

# Food Assistance Sites

Gemma E. Moran United Way / Labor Food Center

New London County



BALTIC	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

COLCHESTER	Type	Address	Days & Hours	Restrictions	Contact
Colchester Food Bank	Pantry	127 Norwich Ave, Colchester	Thurs by appt only or by emergency	Colchester residents	860-537-7235
Rosalyn Allen Food Pantry	Mobile Pantry	Colchester Rec Plex	For mobile food pantry dates and times, please call 860-822-4146 or visit <a href="https://www.ucfs.org/news-events/">https://www.ucfs.org/news-events/</a>	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	55 Pennsylvania Ave, Niantic	Tues & Thurs 9am-1pm	No restrictions - deliveries and pickups 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	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	860-388-1988



**United Way of Southeastern Connecticut**  
**Gemma E. Moran United Way / Labor Food Center**  
 Visit our website for additional resources and mobile food pantry calendar:  
[www.uwsect.org/calendar](http://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	Drive Thru - 2nd & 4th Tuesday of the month 10am - 11am & 3pm - 4pm	CT resident	860-376-2044 ext. 108
Rosalyn Allen Food Pantry at Griswold Health Center	Pantry	226 East Town Street, Griswold	Monday-Thursday 8am-6pm and Friday 8am-4pm	No restrictions	860-822-4147 <a href="https://www.ucfs.org/news-events/">https://www.ucfs.org/news-events/</a>
UW Mobile Food Pantry @ Griswold Public Works	Pantry	1148 Voluntown Rd, Griswold	3rd Thursday/month 4-5:30pm	Drive through	860-464-3327; <a href="https://www.uwsect.org/calendar">https://www.uwsect.org/calendar</a>

GROTON	Type	Address	Days & Hours	Restrictions	Contact
Groton Community Meals	Meals	Thrive 55+ (Groton Senior Center), 12 Newtown Rd. (Mon) / Thames River Magnet School, 250 Brandegee Ave., Groton (Wed)	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	860-389-3904; <a href="https://www.grotonmeals.org/calendar/">https://www.grotonmeals.org/calendar/</a>
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	860-441-6760
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	860-464-3327; <a href="https://www.uwsect.org/calendar">https://www.uwsect.org/calendar</a>

LEDYARD	Type	Address	Days & Hours	Restrictions	Contact
Linda C. Davis (Ledyard) Food Pantry	Pantry	728 Col. Ledyard Hwy, Ledyard @ Morgan Barn on the lower Town Green	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

NEW LONDON	Type	Address	Days & Hours	Restrictions	Contact
Alliance for Living - Essentials of Life Program	Pantry	154 Broad Street, NL	Wed 10am-2pm	Open to the public 1st Wednesday of the month	860-447-0884
Catholic Charities	Pantry	28 Huntington St, NL	M-F by appointments only	No restrictions	860-443-5328
Church of the City Community Meal	Meals	268 State Street, NL	Sat 5-6pm	None	860-447-0388
City of NL Food Pantry - Senior	Pantry	120 Broad Street, NL	1st Thurs/month 12-3pm, 1st	NL resident 60+	860-447-5232
Engaging Heaven Church - NL Breakfast Program	Breakfast	@ Salvation Army 11 Governor Winthrop Blvd.,	Mon-Fri 7-7:30am	Open to all	860-917-9799
Food to the People	Pantry	75 Garfield Ave., NL	Wednesday 10:30am-2:30pm	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 <a href="https://newlondonareafoodpantry.weebly.com/">https://newlondonareafoodpantry.weebly.com/</a>
New London Community Meal Center	Served Meal	12 Montauk Street, NL	M-F lunch & dinner, 3rd, 4th Sat lunch & Sunday dinner;	Open to all	860-444-7745
New London Housing Authority - 202 Coleman	Pantry	202 Coleman Street, NL	4th Monday 1-2pm	Housing Authority residents only	860-443-2851 ext 14
New London Housing Authority - Gordon Court	Pantry	36 Gordon Court, NL	4th Tuesday, 10-11am	Housing Authority residents only	860-443-2851 ext 14
New London Housing Authority - Riozzi Court	Pantry	131 Coleman St., NL	4th Monday 10-11am	Housing Authority residents only	860-443-2851 ext 14
New London Salvation Army	Pantry	11 Governor Winthrop Blvd., NL	Tues, Wed & Thurs 10am- noon	By appt only, may receive food every other week	860-443-6403
NL Housing Authority - Williams Park	Pantry	127 Hempstead St., NL	4th Fri 1-2pm	Housing Authority residents only	860-443-2851 ext 14
Shekinah Haitian SDA Church	Pantry	60 Huntington Street, NL			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., N	4th Wednesday 4:30-5:30	Walk up Mobile Food Pantry - outside	860-464-3327; <a href="https://www.uwsect.org/calendar">https://www.uwsect.org/calendar</a>

NORWICH	Type	Address	Days & Hours	Restrictions	Contact
Catholic Charities	Pantry	331 Main Street, Norwich	M-F by appt only	No restrictions	860-889-8346
Easterseals Veterans Rally Point	Pantry	24 Stotts Ave., Norwich	Monday-Friday 10am-2pm	Members of Veterans Rally Point (all active military / veterans eligible for membership)	860-859-4148
Eglise Evangelique PS. 23, Inc	Pantry	134 Boswell Ave., Norwich	Fri 3-5pm	appt. only/ call ahead	860-574-0682
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 <a href="https://www.ucfs.org/news-events/">https://www.ucfs.org/news-events/</a>	No restrictions	860-822-4147 <a href="https://www.ucfs.org/news-events/">https://www.ucfs.org/news-events/</a>
St. Vincent de Paul Place	Pantry & Community Meals	120 Cliff Street, Norwich	<b>General Hours:</b> M-F 7am-4pm; Sat 7am-3pm / <b>Pantry:</b> Mon & Wed 9:30am-noon, 1-3pm, Sat. 9am-noon / <b>Meals:</b> Mon-Sat 8-10am; 11:30am-1pm	Open to All	860-889-7374 <a href="http://www.svdpp.org">www.svdpp.org</a>
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; <a href="https://www.uwsect.org/calendar">https://www.uwsect.org/calendar</a>

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	860-599-3285 ext. 101
United Way Mobile Food Pantry @ Stonington High School	Mobile Pantry	176 South Broad St., Stonington	1st Wed/month 4:00-5:00pm	No restrictions	860-464-3327; <a href="https://www.uwsect.org/calendar">https://www.uwsect.org/calendar</a>

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 <a href="https://www.ucfs.org/news-events/">https://www.ucfs.org/news-events/</a>

<b>WATERFORD</b>					
	<b>Type</b>	<b>Address</b>	<b>Days &amp; Hours</b>	<b>Restrictions</b>	<b>Contact</b>
Waterford Community Food Bank	Pantry	200 Boston Post Rd	M-F 8:00am -4:00pm	Waterford and Quaker Hill residents. Call for appointment.	860-444-5848

<b>UNCASVILLE / MONTVILLE</b>					
	<b>Type</b>	<b>Address</b>	<b>Days &amp; Hours</b>	<b>Restrictions</b>	<b>Contact</b>
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	860-968-3663
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