</b>	Drive - Thru Food Pantry
<b>Hours</b>	Wednesdays 10:00 AM - 7:00 PM Thursdays 9:30 AM - 11:30 AM *Closed 4th week of each month
<b>Location</b>	235 Summer Road, Boxborough, MA (Building #1, Lower Level in the Boxborough Business Park) Reachable by Acton CAT and Boxborough MART bus, Boxborough
<b>Contact</b>	Phone: 978-635-9295 Email: <a href="mailto:foodpantryvolunteer@actoncommunitysupper.org">foodpantryvolunteer@actoncommunitysupper.org</a>
<b>Website</b>	<a href="https://www.actonfoodpantry.org/">https://www.actonfoodpantry.org/</a>
<b>Serves</b>	Acton, Boxborough
<b>Notes</b>	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	
<b>Type</b>	Distribution and Home Delivery Food Pantry
<b>Hours</b>	Tuesdays 3:00 PM - 7:00 PM Wednesday 11:00 AM - 1:00 PM Thursday 10:00 AM - 12:00 PM
<b>Location</b>	21 - 23 Murray Ave, Burlington
<b>Contact</b>	Phone: 781-270-1961 Email: <a href="mailto:byfs@burlington.org">byfs@burlington.org</a>
<b>Website</b>	<a href="https://peoplehelpingpeopleinc.org/programs.html">https://peoplehelpingpeopleinc.org/programs.html</a>
<b>Serves</b>	Burlington residents meeting income guidelines
<b>Notes</b>	Registration is required. Weekly service available.

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

## Chelmsford

Chelmsford Food Pantry	
<b>Type</b>	Food Pantry
<b>Hours</b>	Wednesdays 5 - 8 PM; Thursdays 2 - 4 PM; Fridays 6:30 - 8 PM
<b>Location</b>	50 Rear Billerica Rd., Chelmsford, MA
<b>Contact</b>	978-250-3818 <a href="mailto:office@chelmsfordfoodpantry.org">office@chelmsfordfoodpantry.org</a>
<b>Website</b>	<a href="https://chelmsfordfoodpantry.org/">https://chelmsfordfoodpantry.org/</a>
<b>Notes</b>	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	
<b>Type</b>	Farmers' Market
<b>Hours</b>	Saturdays, 10 AM – 1 PM, November to Mid-March
<b>Location</b>	Weston Nurseries 160 Pine Hill Road, Chelmsford, MA
<b>Website</b>	<a href="https://minutemansenior.org/">https://minutemansenior.org/</a>

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

## Danvers

Danvers People to People Food Pantry	
<b>Type</b>	Food Pantry
<b>Hours</b>	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
<b>Location</b>	12 Sylvan Street Danvers, MA
<b>Contact</b>	978-739-4188
<b>Website</b>	<a href="https://www.danverscommunitycouncil.com/danvers-people-to-people-food-pantry">https://www.danverscommunitycouncil.com/danvers-people-to-people-food-pantry</a>
<b>Serves</b>	Danvers
<b>Notes</b>	Must provide proof of residence with utility bill, not just ID, at each visit

## Devens

Loaves and Fishes Pantry	
<b>Type</b>	Drive - Thru Food Pantry
<b>Hours</b>	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
<b>Location</b>	234 Barnum Road, Devens, MA
<b>Contact</b>	Phone: 978-772-4627
<b>Website</b>	<a href="https://loavesfishespantry.org/loaves-fishes-new-client-registration/">https://loavesfishespantry.org/loaves-fishes-new-client-registration/</a>
<b>Serves</b>	Ayer, Devens, Dunstable, Groton, Harvard, Littleton, or Shirley
<b>Notes</b>	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	
<b>Type</b>	Food Pantry
<b>Hours</b>	4th Saturday of Month, 9 - 12 PM
<b>Location</b>	1934 Lakeview Ave., Dracut, MA
<b>Contact</b>	978-957-8600
<b>Website</b>	<a href="https://dracutfoodpantry.com/">https://dracutfoodpantry.com/</a>

## Dunstable

Loaves and Fishes Pantry	
<b>Type</b>	Drive - Thru Food Pantry
<b>Hours</b>	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
<b>Location</b>	234 Barnum Road, Devens, MA
<b>Contact</b>	Phone: 978-772-4627
<b>Website</b>	<a href="https://loavesfishespantry.org/loaves-fishes-new-client-registration/">https://loavesfishespantry.org/loaves-fishes-new-client-registration/</a>
<b>Serves</b>	Ayer, Devens, Dunstable, Groton, Harvard, Littleton, or Shirley
<b>Notes</b>	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

Everett Grace Food Pantry	
<b>Type</b>	Food Pantry
<b>Hours</b>	Saturday 9:15 AM, Sunday 10 AM - 11 AM
<b>Location</b>	50 Church Street, Everett, MA 02149
<b>Contact</b>	617-799-9440
<b>Website</b>	<a href="https://facebook.com/gracefoodpantryeverett/">https://facebook.com/gracefoodpantryeverett/</a>
<b>Serves</b>	No Residency Requirement(s)
<b>Notes</b>	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	
<b>Type</b>	Food Pantry
<b>Hours</b>	Thursday 3:30 PM - 5 PM
<b>Location</b>	Lafayette School, 117 Edith Street, Everett, MA
<b>Contact</b>	781-397-0404
<b>Website</b>	<a href="https://breadoflifemalden.org">https://breadoflifemalden.org</a>
<b>Serves</b>	Everett
<b>Notes</b>	“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	
<b>Type</b>	Food Pantry
<b>Hours</b>	Monday 5 PM - 8 PM
<b>Location</b>	1691 Revere Beach Parkway, Everett, MA

<b>Family Care Pantry</b>	
<b>Contact</b>	781-397-0404
<b>Website</b>	<a href="https://breadoflifemalden.org">https://breadoflifemalden.org</a>
<b>Serves</b>	No Residency Requirement(s)
<b>Notes</b>	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	<a href="https://lifebridgenorthshore.org/locations/grace-center/">https://lifebridgenorthshore.org/locations/grace-center/</a>

