

Food Assistance Sites

Gemma E. Moran United Way / Labor Food Center

New London County

Updated: 06/09/2026

GEMMA E. MORAN
UNITED WAY/LABOR FOOD CENTER



An AFL-CIO Community Services and United Way Partnership

BALTIC / SPRAGUE	Type	Address	Days & Hours	Restrictions	Contact
Sisters of Charity Food Pantry	Pantry	54 W. Main St., Baltic	Thursday 3-4pm	Sprague residents - once a week	(860)822-8241
Town of Sprague Food Pantry	Pantry	1 Main St., Baltic	Wed. 8am-noon	CT resident. Verbally Confirm household income	(860)822-3000 ext. 203
COLCHESTER	Type	Address	Days & Hours	Restrictions	Contact
Colchester Food Bank	Pantry	127 Norwich Ave Suite 205, Colchester	By appt only or by emergency	Colchester residents. Must fill out Client intake form prior to appt.	(860)537-7235 https://www.colchesterct.gov/colchester-youth-social-services/social-services/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 LYME/OLD LYME/NIANTIC	Type	Address	Days & Hours	Restrictions	Contact
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 Halls Rd, Old Lyme	Tues & Thurs 10am-1pm, appt Only	Once weekly visit and intake registration required. ID needed.	(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. Proof of residency	(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. Proof of residency	(860)388-1988



United Way of Southeastern Connecticut
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Visit our website for additional resources and mobile food pantry calendar: www.uwsect.org/calendar



GRISWOLD/JEWETT CITY	Type	Address	Days & Hours	Restrictions	Contact
St. Mary Food Pantry	Pantry	34 North Main Street, Jewett City - Rectory Basement	Tuesday 10am - 4pm (every first 4 tuesdays of each month)	CT resident	(860)376-2044 ext. 108, back up phone number (860)376-5150
Griswold Senior Center	Pantry	220 Taylor Hill, Griswold	2nd & 4th Thursday, 1-3PM	Griswold/Jewett City residents, 55+	(860)376-2604
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/news-events/
UW Mobile Food Pantry @ Griswold Public Works	Pantry	1148 Voluntown Rd, Griswold	3rd Thursday/month 4-5pm	Drive through	(860)464-3327; https://www.uwsect.org/calendar

GROTON	Type	Address	Days & Hours	Restrictions	Contact
Groton Community Meals	Meals		Dinner served Monday 6-7 @ Thrive 55+ (dine in/take out) and Wednesday from 6pm-7pm @Thames River Magnet School (take out only)	All welcome - all under 18 must be accompanied by an adult	(860)389-3904; https://www.grotonmeals.org/calendar/
Groton Human Services	Pantry	2 Fort Hill Rd, Groton	Mon-Fri 8:30-4:30	Must call ahead for an appt; Groton residents; once a month	(860)441-6760
Malta	Pantry	20 Grove Ave, Groton	Wed 9:30am-12:30pm	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

LEDYARD	Type	Address	Days & Hours	Restrictions	Contact
Linda C. Davis Food Pantry	Pantry	728 Col. Ledyard Hwy, Ledyard @ Morgan Barn	Tues, Thurs & Sat 9-11am by appointment	Ledyard & Gales Ferry residents; contact Ledyard Social Services for appointment	(860)464-3222
New Life Christian Fellowship Pantry	Pantry	1729 Center Groton Rd. (Route 117), Ledyard	2nd & 4th Sat 9am-11am	No restrictions	(860)464-9098

WATERFORD	Type	Address	Days & Hours	Restrictions	Contact
Waterford Community Food Bank	Pantry	200 Boston Post Rd	M-F 8:00am -4:00pm	Waterford and Quaker Hill residents. Call for appointment. Register online https://www.waterfordct.org/322/Waterford-Community-Food-Bank	(860)444-5848

