

FOOD ASSISTANCE RESOURCE GUIDE

FOOD PANTRIES

OPEN TO ALL


No proof of income or residency status required.

- All agencies that distribute TEFAP/ USDA food must distribute food to CT residents regardless of city or neighborhood.
- Individuals will be asked to verbally attest to eligibility requirements.


Believe in Me Empowerment
425-427 Dixwell Ave.
203-772-2771
1st Tues, 11am-1pm for emergency walk-up
3rd Thurs, 4pm-6pm

Bethel AME Church
255 Goffe St.
203-915-2947
3rd Sat of month, 10am-12pm
4th Wed of month, 12pm-2pm

 **Beulah Heights Church - Helping Hand Food Pantry**
782 Orchard St.
203-745-3589
2nd Tues, 3pm-5:30pm
4th Tues, 11am-1pm

 **Cathedral of Higher Praise Church**
155 Grand Ave.
203-776-7676
2nd & 4th Sat, 10am-12pm

Centro San Jose
290 Grand Ave.
203-777-6771
3rd Fri of month, 9am-12pm

 **Christian Community Action**
168 Davenport Ave.
203-777-7848
Walk-ins welcome Tues, 2pm-3pm

Christian Love Center Church-West River Community Food Pantry
154 Derby Ave.
203-645-2696
2nd & 4th Thursday, 4pm-6pm

Community Action Agency of New Haven
419 Whalley Ave.
203-387-7700 ext. 481
During business hours, M-F, 9am-5pm
Closed Permanently

Community Baptist Church
143 Shelton Ave.
203-562-7060
3rd Sat of month, 12pm-1:30pm

Community Builders - Kensington Square 1 & 2
133 Chapel St.
203-777-6612
2nd & 4th Thursday, 1-3pm
November only 14th and 21st

Door of Salvation Church
3 Arch St.
203-691-5608
3rd Tues of month,
Closed Permanently

Ed Leduc Memorial Food Pantry - A Place to Nourish Your Health
1302 Chapel St.
203-624-0947
1st & 3rd Thurs, 10am-12:30pm and 10am-3pm

Glorified Deliverance Church
604 Dixwell Ave.
2nd and 4th Sat of month, 11am-1pm

Iglesia Jehovah Rohi
577 Howard Ave.
203-605-8060
1st and 3rd Sat of month, 11am-12pm

Immanuel Missionary Baptist Church
1324 Chapel St.
203-777-8744
4th Sat of month, 7am-8:30am

Integrated Refugee & Immigrant Services (IRIS)
75 Hamilton St.
203-562-2095
Wed, 8:30am-11am

Jewish Family Services
1440 Whalley Ave.
203-397-0796
Wed & Thurs, 9am-12pm
By appointment only

 **Keefe Community Center**
11 Pine St.
203-562-5129
Hamden, CT 06514
Mon & Thurs, 12pm-2pm,
Tues 2pm-4pm, Wed & Fri, 9am-11am

Liberty Educational Service Center
44 Eastern St.
203-691-9494,
203-606-1905
2nd & 4th Sat, 1pm-3pm. Only open to New Haven residents. Must call Friday after 2pm to make appointment


 **Loaves & Fishes**
57 Olive St.
203-562-2691
Sat, 8:30am-10:30am

Maranatha Life Changing Ministries COGIC - Newhallville Substation
596 Winchester Ave.
203-440-6774
2nd and 4th Tues, 3pm-5pm

Mount Hope Recovery Center
565 Dixwell Ave.
203-785-0656
2nd & 4th Fri, 5pm-6pm
Must be signed in by 5:50pm

New Flame Restoration
1375 State St.
203-843-8831
Thurs, 3:30pm until food runs out

New Haven Church of Christ
16 Gem St.
203-777-2992
2nd Sat, 12pm-1pm
Emergency food bags Tues by appointment

 **New Haven Inner City Enrichment (NICE) - Hill Substation**
410 Howard Ave.
203-479-0056
Last Sat of month, 11am-1pm
2nd Tues of the month 1pm-2pm

New Haven Pride Center
50 Orange St.
(203) 387-2252
Mon & Fri 11am-4pm
Tues & Thurs 11am-1pm


Olive Street Pantry
57 Olive St.
203-624-6426
Wed, 1:30pm-3pm


Salvation Army - New Haven
450 George St.
203-624-9891
Mon, Wed, Fri, 9am-12pm

Second Star of Jacob Church
185 Chapel St.
203-776-9603 (call 9am-1pm)
Last two Thurs of month, 10am-12pm

St. Luke's Church
111 Whalley Ave.
203-865-0141, ext. 101
1st and 3rd Friday 10am-12pm


St. Matthew's Church
388 Dixwell Ave.
203-777-0472
2nd and 4th Sat of month, 8am-9am