### 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 <a href="mailto:info@foodpantry.org">info@foodpantry.org</a>
Website	<a href="https://www.foodpantry.org/">https://www.foodpantry.org/</a>
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: <a href="https://foodpantry.org/wp-content/uploads/2025/05/TEFAP2526g.png">https://foodpantry.org/wp-content/uploads/2025/05/TEFAP2526g.png</a></p>

### 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	<a href="https://foodpantry.org/get-help/programs-services/fresh-meals/">https://foodpantry.org/get-help/programs-services/fresh-meals/</a>

**The Open Door****Notes**

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

## Hamilton

Acord Food Pantry	
<b>Type</b>	Food Pantry
<b>Hours</b>	<p>Main Location:</p> <p>Wed. 9:30AM – 11:00AM</p> <p>Thu. 10:00AM –11:00AM (Seniors 60+ only)</p> <p>Thu. 6:30PM – 7:30PM</p> <p>Sat. 9:00AM – 11:00AM</p> <p>Mobile Markets:</p> <p>Essex COA - First Friday, 10:30am - 11:30am</p> <p>Hamilton Housing Authority - First and third Mondays, 9 - 9:30am</p> <p>Hamilton COA - Second and fourth Mondays, 11:45am - 12:30pm</p> <p>Little Brook Village in Topsfield - First Monday, 10:30 - 11:30am</p> <p>Enon Village in Wenham - Fourth Tuesday, 10am - 11am</p> <p>Maple Woods in Wenham - First and third Tuesdays, 9:30 - 10:30am</p>
<b>Location</b>	69 Willow Street, South Hamilton, MA
<b>Contact</b>	<p>978-468-7424</p> <p><a href="mailto:Acord.director@gmail.com">Acord.director@gmail.com</a></p>
<b>Website</b>	<a href="https://www.acordfoodpantry.org/">https://www.acordfoodpantry.org/</a>
<b>Serves</b>	Essex, Hamilton, Ipswich, Manchester, Topsfield, and Wenham
<b>Notes</b>	<p>No income restrictions, just proof of residence.</p> <p>Current proof of address, such as a utility bill, is required for every visit.</p> <p>May get food once every 7 days.</p> <p>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	<a href="https://somebodycaresne.org/food-pantry/">https://somebodycaresne.org/food-pantry/</a>
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
Website	<a href="https://events.riseup.vet/greaterbostonvets/detail/4200/1757599200000">https://events.riseup.vet/greaterbostonvets/detail/4200/1757599200000</a>
Notes	Veterans and their families only

## Ipswich

### Ipswich Dinner Bell

Type	Community Meal
Hours	Mondays 5-6 PM
Location	Masonic Hall, 70 Topsfield Road, Ipswich, MA
Website	<a href="https://ipswichdinnerbell.org/">https://ipswichdinnerbell.org/</a>
Notes	Free and all are welcome

### The Open Door Pantry

Type	Pantry
Hours	Pick-up Hours: Wednesdays and Thursdays from 10:30am to 5:00pm  Mobile Market Pop Ups are also available throughout the Northshore (Gloucester, Essex, Rockport, Danvers, Manchester). See full schedule here: <a href="https://foodpantry.org/get-help/programs-services/mobile-market/">https://foodpantry.org/get-help/programs-services/mobile-market/</a>
Location	00 Southern Heights Ipswich, MA
Contact	978-283-6776 <a href="mailto:info@foodpantry.org">info@foodpantry.org</a>
Website	<a href="https://www.foodpantry.org/">https://www.foodpantry.org/</a>
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:</p> <p><a href="https://foodpantry.org/wp-content/uploads/2025/05/TEFAP2526g.png">https://foodpantry.org/wp-content/uploads/2025/05/TEFAP2526g.png</a></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	<a href="https://breadandroseskitchen.org/">https://breadandroseskitchen.org/</a>

### 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	<a href="https://breadandroseskitchen.org/">https://breadandroseskitchen.org/</a>

### 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	<a href="https://www.foodfortheworld.org/">https://www.foodfortheworld.org/</a>

### Food for the World

Type	Pantry
Hours	Friday 1 PM-3 PM
Location	35 Common Street, Lawrence, MA
Contact	978-683-9949
Website	<a href="https://www.foodfortheworld.org/">https://www.foodfortheworld.org/</a>

### Food for the World Inc

Type	Pantry
Hours	Wednesday 9 AM-11 AM
Location	516 Essex Street, Lawrence, MA
Contact	978-683-9949
Website	<a href="https://www.foodfortheworld.org/">https://www.foodfortheworld.org/</a>

### Good Shepard Lazarus House

Type	Community Meals
Hours	Everyday 8:30 AM-9:30 AM, 11:30AM-1 PM
Location	412 Hampshire Street, Lawrence, MA
Contact	978-332-5013
Website	<a href="https://lazarushouse.org/">https://lazarushouse.org/</a>

### 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	<a href="https://www.housesofmercy.net/">https://www.housesofmercy.net/</a>

### 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	<a href="https://www.housesofmercy.net/">https://www.housesofmercy.net/</a>

## House of Mercy

Notes	Must attend service
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## 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	<a href="https://needfood.org/">https://needfood.org/</a>
Notes	Must bring own bags and complete an application

## Lawrence Community Fridge

Type	Community Fridge and Pantry
Hours	24/7
Location	163 East Haverhill Street Lawrence, MA
Contact	<a href="mailto:lawrencecommunityfridge@gmail.com">lawrencecommunityfridge@gmail.com</a>
Website	<a href="https://lawrencefridge.neocities.org/">https://lawrencefridge.neocities.org/</a>
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	<a href="https://lazarushouse.org/">https://lazarushouse.org/</a>

## Salvation Army - Lawrence

Type	Pantry
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### Salvation Army - Lawrence

