

**CT 02 FOOD
ASSISTANCE SITES**

**For Foodshare mobile pantry
locations, text "FOODSHARE"
to 85511**

Updated 27 OCT 2025

Prepared by the Office of Congressman Joe Courtney

Call 860-886-0139 for further assistance

TOWN	ORGANIZATION	TYPE	ADDRESS	OPERATION	RESTRICTIONS	CONTACT
ANDOVER						
	Andover Congregational Church	Pantry	359 Route 6, Andover, CT	On Monday evenings, 5-7, the doors are open for people in need to receive food. The Mobile Foodshare truck comes every other week on Wednesday morning 9:00 A.M. The food pantry for Seniors is held on opposing Wednesdays at 9:00 A.M.	anyone in need	(860) 742-7696
CHAPLIN						
	Chaplin Congregational Church	Pantry	43 Chaplin Street Chaplin, CT	Friday's from 10AM to 2PM. If there is a true emergency for food, please call the church at (860) 455-9708	Chaplin and surrounding residents. Income requirements for certain food.	(860) 933-8899; https://www.chaplinchurch.com/get-involved
CHESTER						
	Shoreline Soup Kitchens And Pantries - United Church of Chester	Community Meal	29 West Main Street, Chester	Sunday 5:00-6:00 p.m	Residents of Essex, Chester, Clinton , Madison, Old Saybrook , East Lyme , Lyme, Old Lyme , Killingworth, Westbrook and Deep River. Pantries available at bolded towns	https://www.shorelinesoupkitchens.org/
CLINTON						
	Shoreline Soup Kitchens And Pantries	Pantry	First Church of Christ, Congregational, 55 Church Road	WEDNESDAY 3:30pm-6:00pm	Residents of Essex, Chester, Clinton , Madison, Old Saybrook , East Lyme , Lyme, Old Lyme , Killingworth, Westbrook and Deep River. Pantries available at bolded towns	https://www.shorelinesoupkitchens.org/
COLCHESTER						
	Colchester Food Bank	Pantry	127 Norwich Ave, Colchester	By appt only or by emergency	Colchester residents only	860-537-7235 https://www.colchesterct.gov/colchester-youth-socialservices/socialservices/pages/food-bank
	Rosalyn Allen Food Pantry	Mobile Pantry	Colchester Rec Plex	For mobile food pantry dates and times, please call 860-822-4146 or visit https://www.ucfs.org/news-events/	No restrictions	860-822-4146
EAST HAMPTON						
	St. Patrick Church	Pantry	43 West High Street, East Hampton	Monday & Thursday: 9:00 am to 12:00 pm	East Hampton residents	(860) 365-5978; https://www.easthamptonct.gov/social-services/food-bank