NEW LONDON	Type	Address	Days & Hours	Restrictions	Contact
Catholic Charities	Pantry	28 Huntington St, NL	M-F by appointments only	No restrictions	(860)443-5328
Church of the City Community Meal	Meals	12 Montauk Ave NL	Sat 5-6pm	No restrictions	(860)447-0388
City of NL Senior Center Community Café & Food Pantry	Meals & Pantry	10 Brainard Street, NL	Mon- Fri 11:30am (meals), 1st Thursday of each month (pantry) 12-3pm	NL resident 60+, register at Senior Center; income requirements	(860)437-6339 - call Marina with questions
Shekinah Haitian SDA Church	Pantry	60 Huntington Street, NL	Saturday, 1:30-2:00	No restrictions	(860)367-4730
Food to the People/The Bodega	Pantry	The Place, 74 Garfield Ave., NL	Friday 9:00am-12:00pm; 3:00-7:00pm	No restrictions	(860)448-4882
Lord's Pantry @ St. James Episcopal Church	Pantry	76 Federal St., NL	Wed 10am-12:30pm	No restrictions	(860)443-4989
New London Area Food Pantry	Pantry	110 Garfield Ave., NL	Monday 12:30-2:30pm Thursday 9:30-11:30am	Household must meet income requirements for current TEFAP rules. ID with current address.	(860)443-6680 https://newlondonareafoodpantry.org
New London Community Meal Center	Meals	12 Montauk Street, NL	M-F lunch & dinner (other than 1st & 2nd sat lunch) lunch served 12-1pm; dinner served 4:30-6pm	No restrictions	(860)444-7745
New London Salvation Army	Pantry	11 Governor Winthrop Blvd., NL	Tues & Thurs 10am- 2pm	By appt only	(860)443-6403
Shiloh Development Corporation Pantry	Pantry	3 Garvin Street, NL	Sat 11am-2pm, or by appointment	Registration required	(860)443-4462
UW Mobile Food Pantry @ Ocean Avenue LEARNing Academy	Pantry	660 Ocean Ave., NL	4th Wednesday 4:30-5:30	Walk up Mobile Food Pantry , bring your own bags	(860)464-3327; https://www.uwsect.org/calendar

PRESTON	Type	Address	Days & Hours	Restrictions	Contact
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/news-events/

PAWCATUCK/STONINGTON	Type	Address	Days & Hours	Restrictions	Contact
Pawcatuck Neighborhood Center	Pantry	27 Chase St, Pawcatuck	M-F 9am-3:30pm	Resident of Stonington, North Stonington, Westerly, RI - Income restrictions	(860)599-8567
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

NORWICH	Type	Address	Days & Hours	Restrictions	Contact
Catholic Charities	Pantry	331 Main St., Norwich	M-Thurs 8:30am-4:00pm, Fri 8:30am-12:30pm	Bring ID	(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
Madonna Place, Family Support Center	Pantry	240 Main St., Norwich	Thursdays 11am-3pm	Families must pre-register using online portal from Monday-Wednesday.	(860)886-6600
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.	No restrictions	(860)822-4147 https://www.ucfs.org/news-events/
Sacred Heart Church	Pantry	52 West Town St., Norwich	Thursdays 10:00-11:30am	No restrictions	(860)705-7099
The Salvation Army of Norwich	Pantry	425 W. Main St. Suite 110, Norwich	Tuesdays 1:30-3pm, Thursday 10am-3pm	Must be a resident of Norwich, Griswold, Jewett City, Taftville, preston. ID required. Must meet household Income requirements.	(860)559-2245
Evans Memorial AME Zion Church, Feed Thy Neighbor	Pantry	2 McKinley Ave., Norwich	Thursday 5pm-7pm and Sunday 1:30-3:30 pm	Must be a Norwich resident, Bring ID	(860)889-3604
St. Vincent de Paul Place	Pantry & Meals	120 Cliff Street, Norwich	Pantry: Mon & Wed 9:00am-12pm and 1-3pm, Sat. 9am-12pm / Meals: Mon-Sat 8-10am; Lunch 11:30am-1pm	No restrictions	(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	Drive through	(860)464-3327; https://www.uwsect.org/calendar

UNCASVILLE / MONTVILLE	Type	Address	Days & Hours	Restrictions	Contact
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	(860)443-3800
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	Drive through only; registration in dirt parking lot	(860)705-4518 / (860)848-3570
Uplifting Grace	Pantry	130 Route 32, Uncasville	3rd Saturday of the month, 9am-1pm, emergency need	No restrictions	(860)574-0455