<b>Hours</b>	Wednesday 9 AM-1 PM
<b>Location</b>	250 Haverhill Street, Lawrence, MA
<b>Contact</b>	978-682-8038
<b>Website</b>	<a href="https://easternusa.salvationarmy.org/massachusetts/lawrence/">https://easternusa.salvationarmy.org/massachusetts/lawrence/</a>
<b>Notes</b>	Families of 3+

### Salvation Army - Lawrence

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

### YMCA Lawrence

<b>Type</b>	Pantry
<b>Hours</b>	Thursday 3 PM-4 PM
<b>Location</b>	40 Lawrence Street, Lawrence, MA
<b>Contact</b>	978-725-6681
<b>Website</b>	<a href="https://mvymca.org/pantry/">https://mvymca.org/pantry/</a>

## 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: <a href="mailto:care@grace.org">care@grace.org</a>
Website	<a href="https://www.grace.org/be-curious/articles/food-bank/">https://www.grace.org/be-curious/articles/food-bank/</a>
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: <a href="mailto:lexfoodpantry@gmail.com">lexfoodpantry@gmail.com</a>
Website	<a href="https://www.lexingtonfoodpantry.org/">https://www.lexingtonfoodpantry.org/</a>
Serves	Lexington
Notes	Monthly service

## Littleton

Neighborhood Community Supper at Congregational Church of Littleton	
<b>Type</b>	Free Community Meals
<b>Hours</b>	Tuesdays 5:30 - 6:30 PM Doors open at 5:00 PM Dinner served at 5:30 PM
<b>Location</b>	330 King Street, Littleton, MA
<b>Contact</b>	Phone: 978-486-3245 Email: <a href="mailto:office@ccol.org">office@ccol.org</a>
<b>Website</b>	<a href="https://www.littletonma.org/229/Food-Programs-Nutrition">https://www.littletonma.org/229/Food-Programs-Nutrition</a>
<b>Serves</b>	Central Middlesex area
<b>Notes</b>	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	
<b>Type</b>	Food Pantry
<b>Hours</b>	Saturday 10:00 AM – 11:00 AM
<b>Location</b>	42 Lincoln Road, Lincoln
<b>Contact</b>	Phone: 781-899-2611 Email: <a href="mailto:parish@stjulia.org">parish@stjulia.org</a>
<b>Website</b>	<a href="https://stjulia.org/svdp/">https://stjulia.org/svdp/</a>
<b>Serves</b>	Lincoln, Weston
<b>Notes</b>	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	
<b>Type</b>	Food Pantry
<b>Hours</b>	<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
<b>Location</b>	370 W. Sixth St., Lowell, MA
<b>Contact</b>	978-454-7445
<b>Website</b>	<a href="https://www.cfministry.org/need-food">https://www.cfministry.org/need-food</a>
<b>Notes</b>	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	
<b>Type</b>	Food Pantry
<b>Hours</b>	Fridays 12:00-1:00; Call Ahead
<b>Location</b>	101 Smith St., Lowell, MA
<b>Contact</b>	(978)-452-9976
<b>Website</b>	<a href="https://ampleharvest.org/food-pantries/christ-jubilee-food-pantry-10569/">https://ampleharvest.org/food-pantries/christ-jubilee-food-pantry-10569/</a>

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

### 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	<a href="https://www.dwellinghouseofhope.org/need-food">https://www.dwellinghouseofhope.org/need-food</a>
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	<a href="https://eliotlowell.org/daycenter/">https://eliotlowell.org/daycenter/</a>
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	<a href="http://livingwaterslowell.org">http://livingwaterslowell.org</a>

### Lowell Senior Center

Type	Community Meal
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### Lowell Senior Center

<b>Hours</b>	Breakfast from 7 AM – 8 AM, and lunch from 11:00 AM - 11:30 AM
<b>Location</b>	276 Broadway St., Lowell, MA
<b>Contact</b>	978-970-4131
<b>Website</b>	<a href="http://lowellma.gov">http://lowellma.gov</a>
<b>Notes</b>	For adults aged 60 or older

### MOBILE PANTRY - Merrimack Valley Food Bank

<b>Type</b>	Food Pantry
<b>Location</b>	Mobile, Lowell
<b>Contact</b>	978-454-7272
<b>Website</b>	<a href="https://mvfb.org/programs/mobile-pantry/">https://mvfb.org/programs/mobile-pantry/</a>
<b>Serves</b>	Greater Lowell Area
<b>Notes</b>	<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

<b>Type</b>	Food Pantry
<b>Hours</b>	Monday-Thursday 1 PM-3:30 PM
<b>Location</b>	70 Lawrence St., Lowell, MA
<b>Contact</b>	978-454-9946
<b>Website</b>	<a href="https://www.ccab.org/about-us/locations/">https://www.ccab.org/about-us/locations/</a>

## 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	<a href="https://theopenpantry.org/">https://theopenpantry.org/</a>

## Salvation Army Pantry

Type	Food Pantry; Community Meal
Hours	<b>Food Pantry:</b> Monday, Wednesday, Friday   9 a.m. - 11 a.m. Wednesday evening hours   3 p.m. - 6 p.m. <b>BY APPOINTMENT ONLY:</b> November & December <b>Community Meals:</b> 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	<a href="https://easternusa.salvationarmy.org/massachusetts/lowell/">https://easternusa.salvationarmy.org/massachusetts/lowell/</a>

## 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
Website	<a href="http://stpaulssoupkitchen.org">stpaulssoupkitchen.org</a>
Notes	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.

