



COMMUNITY SUPPORTS  
FOOD PANTRIES

Food Pantries/Banks rely predominately on the generosity of their community members. Through donations of canned food drives, food bank programs, or direct purchases, they are able to distribute food to people in emergency situations. If you're not in need of these services, please consider donating to help other families. While the listing below is extensive, it is certainly not inclusive.

Visit [FoodPantries.org](http://FoodPantries.org) for more pantries.

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| <b>BRIDGEPORT</b>  |  |
| <p><u><a href="#">Bridgeport Rescue Mission</a></u><br/>1088 Fairfield Avenue<br/>Bridgeport, CT<br/>(203) 333-4087 Ext. 100 for the operator<br/>Monday, Tuesday, Thursday, and Friday 2pm-3:30pm<br/>Valid Id-preferably Connecticut</p> | <p><u><a href="#">United Congregational Church / NGUOI</a></u><br/>2200 North Avenue,<br/>Bridgeport, CT 06604<br/>203-335-3107<br/>Wed. 5:00pm – 6:00pm,</p>                                      |
| <b>DARIEN</b>  |  |
| <p><u><a href="#">Thomas Merton House</a></u><br/>43 Madison Avenue<br/>Bridgeport, CT 06604<br/>(203) 367-9036</p>  | <p><u><a href="#">Darien Food Pantry P2P</a></u><br/>(Serves Darien, New Canaan and Stamford residents)<br/>1864 Post Rd<br/>Darien CT 06820<br/>(203) 655-0048<br/>Ana Crivorot (203)621-0695</p> |
| <b>GREENWICH</b>   |  |
| <p><u><a href="#">The Salvation Army</a></u><br/>30 Elm Street<br/>Bridgeport, CT 06604<br/>(203) 334-0995</p>   | <p><u><a href="#">Neighbor to Neighbor</a></u><br/>248 E. Putnam Avenue<br/>Greenwich, CT 06830<br/>(203) 622-9208</p>   |



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| <b>FAIRFIELD</b>   | <b>NORWALK</b>   |
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| <p><b><u><a href="#">Operation Hope</a></u></b><br/>636 Old Post Road, Fairfield<br/>(203) 292-5588<br/><br/>Hours Of Operation:<br/>M-W-F 10:00 am – 12:00 pm<br/>Thursdays 4:00pm – 6:00 pm</p>  | <p><b><u><a href="#">The Open Door Shelter</a></u></b><br/>MANNA House Hospitality Food Pantry<br/>and Soup Kitchen<br/>4 Merritt Street<br/>Norwalk, CT 06854<br/>(203) 866-1057<br/><br/>M-F 3pm-4:30pm pick up time/twice a<br/>month. New clients-M-F before 12noon</p>  |
| <b>MONROE</b>  |  |
| <p><b><u><a href="#">Monroe Social Services</a></u></b><br/>Monroe Food Pantry<br/>980 Monroe Turnpike<br/>Monroe, CT 06468<br/>Phone:(203) 452-2817<br/><br/>Hours: Monday 2:00 pm - 5:30<br/>pm; Wednesday &amp; Thursday 9:00<br/>am - 1:00 pm<br/><br/>Please call for Saturday hours<br/><br/>Emergency food for needy<br/>individuals and families living in<br/>Monroe.</p> | <p><b><u><a href="#">St. Vincent De Paul Food Pantry-<br/>Norwalk</a></u></b><br/>St. Thomas Apostle Church<br/>203 East Avenue (rear of church)<br/>Norwalk, CT 06855<br/>(203) 866-1644<br/><br/>Norwalk Residents<br/><br/>M, T, TH &amp; F 9am – 11 am noon<br/><br/>Last Saturday of the Month 10 am – 12</p> |
| <b>NEW CANAAN</b>  |  |
| <p><b><u><a href="#">Town of New Canaan Food<br/>Pantry</a></u></b><br/>Contact New Canaan Health &amp;</p>  | <p><b><u><a href="#">St. Philip Church Food Pantry<br/>Norwalk</a></u></b></p>   |