 **Upon This Rock Ministries - Dwight Substation**
150 Edgewood Ave.
203-387-1215
3rd Sat of month, 9am-12pm

 **Varick AME Zion Church**
242-246 Dixwell Ave.
203-624-6245
1st Sat of month, 10am-12pm
Mon-Thurs, 10am-2:30pm
3rd Wednesday 10am-12pm

Vertical Church - Fair Haven Substation
295 Blatchley Ave.
203-934-9673 ext. 111
3rd Sat of month, 9am-11am

Walk of Faith Church
104 Fairmont Ave.
203-469-5134
Wed, 12pm-1pm
Attendees can arrive earlier to register

 **Women of the Village - Dixwell Substation**
26 Charles St.
203-675-9437, 203-376-2790
Tues, 1pm-2pm

Connecticut Food Bank Mobile Pantry

Pantry times vary by location and include morning, afternoon, and evening times to accommodate as many schedules as possible. Check the schedule at:

bit.ly/mobilepantries

For additional resources, please dial: 2-1-1
For the latest guide, visit:

bit.ly/getconnectednhv



Supporting Wellness at Pantries (SWAP)

The SWAP logo appears next to pantries that implement SWAP at their location.

Please call ahead to confirm hours.

SOUP KITCHENS

**Community Soup Kitchen (CSK)-
Newhallville Partnership**
5 Hazel St.
203-624-4594, 203-887-7145
Sat, 8am-9am
Mon, Tues, Thurs, Fri, 11pm-1pm
Meals to go

**Downtown Evening Soup
Kitchen (DESK)**
203-624-6426
Sun-Thurs, 5pm-6pm
Locations vary. Check website:
<https://deskct.org/dinner>
Grab-and-go-takeaway dinner
outside

**Immanuel Missionary
Baptist Church**
1324 Chapel St.
203-777-8744
Sun, 12pm-2pm

St. Luke's Church
111 Whalley Ave.
203-865-0141
Thurs, 12pm-1pm

St. Martin Deporres Church
136 Dixwell Ave.
203-624-9944
Tues, 8:30am-9:30am

St. Matthew's Church
388 Dixwell Ave.
203-777-0472
Temporarily Closed

St. Paul's Church
150 Dwight St.
203-624-3937
3rd Sat, 12pm-2pm

St. Thomas More Chapel
268 Park St.
203-777-5537
Wed, 11am-1pm. Begins the
first Wed in Oct and ends the
last Wed in April

Sunrise Café
57 Olive St.
203-562-2691
Mon-Fri, 6:30am-9:30am

**Thomas Chapel Church
of Christ**
30 White St.
203-865-6254
Wed, 11am-1pm

Varick AME Zion Church
242 Dixwell Ave.
203-624-6245
Mon, 5:30pm-6:30pm
Mon-Thurs, 11am-1pm
emergency food guides
Closed during major holidays

Yale Community Kitchen
323 Temple St.
203-624-6420
Fri & Sat, 4:45pm-6:30pm
All dinners served outside
Not open on major holidays

CLIENT SPECIFIC NEEDS

FOOD PANTRIES

FISH of Greater New Haven
Delivers groceries to homebound and
disabled New Haven residents.
Call 203-503-0107 to schedule an
assessment.
Calls accepted Mon-Fri, 9am-3pm.
Delivery Hours assigned Mon-Fri,
9am-3pm

SNAP (Food Stamps)

Households and individuals who wish to apply for the
Supplemental Nutrition Assistance Program (SNAP) may check
eligibility and apply online at www.connect.ct.gov, under
'Apply for Benefits.'

Women, Infants & Children (WIC)

The Women, Infants, & Children (WIC) program is a
supplemental food and nutrition program for pregnant women,
new moms and children under the age of 5 years old. To apply
to be a WIC participant, please call 1-800-741-2142.

*All CitySeed Farmers Markets accept SNAP, WIC, FMNP
checks, and Senior FMNP checks. CitySeed offers double value
for SNAP at all of its markets and Mobile Market.*

This guide was developed in
collaboration with:



To update resource
information, please visit:

bit.ly/guideupdate

SENIOR MEALS

Atwater Senior Center
26 Atwater St.
203-946-8558
Mon-Fri, 8:30am-4pm Register
one week in advance

Casa Otonal
135 Sylvan Ave.
203-773-9849
Lunch: Mon-Fri, 12pm-1pm
Age 60+

**Dixwell/Newhallville Senior
Center**
197 Dixwell Ave.
203-946-8541
Mon-Fri, 11:30am-12:30pm

East Shore Senior Center
411 Townsend Ave.
203-946-8544
Mon-Fri, 11:30am-12:30pm
Register one week in advance

LifeBridge Community Services
offers senior meals through
Meals on Wheels (delivered
Mon-Fri between 8am and 2pm).
They also coordinate lunches at
14 different senior centers
throughout the Greater New
Haven area. Meals are served
Mon-Fri from 11am-12:30pm.
Call 203-752-9919