## Lynn

### Lynn Community Health Center Mobile Market

<b>Type</b>	Food Pantry
<b>Hours</b>	Typically,* the 1st Saturday of each month from 9:00 a.m. - 10:00 a.m
<b>Location</b>	73 Buffum St, Lynn, MA
<b>Contact</b>	781-581-3900 <a href="mailto:market@lchcnet.org">market@lchcnet.org</a>
<b>Website</b>	<a href="https://lynchhc.org/mobile-market/">https://lynchhc.org/mobile-market/</a>
<b>Serves</b>	Anyone who has a Greater Boston Food Bank card
<b>Notes</b>	Registration required

### Catholic Charities Food Pantry

<b>Type</b>	Food Pantry
<b>Hours</b>	Mon/Wed/Fri*: 9 am - 12 pm & 1 pm - 3 pm Tuesday: 1 pm - 3 pm Thursday: 9 am - 12 pm (65+ LIMITED MOBILITY ONLY) *Closed every third Friday of the month
<b>Location</b>	8 Silsbee Street, Lynn, MA
<b>Contact</b>	(617) 451-7999
<b>Website</b>	<a href="https://www.ccab.org/basic-needs/food-pantries/">https://www.ccab.org/basic-needs/food-pantries/</a>
<b>Notes</b>	Families unable to afford meals for Thanksgiving or other holidays may receive food packages for their household. Call 617 - 506 - 6628 for more information

### Lynn Community Fridge

<b>Type</b>	Food Pantry
<b>Location</b>	Centerboard parking lot 16 City Hall Square Lynn, MA
<b>Contact</b>	<a href="mailto:lynncommunityfridge@centerboard.org">lynncommunityfridge@centerboard.org</a>
<b>Website</b>	<a href="https://www.facebook.com/lynncommunityfridge/">https://www.facebook.com/lynncommunityfridge/</a>
<b>Notes</b>	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	<a href="https://mybrotherstable.org/get-help/">https://mybrotherstable.org/get-help/</a>
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	<a href="https://naamass.org/how-you-can-help/food-distribution-program/">https://naamass.org/how-you-can-help/food-distribution-program/</a>

### Phoenix Food Hub

Type	Food Pantry
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	<a href="https://phoenixfoodhub.org/">https://phoenixfoodhub.org/</a>
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

<b>Type</b>	Food Pantry
<b>Hours</b>	Fridays 2:30 PM - 3:30 pm (closed first Friday of each month)
<b>Location</b>	74 South Common Street Lynn, MA
<b>Contact</b>	781-599-4220
<b>Website</b>	<a href="https://www.ststephenslynn.org/food-pantry">https://www.ststephenslynn.org/food-pantry</a>
<b>Notes</b>	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

<b>Type</b>	Food Pantry
<b>Hours</b>	12:00 PM - 2:00 PM every other Saturday_x000D_
<b>Location</b>	7 Park St Lynn, MA
<b>Contact</b>	617-93-8116
<b>Website</b>	<a href="https://www.foodhelpline.org/resources/tabernacle-evangelique-de-louange-inc">https://www.foodhelpline.org/resources/tabernacle-evangelique-de-louange-inc</a>

### The Haven Project

<b>Type</b>	Food Pantry Community Meal
<b>Hours</b>	Available by appointment Monday - Friday 9 AM - 6 PM
<b>Location</b>	57 Munroe St. Lynn, MA
<b>Contact</b>	(781) 913 - 5738 (call or text) <a href="mailto:office@havenproject.net">office@havenproject.net</a>
<b>Website</b>	<a href="https://havenproject.net/">https://havenproject.net/</a>
<b>Notes</b>	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

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

### Washington Street Baptist Church (WSBC) Lynn

<b>Type</b>	Food Pantry
<b>Hours</b>	Last Saturday of every month from 8:30 AM - 11:00 AM
<b>Location</b>	256 Washington St. Lynn, MA
<b>Contact</b>	781-595-2550 <a href="mailto:lynnwsbc@gmail.com">lynnwsbc@gmail.com</a>
<b>Website</b>	<a href="https://www.lynnwsbc.org/food-pantry">https://www.lynnwsbc.org/food-pantry</a>
<b>Notes</b>	The Thanksgiving and Christmas food pantries are the Saturday before the holiday

## Lynnfield

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

## Malden

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

Freedom Hill Community Church	
<b>Type</b>	Food Pantry
<b>Hours</b>	Tuesday 6 PM - 8:30 PM
<b>Location</b>	77 Kennedy Drive, Malden, MA
<b>Contact</b>	781-321-2121
<b>Website</b>	<a href="https://freedomhillcommunitychurch.org/food-pantry/">https://freedomhillcommunitychurch.org/food-pantry/</a>
<b>Serves</b>	No Residency Requirement(s)
<b>Notes</b>	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)	
<b>Type</b>	Food Pantry
<b>Hours</b>	Monday, Tuesday, Thursday 11 AM - 2 PM, Saturday 10 AM - 12 PM
<b>Location</b>	99 Dartmouth Street, Malden, MA
<b>Contact</b>	781-324-7680
<b>Website</b>	<a href="https://mv-ymca.org/food-security/malden-ymca-food-market">https://mv-ymca.org/food-security/malden-ymca-food-market</a>

### Malden Market (Located at Malden YMCA)

<b>Serves</b>	No Residency Requirement(s)
<b>Notes</b>	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 reusable bags and a cart (if you need one). Register online for an appointment.

### Ward 1 Community Fridge

<b>Type</b>	Community Fridge
<b>Hours</b>	24/7
<b>Location</b>	Community Health Alliance, 195 Canal Street, Malden, MA
<b>Website</b>	<a href="https://www.facebook.com/groups/759753784654081/">https://www.facebook.com/groups/759753784654081/</a>
<b>Serves</b>	Malden
<b>Notes</b>	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

### Ward 3 Community Fridge

<b>Type</b>	Community Fridge
<b>Hours</b>	24/7
<b>Location</b>	401 Pleasant St, Malden, MA
<b>Website</b>	<a href="https://www.facebook.com/groups/759753784654081/">https://www.facebook.com/groups/759753784654081/</a>
<b>Serves</b>	Malden
<b>Notes</b>	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

<b>Type</b>	Community Fridge
<b>Hours</b>	24/7
<b>Location</b>	420 Eastern Avenue, Malden, MA
<b>Website</b>	<a href="https://www.facebook.com/groups/759753784654081/">https://www.facebook.com/groups/759753784654081/</a>

## Ward 5 Community Fridge

<b>Serves</b>	Malden
<b>Notes</b>	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

<b>Type</b>	Community Fridge
<b>Hours</b>	24/7
<b>Location</b>	Malden Catholic High School, 99 Crystal Street, Malden, MA
<b>Website</b>	<a href="https://www.facebook.com/groups/759753784654081/">https://www.facebook.com/groups/759753784654081/</a>
<b>Serves</b>	Malden
<b>Notes</b>	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 Malden Catholic near the Soccer Fields on Maplewood Street.