EAST LYME/OLD LYME						
	Care and Share. Inc. of East Lyme	Pantry	12 Roxbury Rd., Niantic	By appointment only	Resident of East Lyme/Niantic or Salem in need	860-739-8502
	Helping Hands - SWEET Potato Society, Inc	Pantry	19 Hall St., Old Lyme	Tues & Thurs 9am-1pm	No restrictions - deliveries and pick ups available	860-451-8237
	Shoreline Soup Kitchens Pantry @ First Congregational Church	Pantry	2 Ferry Road , Old Lyme	Sat 8:30-10:30am	Residents of Essex, Chester, Clinton , Madison, Old Saybrook , East Lyme , Lyme, Old Lyme , Killingworth, Westbrook and Deep River. Pantries available at bolded towns	860-388-1988
	Shoreline Soup Kitchens Pantry @ St. John's Episcopal Church	Pantry	400 Main St, Niantic	Thursday 2:30-4:30pm	Residents of Essex, Chester, Clinton , Madison, Old Saybrook , East Lyme , Lyme, Old Lyme , Killingworth, Westbrook and Deep River. Pantries available at bolded towns	860-388-1988
ELLINGTON						
	Crystal Lake Food Pantry	Pantry	278 Sandy Beach Rd (Route 140) Ellington, CT	Tuesday 8:00am-11:00am	Families in Ellington, Stafford and the surrounding area.	CLFPellington@gmail.com; https://www.facebook.com/clfpellington/
ENFIELD						
	Enfield Food Shelf	Pantry	786 Enfield Street Enfield, CT	Wednesday 9am-12pm; Thursday 11am-5pm.	Enfield and surrounding towns. Mobile food pantry every other Friday at 786 Enfield St. Next scheduled 11/7	(860) 741-7321; https://www.enfieldfoodshelf.org/
	Enfield Loaves and Fishes Soup Kitchen	Community Meal	23 N Main St Enfield, CT 06082	Sunday — Friday 4pm — 5pm; Saturday 11am-12:30pm	Enfield and surrounding towns	(860) 741-0226; https://www.enfieldloavesandfishes.org/
GLASTONBURY						
	Riverfront Community Center	Pantry	300 Welles Street Glastonbury, CT 06033	Mondays through Friday 8:00 am - 4:30 pmFor more information, please call.	Glastonbury resident with a household income at or below 60% of the State Median Income	https://www.glastonburyct.gov/departments/departments-directory-a-h/human-services/social-services/food-bank
	Glastonbury First Foodshare	Pantry	2183 Main St, Glastonbury	Wednesdays 9AM-11AM	every other Wednesday morning. Next appt 11/12	860-841-8363 or 860-657-8715
GRISWOLD/JEWETT CITY						
	St. Mary Food Pantry	Pantry	34 North Main Street, Jewett City	Tuesday 10am - 4pm	CT resident	860-376-2044 ext. 108
	Rosalyn Allen Food Pantry at Griswold Health Center	Pantry	226 East Main Street, Griswold	Monday-Thursday 8am-6pm and Friday 8am-4pm	No restrictions	860-822-4147 https://www.ucfs.org/newsevents/
	UW Mobile Food Pantry @ Griswold Public Works	Pantry	1148 Voluntown Rd, Griswold	3rd Thursday/month 4-5:30pm	Drive through	860-464-3327; https://www.uwsect.org/calendar
GROTON						
	Groton Community Meals	Meals	Groton Senior Center, 12 Newtown Rd. /Thames River Magnet School, 250 Brandegee Ave., Groton	Monday 6-7pm @ Thrive 55+ (Groton Senior Center), Wednesday 6-7pm @ Thames River Magnet School	All welcome - all under 18 must be accompanied by an adult	https://www.grotonmeals.org/calendar/
	Groton Human Services	Pantry	2 Fort Hill Rd, Groton	M-F 8:30-4:30, distribute 10am-11:50 & 2-4pm	Must call ahead for an app't; Groton residents; once a month	

GROTON						
	Malta	Pantry	20 Grove Ave, Groton	Wed 10am-noon, by appt only	no restrictions	860-373-3975
	UW Mobile Food Pantry @ St. John's Christian Church	Pantry	346 Shennecossett Rd, Groton	4th Friday 12:30-2pm	Drive through & Walk Up	860-464-3327; https://www.uwsect.org/calendar
HEBRON						
	Hebron Interfaith Human Services (HIHS)	Pantry	26 Pendleton Drive	Tuesday and Thursday (9 am to 6 pm), and on Friday from 12 pm to 5 pm.	Families that are income eligible from Amston/ Hebron are able to shop ONCE per week. Out of Town Families are able to shop TWICE a MONTH. https://www.hihsct.org/	
KILLINGLY						
	Friends of Assisi	Pantry	77 Water Street Danielson, CT	Tuesday, Friday 9:00am-11:00AM	Killingly area residents	(860) 774-2310
	Access Emergency Pantry	Pantry	231 Broad Street, Danielson	Tuesday, 1 p.m. – 3 p.m; Thursday, 9 a.m. – 12 p.m.; Third Friday of the month 9:30 a.m. – 12 p.m.	Families in Windham and Tolland county	https://accessagency.org/food-pantries-site-based-and-mobile/
LEDYARD						
	Linda C. Davis (Ledyard) Food Pantry	Pantry	728 Col. Ledyard Hwy, Ledyard @ Morgan Barn	Tues, Thurs & Sat 9-11am	Ledyard & Gales Ferry residents; clients should contact Ledyard Social Services to receive a number contact number listed	860-464-3222;
	New Life Christian Fellowship Pantry	Pantry	1729 Center Groton Rd. (Route 117), Ledyard	2nd & 4th Sat 9am-11am	Open to All	860-464-9098
MADISON						
	Shoreline Soup Kitchens And Pantries	Pantry	First Church of Christ, Congregational, 55 Church Road, Clinton	WEDNESDAY 3:30pm-6:00pm	Residents of Essex, Chester, Clinton , Madison, Old Saybrook , East Lyme , Lyme, Old Lyme , Killingworth, Westbrook and Deep River. Pantries available at bolded towns	https://www.shorelinesoupkitchens.org/
MANSFIELD						
	Storrs Congregational Church	Pantry	2 N. Eagleville Rd. Storrs, CT	Mondays from 12:00 PM to 2:00 PM, and Thursdays from 2:30 PM – 5:00 PM or by appointment	None	860-429-9382 or email: sccfoodpantry@storrscongchurch.org
MARLBOROUGH						
	Marlborough Food Bank	Pantry	3 Wilhenger Drive, Marlborough, CT 06447	Tuesday from 10:00 AM to 12:00 PM, and 3:30 PM to 6:00 PM	Any state resident. Income threshold requirements	https://foodbankofmarlborough.wordpress.com/about-us/
MONTVILLE						
	Montville Senior / Social Services	Pantry	310 Norwich-New London Tpke, Montville	M-F 8:30am-3pm	Monville residents & surrounding towns	860-848-0422
	Montville Union Baptist Church	Pantry	279 Route 163 (Oakdale Rd), Montville	2nd & 4th Saturday, 9-11am	Open to all; drive through only; registration in dirt parking lot	860-705-8578
	Uplifting Grace	Pantry	130 Route 32, Uncasville	3rd Saturday of the month, 9am-1pm, emergency need	Open to all	860-574-0455

