NEW HAVEN

FOOD ASSISTANCE RESOURCE GUIDE

FOOD PANTRIES

Supporting Wellness at Pantries (SWAP)

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

Please call ahead to confirm hours.

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
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
Every other Sat, 9am-11am

Centro San Jose
290 Grand Ave.
203-777-6771
1st & 3rd Fri, 9am-12pm
Tickets for line starts at 7:30am

Christian Community Action
168 Davenport Ave.
203-777-7848
Tues 2pm-3pm for emergency bags
Closed Thurs and Fri

Christian Love Center Church - West River Community Food Pantry
154 Derby Ave.
203-752-1644
2nd & 4th Thurs, 2pm-4pm

Community Baptist Church
143 Shelton Ave.
203-562-7060
3rd Sat of month, 11am-12:30pm

Community Builders - Kensington Square 1 & 2
1333 Chapel St.
203-777-6612
2nd & 4th Thursday, 1-3pm
Tickets for line 10:30am-11:30am
Closed major holidays

Ed Leduc Memorial Food Pantry - A Place to Nourish Your Health
1302 Chapel St.
203-624-0947
1st & 3rd Thurs, 9am-12:30pm, & 1:30pm-3pm
Closed on holidays.

Glorified Deliverance Church
604 Dixwell Ave.
203-314-1440
2nd and 4th Sat of month
11am-12:45pm

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

Immanuel Missionary Baptist Church
1324 Chapel St.
203-777-8744
4th Sat of month, 8am - until food runs out
4th Sun of month emergency bags 12:30pm-1:30pm

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

Jewish Family Services- Barry J. Vine Food Pantry
1440 Whalley Ave.
203-397-0796
By appointment only
Wed & Thurs 9:00am-11:45am
Closed on Holidays

Keefe Community Center
11 Pine St.
Hamden, CT 06514
203-562-5129
By appointment only
Mon & Thurs, 11am-2pm,
Tues, 1pm-4pm,
Wed & Fri, 9am-11am
Closed on holidays

Liberty Educational Service Center
44 Eastern St.
203-606-1905
Every Sat, 1pm-3pm
Must call by Friday 2pm to make appointment

Loaves & Fishes
57 Olive St.
203-562-2691
Every 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, 3:00pm until food runs out

New Haven Church of Christ
16 Gem St.
203-777-2992
Temporarily Closed

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

New Haven Pride Center
50 Orange St.
203-387-2252
Temporarily Closed
Get updates at:
www.NewHavenPrideCenter.org

Newhallville Community Food Bank
681 Dixwell Avenue
203-687-0316
2nd and 4th Thurs, 5pm-6:30pm

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

Omega SDA Church Community Service
278 Winthrop Ave.
203-993-0203, 914-565-0112
1st & 3rd Sun of month, 10am-11:30am
Closed on major holidays

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

Second Star of Jacob Church
185 Chapel St.
203-776-9603 (call 9am-1pm)
3rd & 4th Thurs, 10am-12pm
Closed major holidays

St. Matthew's Church
388 Dixwell Ave.
Mon,Tues,Fri: 203-996-9643
Wed, Thurs: 203-777-0472
2nd & 4th Sat of month, 8am-9am

St. Paul's Church
150 Dwight St.
203-624-3937
3rd Sat of month 12pm-1:30pm

Upon This Rock Ministries - Dwight Substation
130 Edgewood Ave.
203-387-1215
3rd & 4th Sat of month
9am-11pm

Varick AME Zion Church
246 Dixwell Ave.
203-691-6333
1st Sat of month, 10am-12pm
Wed, 10am-12pm emergency food bags

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 9:00am to register. First come first serve

Women of the Village - Dixwell Substation
26 Charles St.
203-675-9437, 203-376-2790
Tues, 1pm-2pm
Fri, 12pm-1pm

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:

https://mobilefoodpantry.ctfoodshare.org/

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

bit.ly/getconnectednhv

Updated November 2026

SOUP KITCHENS

Community Soup Kitchen (CSK)
84 Broadway
203-624-4594
Breakfast: Sat, 8-9am
Lunch: Mon, Tues, Thurs, Fri, 11am-1pm
(April-Sept. only) Breakfast: Wed, 8am-9:30am,
Eat-in, Take-out.

Community Soup Kitchen (CSK) @ Newhallville
5 Hazel St.
203-624-4594
Mon, Tues, Thurs, Fri, 12:30pm-2pm, Food to go.

Community Soup Kitchen (CSK) @ St. Luke's Church
111 Whalley Ave.
203-624-4594
Thurs, 12pm-1pm
Food to go.

Community Soup Kitchen (CSK) @ St. Martin Deporres Church
136 Dixwell Ave.
203-624-4594
Tues, 6:30-9:30am
Closed first 2 weeks of August.

Community Soup Kitchen (CSK) @ The Hill
33 Lamberton St.
203-624-4594
Mon, Tue, Thur, Fri, 12-2pm

DESK's Dinner-on-the-Green
475-227-3009
Mon-Thurs, 4:30pm-6pm
More info at:
https://deskct.org/dinner

Downtown Evening Soup Kitchen (DESK)
266 State St.
475-227-3009
Mon-Thurs, 5-6pm to-go
Sun-Fri, 4:30-6pm in house

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

St. Paul's Church
150 Dwight St.
203-624-3937
3rd Sat, 12pm-1:30pm
Door located in back parking lot.

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.
203-859-5059
Mon-Fri, 6:30am-8:30am

Thomas Chapel Church of Christ
30 White St.
203-865-6254
203-996-5761
Wed, 11am-1pm

Varick AME Zion Church
242 Dixwell Ave.
203-691-6333
Mon, 4:00pm-5:30pm

CLIENT SPECIFIC NEEDS

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.

FOOD PANTRIES

FISH of Greater New Haven
Delivers groceries to homebound and disabled New Haven residents.
Must call 203-503-0107 to inquire about intake and schedule an assessment.
Calls accepted: Mon-Fri, 9am-3pm.
Delivery Hours: Monday and Wed-Fri, 9am-3pm
No walk ins available.

SENIOR MEALS

Atwater Senior Center
26 Atwater St.
203-934-9673
4th Fri 9am-11am
Register one day in advance

Casa Otonal
135 Sylvan Ave.
203-773-9849
Lunch: Mon-Fri, 11am-12pm
Age 60+

Dixwell/Newhallville Senior Center
197 Dixwell Ave 2nd Floor, Enter through Foote St. entrance
203-946-8541
Mon-Fri, 11:30am-12:30pm
Age 55+
Register 24 hours in advance and fill out form

East Shore Senior Center
350 Woodward 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
Must be over 60 years old and home-bound

This guide was developed in collaboration with:

CARE Research For Community Health
Connecticut Foodshare Our Community. Our Food Bank
Connecticut 2-1-1 Get Connected. Get Answers. Powered by 211ct.org.
New Haven Food Policy Council
City of New Haven Food System Policy Division

To update resource information, please visit:

https://uwc.211ct.org/professionals