## Ward 8 Community Fridge

<b>Type</b>	Community Fridge
<b>Hours</b>	24/7
<b>Location</b>	155 Beach Street, Malden, MA
<b>Website</b>	<a href="https://www.facebook.com/groups/759753784654081/">https://www.facebook.com/groups/759753784654081/</a>
<b>Serves</b>	Malden
<b>Notes</b>	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: <a href="https://www.jfcsboston.org/our-services/center-for-basic-needs-assistance/family-table-food-pantry/family-table-distribution-day-schedule">https://www.jfcsboston.org/our-services/center-for-basic-needs-assistance/family-table-food-pantry/family-table-distribution-day-schedule</a>
Location	1 Community Road Marblehead, MA
Contact	978-741-7878 <a href="mailto:familytable@jfcsboston.org">familytable@jfcsboston.org</a>
Website	<a href="https://www.jfcsboston.org/Our-Services/Center-for-Basic-Needs-Assistance/Family-Table">https://www.jfcsboston.org/Our-Services/Center-for-Basic-Needs-Assistance/Family-Table</a>
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: <a href="https://www.jfcsboston.org/Our-Services/Center-for-Basic-Needs-Assistance/Family-Table/Become-a-Client">https://www.jfcsboston.org/Our-Services/Center-for-Basic-Needs-Assistance/Family-Table/Become-a-Client</a>

### 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 <a href="mailto:info@marbleheadfoodpantry.org">info@marbleheadfoodpantry.org</a>
Website	<a href="https://marbleheadfoodpantry.org/">https://marbleheadfoodpantry.org/</a>
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 <a href="mailto:kerrymvb@gmail.com">kerrymvb@gmail.com</a>
Website	<a href="http://www.maynardfoodpantry.com/maynard-backpack-program-for-children/">http://www.maynardfoodpantry.com/maynard-backpack-program-for-children/</a>
Serves	Maynard schools
Notes	Weekly food delivery program for students. Sign up at: <a href="chrome-extension://efaidnbmnnibpcajpcqclefindmkaj/http://www.maynardfoodpantry.com/wp-content/uploads/2023/08/permission-form-English.pdf">chrome-extension://efaidnbmnnibpcajpcqclefindmkaj/http://www.maynardfoodpantry.com/wp-content/uploads/2023/08/permission-form-English.pdf</a>

### 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	<a href="http://www.maynardfoodpantry.com/maynard-backpack-program-for-children/">http://www.maynardfoodpantry.com/maynard-backpack-program-for-children/</a>
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

<b>Open Table Maynard</b>	
<b>Location</b>	33 Main Street, Maynard
<b>Contact</b>	978-369-2275 or Email: <a href="mailto:info@opentable.org">info@opentable.org</a>
<b>Website</b>	<a href="https://www.opentable.org/">https://www.opentable.org/</a>
<b>Serves</b>	Acton, Bedford, Billerica, Boxborough, Carlisle, Chelmsford, Concord*, Framingham, Hudson, Lexington, Lincoln, Littleton, Lowell, Marlborough, Maynard*, Natick, Stow, Sudbury, Waltham, Wayland, Westford *People who work in Concord or Maynard that live outside this service area may also shop with proof of employment
<b>Notes</b>	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	<a href="https://www.facebook.com/groups/562608498028884/">https://www.facebook.com/groups/562608498028884/</a>
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	<a href="https://uumedford.org/connection/food-pantry/">https://uumedford.org/connection/food-pantry/</a>
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	<a href="https://www.facebook.com/groups/lophcommunityfridge">https://www.facebook.com/groups/lophcommunityfridge</a>
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	<a href="https://mv-ymca.org/food-security/malden-ymca-food-market">https://mv-ymca.org/food-security/malden-ymca-food-market</a>
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 reusable 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	<a href="https://www.facebook.com/groups/409646247664852">https://www.facebook.com/groups/409646247664852</a>
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
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### Sanctuary's Micro Food Pantry

<b>Hours</b>	24/7
<b>Location</b>	458 High Street, Medford, MA
<b>Website</b>	<a href="https://sanctuaryucc.org/micro-food-pantry/">https://sanctuaryucc.org/micro-food-pantry/</a>
<b>Serves</b>	Medford
<b>Notes</b>	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

<b>Type</b>	Food Pantry
<b>Hours</b>	Tuesday 9 AM - 12 PM
<b>Location</b>	38 Boston Avenue, Medford, MA
<b>Contact</b>	781-488-5444
<b>Website</b>	<a href="https://www.saintraphaelparish.org/food-pantry">https://www.saintraphaelparish.org/food-pantry</a>
<b>Serves</b>	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	<a href="https://faithchurchac.org/food-pantry/">https://faithchurchac.org/food-pantry/</a>
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	<a href="https://www.facebook.com/FaithChurchMelrose">https://www.facebook.com/FaithChurchMelrose</a>
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 <a href="mailto:terron@melrosefbc.org">terron@melrosefbc.org</a>
Website	<a href="https://mapping.littlefreepantry.org/pantry/2441">https://mapping.littlefreepantry.org/pantry/2441</a>
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 <a href="mailto:lauralemmons@gmail.com">lauralemmons@gmail.com</a>
Website	<a href="https://mapping.littlefreepantry.org/pantry/2876">https://mapping.littlefreepantry.org/pantry/2876</a>
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	<a href="https://www.thefooddrive.org/community-freezer">https://www.thefooddrive.org/community-freezer</a>
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	<a href="https://www.melrosefbc.org/pantry-of-hope">https://www.melrosefbc.org/pantry-of-hope</a>
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	
<b>Type</b>	Food and Paper Products Pantry
<b>Hours</b>	Saturday, November 1, 7:00 AM – 12:00 PM Wednesday, November 5, 12:00 PM – 8:00 PM
<b>Location</b>	Methuen Senior Activity Center, 77 Lowell St, Methuen
<b>Contact</b>	(978) 983 - 8515
<b>Website</b>	<a href="https://www.methuen.gov/919/Methuen-Cares-Food-Pantry">https://www.methuen.gov/919/Methuen-Cares-Food-Pantry</a>
<b>Notes</b>	Methuen residence only.