NEW LONDON

Catholic Charities	Pantry	28 Huntington St, NL	M-F by appointments only	No restrictions	860-443-5328
Church of the City Community Meal	Meals	NL Community Meals, 12 Montauk St., NL	Sat 5-6pm	None	860-447-0388
City of NL Senior Center Community Café	Meals	120 Broad Street, NL	Monday- Friday 11:20am	NL resident 60+, register at Senior Center; income contingent	860-447-5232
Engaging Heaven Church - NL Breakfast Program	Breakfast	NL Salvation Army, 11 Gov. Winthrop Blvd., NL	Mon-Fri 7-7:30am	Open to all	860-917-9799
Food to the People	Pantry	The Place, 75 Garfield Ave., NL	Friday 9:00am-12:00pm; 3:00- 7:00pm	Open to All	860-917-5508
Lord's Pantry @ St. James Episcopal Church	Pantry	76 Federal St., NL	Wed 10am-12:30pm	NL County residents	860-443-4989
New London Area Food Pantry	Pantry	110 Garfield Ave., NL	Monday 12:30-2:30pm Thursday 9:30-11:30am	No restrictions	(860) 443-6680 https://newlondonareafoodpantry.weebly.com/
New London Community Meal Center	Served Meal	12 Montauk Street, NL	M-F lunch & dinner, 3rd, 4th Sat lunch & Sunday dinner; lunch served 12- 1pm; dinner served 5-6pm	Open to All	860-444-7745
New London Salvation Army	Pantry	11 Governor Winthrop Blvd., NL	Tues & Thurs 10am- noon	By appt only, may receive food every other week	860-443-6403
Shekinah Haitian SDA Church	Pantry	60 Huntington Street, NL	Saturday, 1:30-2:00	Open to All	860-367-4730
Shiloh's Food Pantry	Pantry	3 Garvin Street, NL	Sat 11am-2pm	Open to All	860-443-6046
UW Mobile Food Pantry @ Ocean Avenue LEARNing Academy	Pantry	660 Ocean Ave., NL	4th Wednesday 4:30-5:30	Walk up Mobile Food Pantry	860-464-3327; https://www.uwsect.org/calendar

NORWICH

Catholic Charities	Pantry	331 Main Street, Norwich	M-F by appt only; M, T, Th & F 8:30- 4:30, Wed 8:30am-7pm	No restrictions	860-889-8346
Easterseals Veterans Rally Point	Pantry & Meals	24 Stotts Ave., Norwich	Call for details	Members of Veterans Rally Point (all active military / veterans eligible for membership)	860-859-4148
El Shaddai Worship Center, Inc	Pantry	156 North Main St., Norwich	delivery only	Call for appointment	772-361-4979 or 860-710-4026
Rosalyn Allen Food Pantry	Mobile Pantry	UCFS, 47 Town St, Norwich and Dodd Stadium, 14 Stott Ave	Nonperishable food bags are available for pick up Monday - Thursday 8am-6:30pm & Friday 8am-4:30pm. Mobile food pantry info: call 860-822-4147 https://www.ucfs.org/newsevents /	No restrictions	860-822-4147 https://www.ucfs.org/newsevents/

