

Chester, Deep River and Essex Food Resources
Last revised May 13, 2021



For information about SNAP, WIC, and other state- and federally-funded assistance programs, please contact your town’s office of Social Services or call W&FLC to speak to a Referral Navigator.

Name: Chester Food Pantry	
Physical address: Town Hall, Chester, 203 Middlesex Avenue, Chester, CT 06412	
Who:	Chester residents
What:	Non-perishable groceries, pre-bagged
When/where:	Mon, Wed, Thurs: 9:00 a.m. – noon Chester Town Hall
How:	Call ahead to 860-526-0013 Ext. 213 for appointment: Pick up arrangements are made by appointment
Phone:	Rosie Bininger, Chester Department of Social Services, Director – (860) 526-0013 Ext. 213
E-mail:	HumanServices@chesterct.org
Facebook:	N/A
Website:	http://chesterct.org/town-services/social-services/

Name: The CT Food Bank Dairy Express, a program of the Connecticut Food Bank	
<i>Se Habla Espanol</i>	
Physical address: CT Food Bank head office is at 2 Research Parkway, Wallingford, CT.	
Who:	CT Residents. Residents from any town may go to any delivery site which are generally held in Clinton, East Haven and Hamden
What:	Fresh milk and other dairy products
When:	In April 2021, the delivery schedule is not posted due to a change in the web site. CT Food Bank staff advise calling Connecticut’s hot line 211 and specifically asking about the Dairy Express.
E-mail:	cfb@ctfoodbank.org
Facebook:	https://www.facebook.com/CTFoodBank/
Website:	http://www.ctfoodbank.org/get-help/Connecticut-food-banks-mobile-pantry-schedule/

Name: The CT Food Bank Mobile Pantry, a program of the Connecticut Food Bank	
<i>Se Habla Espanol</i>	
Physical address: CT Food Bank head office is at 2 Research Parkway, Wallingford, CT.	
Who:	CT Residents. Residents from any town may go to any mobile food pantry. The closest pantries for Branford residents are generally held in Clinton, East Haven and Hamden
What:	Pre-packed food. Drive thru or take-away groceries in pre-packed bags.
When/where:	Schedule – Be sure to double check the web site (https://www.ctfoodbank.org/get-help/connecticut-food-banks-mobile-pantry-schedule/) for any last minute changes: East Haven: 3rd Thursdays of each month at 4pm – 5 p.m. East Haven High School, 35 Wheelbarrow Ln, East Haven Clinton: 1st Fridays of each month at 9:30 a.m. Clinton Town Hall Annex, 48 E Main St, Clinton Old Saybrook: 4 th Thursdays of each month at 10:00 a.m. First Church of Christ in Saybrook, 366 Main Street, Old Saybrook The Mobil Food Pantry also stops at least once a month in Hamden as well as sites in New Haven . Be sure to check the web site for the monthly schedules.
How:	<i>Be sure to check the website to see where the pantry is operating in the state. Go to:</i> https://www.ctfoodbank.org/get-help/connecticut-food-banks-mobile-pantry-schedule/
More info:	The distribution is a drive through pickup system, and participants must be able to get groceries into their own vehicles without assistance for everyone's safety. If that is not possible, the pantry directors request that clients send someone on their behalf or bring a household member for assistance.
Contact:	<ul style="list-style-type: none"> • Food pantry hotline for DAILY information: (203) 741-9751 or 211 for the State schedule; • (For special accommodations or questions, please call at (860) 669-7347 • Wallingford Main Office: (203) 469-5000
E-mail:	cfb@ctfoodbank.org
Facebook:	https://www.facebook.com/CTFoodBank/
Website:	http://www.ctfoodbank.org/get-help/Connecticut-food-banks-mobile-pantry-schedule/ Please note that the Mobile Pantry schedule is always subject to change, so check back regularly.

Name: Deep River Town emergency pantry	
Physical address: 56 High Street, Deep River, CT - 06417	
Who:	Deep River residents
What:	Pre-bagged groceries
When/where:	Tuesdays: 9:00 a.m. to 12:00 p.m. Thursdays: 1:00 p.m. to 4:00 p.m. 56 High Street
How:	Call ahead for appointment, Department of Social Services, Rosie Bininger, Director
Phone:	(860) 526-6033
Website:	https://www.deepriverct.us/social-services

Name: Essex Social Services	
Physical address: 29 West Avenue, Essex, CT	
Who:	Essex residents
What:	Gift Cards for food
When/where:	By Appointment only
How:	Call (860) 767 4340 ext. 201 to inquire and register
Phone:	(860) 767 4340 ext. 201
Facebook:	N/A
Website:	https://www.essexct.gov/social-services