## Middleton

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

## North Andover

### Take and Leave Food Bins

Type	Community Pantry
Location	Town Hall - 120 Main Street, North Andover
Contact	(978) 688 - 9500
Website	<a href="https://www.facebook.com/northandoverma/">https://www.facebook.com/northandoverma/</a>
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	<a href="https://www.facebook.com/northandoverma/">https://www.facebook.com/northandoverma/</a>
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
Website	<a href="https://www.facebook.com/northandoverma/">https://www.facebook.com/northandoverma/</a>
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	<a href="https://www.facebook.com/northandoverma/">https://www.facebook.com/northandoverma/</a>

### Take and Leave Food Bins

<b>Notes</b>	North Andover residents only
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### The People's Pantry @ North Parish

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

## North Reading

North Reading Food Pantry	
<b>Type</b>	Food Pantry
<b>Hours</b>	Monday 9:30 AM – 11:00 AM, 1st & 3rd Monday 6:30 PM – 8:00 PM
<b>Location</b>	150 Haverhill Street, North Reading, MA
<b>Contact</b>	978-276-0400
<b>Website</b>	<a href="https://nrfoodpantry.org/">https://nrfoodpantry.org/</a>
<b>Serves</b>	North Reading
<b>Notes</b>	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 <a href="mailto:peabody@theactivationchurch.com">peabody@theactivationchurch.com</a>
Website	<a href="https://www.cbcpeabody.org/loaf-and-ladle">https://www.cbcpeabody.org/loaf-and-ladle</a>
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 <a href="mailto:andykatzmire@cbcpeabody.org">andykatzmire@cbcpeabody.org</a>
Website	<a href="https://www.cbcpeabody.org/loaf-and-ladle">https://www.cbcpeabody.org/loaf-and-ladle</a>
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 <a href="mailto:info@citizensinn.org">info@citizensinn.org</a>
Website	<a href="https://citizensinn.org/haven-from-hunger/">https://citizensinn.org/haven-from-hunger/</a>
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 <a href="mailto:info@citizensinn.org">info@citizensinn.org</a>
Website	<a href="https://citizensinn.org/haven-from-hunger/">https://citizensinn.org/haven-from-hunger/</a>
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	<a href="https://stclarepeabody.org/st-clare-mission">https://stclarepeabody.org/st-clare-mission</a>
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	
<b>Type</b>	Food Pantry
<b>Hours</b>	Monday 6:30 PM - 7:30 PM, Friday 10:30 AM - 11:30 AM
<b>Location</b>	6 Salem Street, Reading, MA
<b>Contact</b>	781-944-8486
<b>Website</b>	<a href="https://www.readingfoodpantry.org">https://www.readingfoodpantry.org</a>
<b>Serves</b>	Reading
<b>Notes</b>	<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>

## 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	<a href="https://easternusa.salvationarmy.org/massachusetts/north-shore/">https://easternusa.salvationarmy.org/massachusetts/north-shore/</a>
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 <a href="mailto:foodfortheworld@hotmail.com">foodfortheworld@hotmail.com</a>
Website	<a href="http://www.foodfortheworld.org">www.foodfortheworld.org</a>

### The Salem Pantry

Type	Food Pantry
Hours	<p><b>The Market (main location at 47 Leavitt Street, Salem):</b>            Tuesdays 1:00 – 5:00 PM, Wednesdays 3:00 – 7:00 PM, Thursdays 11:00 AM – 3:00 PM, Fridays 11:00 AM – 3:00 PM, Saturdays 10:00 AM – 2:00 PM</p> <p><b>Pop Ups:</b></p> <ul style="list-style-type: none"> <li>- Mondays 3:30 PM - 4:30 PM at North Shore Physicians Group, 331 Highland Ave, Salem</li> <li>- Wednesdays 9:30 AM - 11:00 AM at Community Life Center 401 Bridge Street, Salem</li> <li>- 4<sup>th</sup> Tuesday of each month, 3:00 PM – 4:00 PM at Cook Street Park, 58 Cook Street Lynn, MA</li> </ul> <p><b>Home Delivery:</b> 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>
Location	47 Leavitt Street, Salem (Main Address)

The Salem Pantry	
<b>Contact</b>	(978) 552 - 3954 or <a href="mailto:info@thesalempantry.org">info@thesalempantry.org</a>
<b>Website</b>	<a href="https://www.thesalempantry.org/">https://www.thesalempantry.org/</a>
<b>Notes</b>	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 <a href="https://yourmarket.my.site.com/sintake?language=en_US">https://yourmarket.my.site.com/sintake?language=en_US</a> .

## Saugus

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

## Stoneham

### 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	<a href="https://www.firstchurchstonehampantry.org/">https://www.firstchurchstonehampantry.org/</a>
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).

### 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	<a href="https://www.facebook.com/share/p/15KR3gWZvEN/">https://www.facebook.com/share/p/15KR3gWZvEN/</a>
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.