NORWICH						
	St. Vincent de Paul Place	Pantry & Community Meals	120 Cliff Street, Norwich	General Hours: M-F 7am-4pm; Sat 7am-3pm / Pantry: Mon & Wed 9:30am-noon, 1-3pm, Sat. 9am-noon / Meals: Mon-Sat 8-10am; 11:30am-1pm	Open to All	860-889-7374 www.svdpp.org
	United Way Mobile Food Pantry @ Three Rivers Community College	Mobile Pantry	574 New London Tpke, Norwich	2nd Wednesday of the month 4:00-5:00pm	No restrictions - drive through	860-464-3327; https://www.uwsect.org/calendar
OLD SAYBROOK						
	Shoreline Soup Kitchens & Pantries	Pantry	First Church of Christ in Saybrook (Congregational), 36 6 Main Street	TUESDAY 2:00pm-4:00pm	Residents of Essex, Chester, Clinton , Madison, Old Saybrook , East Lyme , Lyme, Old Lyme , Killingworth, Westbrook and Deep River. Pantries available at bolded towns	https://www.shorelinesoupkitchens.org/
POMFRET						
	Pomfret Community Market	Pantry	207 Mashamoquet Road (Route 44) Pomfret Center, CT	Tuesdays from 2:00 pm - 4:00 pm and Thursdays from 2:00 pm - 4:00 pm	Appts made by calling TEEG	860-923-3458; https://www.pomfretct.gov/home/pages/food-pantry
PRESTON						
	Rosalyn Allen Food Pantry @ Preston Senior Center	Mobile Pantry	42 Long Society Rd, Preston	1st Friday of the month, 10-11am	No restrictions	860-822-4147 https://www.ucfs.org/newsevents/
PUTNAM						
	Daily Bread - United Methodist Church	Pantry	51-53 Grove Street Putnam, CT	By Appointment Only - Monday 10:00 am - 2:30 pm; Wednesday 6:00 pm - 7:45 pm; 2nd Wednesday 12:00 pm - 3:00 pm; 4th Wednesday 2:00 pm - 5:00 pm; Friday 9:30 am - 3:00 pm	Residents	(860) 928-0169; https://www.ihspputnam.org/ihspp-daily-bread-food-pantry
SOMERS						
	Somers Congregational Church Food Pantry	Pantry	599 Main Street Somers, CT	Mondays from 10am-noon & 6-7pm	Somers and surrounding residents	https://thesomerschurch.org/ministries/
STAFFORD SPRINGS						
	Mobile Foodshare Sites - Avery Park	Pantry	21 Lyons Rd., Stafford Springs, CT (staffordville School)	Every other Tuesday 9:00am-9:30am	Next appt. Nov 6 & 20	https://www.ctfoodshare.org/
	Safe Net Ministries	Pantry	First United Methodist Church 8 Church St. Stafford Springs, CT	2nd and 4th Saturday 9:00 a.m. to 12:00 noon 1st Wednesday 5:30 p.m. to 7:00 p.m.	none	860 851-9987; https://www.safenetministries.com/
STONINGTON						
	Pawcatuck Neighborhood Center	Pantry	27 Chase St, Pawcatuck	M-F 9am-3:30pm	resident of Stonington, North Stonington, Westerly, RI - Income restrictions	860-599-3285 ext. 101
	United Way Mobile Food Pantry @ Stonington High School	Mobile Pantry	176 South Broad St., Stonington	1st Wed/month 4:30-5:30pm	No restrictions	860-464-3327; https://www.uwsect.org/calendar