Name: Estuary Senior Grab & Go Lunches	
Note – the Estuary Council of Seniors serves 9 towns. Any person from any of the towns can participate in nutrition programs held anywhere in the system. The Estuary community includes Chester, Clinton, Essex, Deep River, Killingworth, Lyme, Old Lyme, Old Saybrook and Westbrook. Participants for nutrition programs, age 60 and above, must be registered with the Council	
Physical address: C/o the Estuary Council of Seniors – Estuary Senior Center, 220 Main Street, Old Saybrook	
Who:	Seniors who are 60+ years and residents of one of the 9 towns listed above. Participants must pre-register using the number below
What:	Grab & Go lunches via drive through service; \$3.00 donation suggested per meal, if possible.
When/where:	<p>Clinton: Town Hall Annex, 48 East Main St Tuesdays from 10:30 to 11:00 am. Clients will pick up 2 meals per reservation.</p> <p>Old Lyme: Lymes’ Senior Center, 26 Town Woods Rd Tuesdays from 11:00 am to 12:00 pm. Clients will pick up 5 meals per reservation.</p> <p>Old Saybrook: Estuary Senior Center, 220 Main St (in back of 210 Plaza) Mondays, Wednesdays, and Fridays from 11:30 am to 12:00 pm Mondays - Clients will pick up 2 meals per reservation. Wednesdays – Clients will pick up 2 meals per reservation. Fridays - Clients will pick up 1 meal per reservation.</p>
How:	Reservations are required. Call (860) 388-1611, ext. 0, before 11:00 A.M the day before you wish to pick up the meal(s)
Phone:	(860) 388-1611
E-mail:	N/A
Facebook:	https://www.facebook.com/Estuary-Council-of-Seniors-Inc-349744638893/
Website:	https://www.ecsenior.org/services/nutrition

Name: Meals on Wheels—Estuary Council of Seniors	
Physical address: c/o the Estuary Council of Seniors	
Who:	To registered homebound residents aged “60 or better” of the Estuary Region (Chester, Clinton, Essex, Deep River, Killingworth, Lyme, Old Lyme, Old Saybrook and Westbrook).
What:	Meals delivered for a short period or longer duration
When/where:	Delivery is by volunteers around noontime, Monday through Friday. Frozen meals are also available for dinners and weekends.

Donation:	A suggested donation of \$3.00 per meal is requested at the end of the month, when a donation request is sent out to the client or to the client's representative.
How:	Contact Laura at (860) 388-1611, x217 for more information.
Phone:	(860) 388-1611, x217
Facebook:	https://www.facebook.com/Estuary-Council-of-Seniors-Inc-349744638893/
Website:	https://www.ecsenior.org/services/nutrition

Name: Regional School District No. 4: Chester, Deep River and Essex	
Who:	Registered students only
Contact:	Food Services Director: Thomas Peterlik tpeterlik@reg4.k12.ct.us (860) 718-7994.
Website:	http://www.reg4.k12.ct.us/

Name: Shoreline Soup Kitchens – Food Pantries	
An interfaith Ministry offering groceries each week, coordinated with the Shoreline Soup Kitchens and Pantries	
Office address: The Shoreline Soup Kitchens & Pantries, P.O. Box 804, Essex, CT 06426	
Who:	Residents of the following towns are eligible to get groceries at the food pantries: Essex, Chester, Clinton, Madison, Old Saybrook, East Lyme, Lyme, Old Lyme, Killingworth, Westbrook or Deep River. Be sure to have photo-identification with your home address.
What:	Food Pantry - tries to provide groceries to feed a family 3 meals for 3 days. Sometimes there is more. Sometimes less. Guests are welcome to visit one pantry site each week for curbside delivery.
When/where:	Locations of Food Pantries. Please note - times have been changed for the winter: Tuesdays 11:30am-2:15pm

	<p>St. Mark's Roman Catholic Church, 222 McVeagh Road, Westbrook</p> <p>Tuesdays 1:00pm-4:00pm First Church of Christ in Saybrook (Congregational), 366 Main Street, Old Saybrook</p> <p>Wednesdays 3:30pm-6:00pm First Church of Christ, Congregational, 55 Church Road, Clinton</p> <p>Thursdays 2:30pm-4:30pm St. John's Episcopal Church, 400 Main Street, Niantic</p> <p>Saturdays 9:00 - 11:00 am First Congregational Church of Old Lyme, 2 Ferry Road, Old Lyme</p>
How:	Curb- side pickup
More info:	Please remember to wear a face mask
Phone:	(860) 388-1988
Facebook:	https://www.facebook.com/theshorelinesoupkitchensandpantriesinc/
Website:	https://www.shorelinesoupkitchens.org https://shorelinesoupkitchens.org/get-help-2/first-church-of-christ-clinton

Name: Shoreline Soup Kitchen - Meals An interfaith Ministry offering meals, coordinated with the Shoreline Soup Kitchens and Pantries	
Office address: The Shoreline Soup Kitchens & Pantries, P.O. Box 804, Essex, CT 06426	
Who:	<i>Area residents</i> of the following towns are eligible to obtain grab-and-go meals: Essex, Chester, Clinton, Madison, Old Saybrook, East Lyme, Lyme, Old Lyme, Killingworth, Westbrook or Deep River.
What:	Take Out meals and Fellowship
When/where:	Locations of Meal Sites: The following meal sites are open on a take-out basis: Sundays 5:00 - 6:00 pm United Church of Chester, 29 West Main Street, Chester Mondays 5:00 - 6:00 pm First Baptist Church of Essex, 10 Prospect Street, Essex Tuesdays 5:00 - 6:00 pm St. John's Episcopal Church, 23 Main Street, Essex Wednesdays 12:00 - 1:00 pm Grace Episcopal Church, 336 Main Street, Old Saybrook Thursdays 5:00 - 6:00 pm Deep River Congregational Church, 1 Church Street, Deep River Fridays 12:00 - 1:00 pm Trinity Lutheran Church, 109 Main Street, Centerbrook Fridays 6:00 - 7:00 pm Westbrook Congregational Church, 1166 Boston Post Road, Westbrook
Phone:	(860) 388-1988
E-mail:	N/A
Facebook:	https://www.facebook.com/theshorelinesoupkitchensandpantriesinc
Website:	https://shorelinesoupkitchens.org/about-us/get-help

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