## Stow

Guest Table Community Dinner at First Parish Church	
<b>Type</b>	Free Community Meals
<b>Hours</b>	Second Friday of each month. Doors open at 5:00 PM. Dinner served at 5:30 PM
<b>Location</b>	353 Great Road, Stow
<b>Contact</b>	<a href="mailto:fpcguesttable@fpc-stow-acton.org">fpcguesttable@fpc-stow-acton.org</a>
<b>Website</b>	<a href="https://www.fpc-stow-acton.org/article/november-guest-table-community-dinner">https://www.fpc-stow-acton.org/article/november-guest-table-community-dinner</a>
<b>Serves</b>	Central Middlesex area
<b>Notes</b>	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	
<b>Type</b>	Farm Stand
<b>Hours</b>	November - December Bi-weekly Fridays 12:00 - 5:00 PM. Saturdays 11:00 AM - 4:00 PM
<b>Location</b>	84 Gleasondale Road, Stow
<b>Contact</b>	<a href="mailto:Farmer@small-farm.com">Farmer@small-farm.com</a>
<b>Website</b>	<a href="https://small-farm.com/wp/farm-stand/">https://small-farm.com/wp/farm-stand/</a>
<b>Serves</b>	Central Middlesex area
<b>Notes</b>	Farm stand accepting cash, check, credit debit card, SNAP EBT, Massachusetts Farmers' Market Coupons and offer HIP benefits.

Stow Food Pantry	
<b>Type</b>	Drive-Up, Food and Household Item Pantry
<b>Hours</b>	Saturday, November 8 and Dec.13 Sunday, November 9 and Dec. 14 Friday, November 21 and Dec. 19  *All times by appointment

<b>Stow Food Pantry</b>	
<b>Location</b>	Pompositicut Community Center, 509 Great Road, Stow
<b>Contact</b>	(978) 897-4230 for appointments or help <a href="mailto:stowfoodp@gmail.com">stowfoodp@gmail.com</a> for appointments or help
<b>Website</b>	<a href="http://stowfoodpantry.com/">http://stowfoodpantry.com/</a>
<b>Serves</b>	Stow, Maynard, Acton, Boxborough, Lancaster, Bolton
<b>Notes</b>	Appointments are required. COA vans are available from Stow to deliver or provide a ride to the pantry.

## Swampscott

Anchor Food Pantry	
<b>Type</b>	Food Pantry
<b>Hours</b>	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.
<b>Location</b>	86 Burrill St, Swampscott, MA
<b>Contact</b>	781-479-3080 <a href="mailto:theanchorfoodpantry@gmail.com">theanchorfoodpantry@gmail.com</a> <a href="mailto:anchorfoodeelivery@gmail.com">anchorfoodeelivery@gmail.com</a>
<b>Website</b>	<a href="https://www.anchorfoodpantry.org/">https://www.anchorfoodpantry.org/</a>
<b>Serves</b>	Swampscott, Nahant
<b>Notes</b>	First time visitors will be asked to show proof of Swampscott or Nahant residency and complete an intake form.

St. John the Evangelist Church	
<b>Type</b>	Food Pantry
<b>Hours</b>	Tuesday 11 AM - 12 PM Thursday 7 PM - 8 PM
<b>Location</b>	174 Humphrey St. Swampscott, MA
<b>Contact</b>	(781) 593-2544
<b>Website</b>	<a href="https://www.stjohnstthomas.com/st-vincent-de-paul-society">https://www.stjohnstthomas.com/st-vincent-de-paul-society</a>
<b>Serves</b>	Lynn, Swampscott, Nahant
<b>Notes</b>	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	
<b>Type</b>	Food Pantry
<b>Hours</b>	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
<b>Location</b>	999 Whipple Rd., Tewksbury
<b>Contact</b>	(978) 858-2273
<b>Website</b>	<a href="https://tewksburypantry.org/">https://tewksburypantry.org/</a>
<b>Notes</b>	All new clients must complete a short 2026 application form Thanksgiving Distribution - Sunday before Thanksgiving 11/22 from 10 AM - 12 PM

## Tyngsboro

### St. Mary Magdalen Food Pantry

Type	Food Pantry
Hours	Please Call for Monthly Schedule
Location	93 Lakeview Ave, Tyngsboro
Contact	(978) 844-2365
Website	<a href="https://rodmc.org/st-vincent-de-paul-society">https://rodmc.org/st-vincent-de-paul-society</a>

### Tyngsborough Food Pantry

Type	Food Pantry
Hours	Monday – Friday 8 AM – 4 PM
Location	169 Westford Road, Tyngsboro, MA
Contact	978-649-9211
Website	<a href="https://www.tyngsboroughma.gov/civicalerts.aspx?AID=263">https://www.tyngsboroughma.gov/civicalerts.aspx?AID=263</a>
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	<a href="https://www.emmanuelwakefield.org/food-insecurity">https://www.emmanuelwakefield.org/food-insecurity</a>
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	<a href="https://wakefieldfoodpantry.org/little-free-pantries-give-what-you-can-take-what-you-need/">https://wakefieldfoodpantry.org/little-free-pantries-give-what-you-can-take-what-you-need/</a>
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	<a href="https://wakefieldfoodpantry.org/little-free-pantries-give-what-you-can-take-what-you-need/">https://wakefieldfoodpantry.org/little-free-pantries-give-what-you-can-take-what-you-need/</a>
Serves	Wakefield

### First Parish Congregational Church Little Pantry

<b>Notes</b>	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.
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### Most Blessed Sacrament Community Meal

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

### Most Blessed Sacrament Little Pantry

<b>Type</b>	Little Pantry
<b>Hours</b>	24/7
<b>Location</b>	8 Grove Street, Wakefield, MA
<b>Website</b>	<a href="https://wakefieldfoodpantry.org/little-free-pantries-give-what-you-can-take-what-you-need/">https://wakefieldfoodpantry.org/little-free-pantries-give-what-you-can-take-what-you-need/</a>
<b>Serves</b>	Wakefield
<b>Notes</b>	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