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| <p>Human Services @<br/>203594-3076 for eligibility and<br/>hours of distribution.</p>   | <p>1 Father Conlon Place<br/>Norwalk, CT 06851<br/>(203) 847-4549<br/><br/>Fridays 9 am – 11 am</p>   |
|  | <p><b>STAMFORD</b></p>  |
| <p><b><u>Norwalk Pantry P2P</u></b><br/><br/>(Serves residents of Norwalk,<br/>Weston, Westport and Wilton)<br/>76 South Main Street<br/>Norwalk, CT 06854<br/>(203) 939-1650</p>  | <p><b><u>Zion Lutheran Church Food Pantry</u></b><br/>132 Glenbrook Road<br/>Stamford, CT 06902<br/>(203) 327-7751<br/><br/>Call for eligibility and hours of<br/>distribution.</p>   |
| <p><b><u>Faith Tabernacle Church<br/>Pantry</u></b><br/><br/>29 Grove Street<br/>Stamford, CT<br/>(203) 348-8755 ext. 14<br/>Every Thursday 8am-10:30am<br/>Emergency Monday –Thursday<br/>9am-4pm<br/><br/>Application, proof of income,<br/>proof of address, household size,<br/>&amp; ID</p> | <p><b><u>Jewish Family Service</u></b><br/><br/>733 Summer Street 6<sup>th</sup> Floor<br/>Stamford, CT 06901<br/>(203) 921-4161<br/><br/>Monday – Wednesday 10:30am-12:30pm<br/><br/>Application, proof of income, proof of<br/>address, household size &amp; ID</p> |
| <p><b><u>Food Bank of Lower Fairfield<br/>County</u></b><br/>461 Glenbrook Road<br/>Stamford, CT<br/>(203) 358-8898<br/>Serves Darien, New Canaan,</p>   | <p><b><u>New Covenant Center</u></b><br/>174 Richmond Hill Ave<br/>Stamford, CT<br/>Tuesday Thursdays Fridays – by<br/>appointment<br/>Application, proof of income, proof of</p>   |



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| Stamford, Norwalk,<br>Greenwich, Wilton  | address & Birth certificate under 18 years old   |
| <b>STAMFORD (contd.)</b>   | <b>STRATFORD</b>   |
| <b><u>Haitian American Catholic Center</u></b><br>93 Hope Street<br>Stamford, CT 06906<br>(203) 406-0343<br>Thursday 11:30am – 1pm<br>Application required   | <b><u>Sterling House</u></b><br>2283 Main Street<br>Stratford, CT<br>(203)378-2606<br>Monday –Thursday 1pm- 3pm<br>Open to all.  |
| <b><u>Stamford Salvation Army</u></b><br>198 Selleck Street<br>Stamford, CT<br>(203) 359-2320<br>Monday – Wednesday 10am-3pm<br>Application, proof of income,<br>address & Birth certificate (kids). | <b><u>South End Community Center</u></b><br>19 Bates Street<br>Stratford, CT<br>(203) 377- 0689<br>Wednesday- 9:15am – 11:45am<br>Closed first Wednesday of month<br>Contact- Chris Dina |
| <b><u>Person to Person (Mobile)</u></b><br>83 Lockwood Avenue<br>Stamford, CT<br>(203) 655-0048<br>Wed -11am- 3pm By appt<br>75 Selleck Street<br>Stamford, CT<br>Thursday- 3pm-7pm                  | <b><u>St James RC Church</u></b><br>2110 Main Street<br>Stratford, CT<br>(203) 375-5887<br>Wednesday – 10am-12pm<br>Open to all. Proof of residency<br>Contact – Marcie Kelly            |
|  | <b><u>Stratford Baptist Church</u></b><br>131 Huntington Road<br>Stratford, CT   |



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|  | (203) 375-7768<br>Tuesday – 12:30pm - 1:30pm<br>Stratford residents<br>Contact- Valerie Peterson   |
|  | <b>WESTON</b>  |
| <b><u>Town of Trumbull Food Pantry</u></b><br>The Center at Priscilla Place<br>23 Priscilla Place<br>Trumbull, CT 06611<br>(203) 452-5136<br><br>Trumbull Residents who meet the state's financial criteria for public assistance. | <b><u>Weston Social Services Food Pantry</u></b><br>56 Norfield Road<br>Weston, CT 06883<br>(203) 222-2663   |
| <b>WESTPORT</b>  | <b>WILTON</b>  |
| <b><u>Homes with Hope</u></b><br>45 Jesup Road,<br>Westport, CT 06880<br>(203) 226-1661<br><br>M, T, TH & Friday 1pm-4pm<br>Pickup time w/Photo ID & address.  | <b><u>Comstock Community Center</u></b><br>180 School Road (lower level)<br>(203) 834-6238<br>Hours: Monday 1:45 – 4:00 pm<br>Tuesday 9:00 am – 12:00 pm and 2:00 pm – 4:30 pm<br>Wednesday 1:45 pm – 4:00 pm<br>Thursday 9:00 am – 12:00 pm |
| <b>STATEWIDE</b><br><br><b><u>CT FOOD BANK MOBILE PANTRY SCHEDULE</u></b><br><br>The Connecticut Food Bank<br>Mobile Pantry program currently  |  |

[www.swcaa.org](http://www.swcaa.org)  
203-333-9288



1000 Lafayette Blvd, 9<sup>th</sup> Fl  
Bridgeport CT 06604

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| schedules monthly distributions,<br>times vary by location. |  |  |
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