SUFFIELD						
	Emergency Aid Association of Suffield	Pantry	450 South Street Suffield, CT	appointments are scheduled between the hours of 8:00 – 3:30 Monday through Friday	Eligible suffield residents	https://suffieldcommunityaid.org/food-nutrition-programs-2/
THOMPSON						
	Thompson Ecumenical Empowerment Group (TEEG)	Pantry	15 Thatcher Road North Grosvenordale, CT 06255	Weekends	Weekend food available for residents of Woodstock, Pomfret, and Thompson. Also hosts Community markets at various locations throughout the week	https://teegonline.org/case-management-services/food-programs/
VERNON						
	IGLESIA FUENTE DE SALVACION MISIONERA FOOD PANTRY	Pantry	116 Union St, Vernon CT	Food pantry open every other Wednesday from 9:00 am-12:00 pm.	none	(860) 872-8461
	Cornerstone Kitchen	Community Meal	15 Prospect Street, Vernon, CT	Lunch: Served Every Day 11:30 am - 12:30 pm Dinner: Served Monday through Friday 4:30 pm - 5:30 pm	none	860-871-1823
	Cornerstone Food Cupboard	Pantry	16 Prospect Street, Vernon, CT	Tuesdays 9:00 am - 12:00 pm Saturdays 12:00 pm - 2:00 pm	None	860-871-1823; https://www.cornerstone-cares.org/foodcupboard
	Hockanum Valley Community Council	Pantry	29 Naek Road Suite 5A Vernon, CT 06066	Monday 2pm to 5pm Tuesday CLOSED Wednesday 12pm to 5pm Thursday 9am to 1pm Fridays 9am to 12pm	Tolland county resident	860-872-7727; https://www.hvcchelps.org/pantry
WATERFORD						
	Waterford Community Food Bank	Pantry	200 Boston Post Rd 42 Norwich Road, Quaker Hill	M-F 8:00am -4:00pm	Waterford and Quaker Hill residents. Call for appointment.	860-444-5848
	Bette's Bounty at UCP of Eastern CT	Pantry	42 Norwich Road, Quaker Hill	Monday - Friday 9am-4pm; Call for appointment	Open to individuals with disabilities and their family members. Call for appointment	860-968-3663
WESTBROOK						
	Shoreline Soup Kitchens & Pantries	Pantry	St. Mark Roman Catholic Church, 222 McVeagh Road, Westbrook	TUESDAY 11:30am-2:15pm	Residents of Essex, Chester, Clinton , Madison, Old Saybrook , East Lyme , Lyme, Old Lyme , Killingworth, Westbrook and Deep River. Pantries available at bolded towns	https://www.shorelinesoupkitchens.org/
WILLINGTON						
	Mobile Foodshare Sites	Pantry	40 Old Farm Rd., Willington, CT	Every other Wednesday 11:00-11:30AM	next appt nov. 5 & 19	https://www.ctfoodshare.org/
WINDHAM						
	Salvation Army	Pantry	316 Pleasant Street, WILLIMANTIC, CT	Call for appointment Tuesdays through Friday 9:00 am - 1:00 pm	Serves Must be one of the following: Working family, a family member who has been laid off during the year, Currently in the shelter, or have been in a shelter in the last 90 days, Family on state assistance with lost, stolen, or late check, Elderly person and Pregnant teen. Documentation Required: Receipts from any payments of the month	(860) 423-0977

WINDHAM

Access Emergency Pantry	Pantry	1315 Main Street Suite 2 Willimantic, CT	Monday, 1 p.m. – 3 p.m. Wednesday, 9 a.m. – 12 p.m. First Friday of the month 1 p.m. – 3 p.m.	For individuals and families	860-450-7400 x7495
Covenant Soup Kitchen	Meals and Pantry	220 Valley Street Willimantic, Connecticut	MEALS: Breakfast and lunch seven days per week and dinner on Friday, Saturday and Monday evenings PANTRY EMERGENCY GROCERIES: Mon/Wed/Fri 10 am - 3 pm, Tues/Thurs 10 am - 2 pm, - Saturday 10 am - 1 pm	none	(860) 423-1643
St. Patrick Church	Pantry	43 West High Street, East Hampton	Monday and Thursday 9:00am to 12:00pm	Resident of East Hampton	(860) 365-5978
Mobile Foodshare	Pantry	Church of Hope/Red barn – Corner of RT 85 & Rt 66.	Every OTHER Tuesday from 11:15- 11:45	none. Next scheduled nov. 4 & 18	
Flo's Friendship Kitchen	Community Meal	First United Methodist Church 8 Church St. Stafford Springs, CT	Wednesday's 11:00 - 11:30 Friday's 4:00 - 4:30	none	(860) 684-2468; https://www.safenetministries.com/flo-s-friendship-kitchen/