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

### Private Residence, Little Food Pantry

<b>Website</b>	<a href="https://wakefieldfoodpantry.org/little-free-pantries-give-what-you-can-take-what-you-need/">https://wakefieldfoodpantry.org/little-free-pantries-give-what-you-can-take-what-you-need/</a>
<b>Serves</b>	Wakefield
<b>Notes</b>	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

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

### St. Joseph's Community Meal

<b>Type</b>	No-Cost Meals
<b>Hours</b>	1st Thursday 5 PM-5:30 PM
<b>Location</b>	173 Albion Street, Wakefield, MA
<b>Contact</b>	781-245-5770
<b>Website</b>	<a href="https://stjosephwakefield.org/st-joseph-table/">https://stjosephwakefield.org/st-joseph-table/</a>
<b>Serves</b>	No Residency Requirement(s)
<b>Notes</b>	<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

<b>Type</b>	Little Pantry
<b>Hours</b>	24/7
<b>Location</b>	273 Vernon Street, Wakefield, MA
<b>Website</b>	<a href="https://wakefieldfoodpantry.org/little-free-pantries-give-what-you-can-take-what-you-need/">https://wakefieldfoodpantry.org/little-free-pantries-give-what-you-can-take-what-you-need/</a>
<b>Serves</b>	Wakefield
<b>Notes</b>	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

<b>Type</b>	Food Pantry
<b>Hours</b>	Tuesday 9 AM-1 PM
<b>Location</b>	467 Main Street, Wakefield, MA
<b>Contact</b>	781-245-2510
<b>Website</b>	<a href="http://wakefieldfoodpantry.org/">http://wakefieldfoodpantry.org/</a>
<b>Serves</b>	Wakefield
<b>Notes</b>	<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 &amp; Metro North Area DDS). Bring the referral to the first visit.</p>

### Wakefield Town Hall Little Pantry

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

**Wakefield Town Hall Little Pantry**

<b>Website</b>	<a href="https://wakefieldfoodpantry.org/little-free-pantries-give-what-you-can-take-what-you-need/">https://wakefieldfoodpantry.org/little-free-pantries-give-what-you-can-take-what-you-need/</a>
<b>Serves</b>	Wakefield
<b>Notes</b>	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	
<b>Type</b>	Food Pantry
<b>Hours</b>	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). 2025 Closings: November 26 and 28 December 24, 26 and 31
<b>Location</b>	20 Pleasant St., Westford, MA, Westford
<b>Contact</b>	(978) 501-3042
<b>Website</b>	<a href="https://westfordpantry.org/">https://westfordpantry.org/</a>
<b>Serves</b>	Westford, Chelmsford North Chelmsford, Lowell, Billerica North Billerica, Dracut, Groton, Littleton, and Tyngsborough

## Wilmington

Shushan Farm	
<b>Type</b>	Honor System Farmstand
<b>Hours</b>	Saturdays 10:00 AM - 7:00 PM Sundays 10:00 AM - 7:00 PM
<b>Location</b>	838 Boutwell Street, Wilmington
<b>Contact</b>	Facebook or Instagram @shushanfarm
<b>Website</b>	<a href="https://www.facebook.com/ShushanFarm">https://www.facebook.com/ShushanFarm</a> <a href="https://www.instagram.com/shushanfarm/">https://www.instagram.com/shushanfarm/</a>
<b>Serves</b>	Central Middlesex area
<b>Notes</b>	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	
<b>Type</b>	Food Pantry
<b>Hours</b>	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
<b>Location</b>	Old South School House 142 Chestnut Street, Wilmington
<b>Contact</b>	Phone: (978) 658-7425 Email: <a href="mailto:wilmcf@verizon.net">wilmcf@verizon.net</a>
<b>Website</b>	<a href="http://www.wilmingtoncommunityfund.org/food-pantry.html">http://www.wilmingtoncommunityfund.org/food-pantry.html</a>
<b>Serves</b>	Wilmington
<b>Notes</b>	No appointment needed. Proof of residence and income information are required.

## Winchester

EnKa Pantry	
<b>Type</b>	Food Pantry
<b>Hours</b>	Sundays 8:30 AM - 2:30 PM Mondays 1:30 PM - 7:30 PM
<b>Location</b>	1037 Main Street, Winchester
<b>Contact</b>	Call or text: (781) 369-5844 Email: <a href="mailto:enkapantry@gmail.com">enkapantry@gmail.com</a>
<b>Website</b>	<a href="https://enkasociety.org/food-pantry-3/">https://enkasociety.org/food-pantry-3/</a>
<b>Serves</b>	Winchester
<b>Notes</b>	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	
<b>Type</b>	Food Pantry
<b>Hours</b>	Tuesdays and Thursdays 9:30 AM-11:30 PM and 1:30 PM-3:00 PM Wednesday 6:00 PM-7:00 PM
<b>Location</b>	2 Merrimac Street, Woburn
<b>Contact</b>	Phone: (781) 935-6495 Email: <a href="mailto:paula@socialconcern.org">paula@socialconcern.org</a>
<b>Website</b>	<a href="https://www.socialconcern.org/services/interior-design/">https://www.socialconcern.org/services/interior-design/</a>
<b>Serves</b>	Woburn, Winchester
<b>Notes</b>	Appointments required and limited to one per month. Call or email to schedule.
St. Vincent de Paul Food Pantry	
<b>Type</b>	Food Pantry
<b>Hours</b>	Tuesdays 10:00 AM-12:00 PM Thursdays 6:00 PM-7:00 PM
<b>Location</b>	Lower level of the St. Charles Borromeo Church Parish Center 8 Summer Street, Woburn
<b>Contact</b>	Phone: (781) 404-5839 Email: <a href="mailto:svdpwoburn@gmail.com">svdpwoburn@gmail.com</a>
<b>Website</b>	<a href="https://svdpwoburn.org/need-help/svdp-food-pantry/">https://svdpwoburn.org/need-help/svdp-food-pantry/</a>
<b>Serves</b>	Woburn
<b>Notes</b>	Appointments required. The food pantry includes refrigerated, boxed and canned goods, as well as hygienic products and thrift store items.