

## East Lyme Food Resources

Last revised May 17, 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.

<b>Name: Care and Share Inc. of East Lyme</b>	
<b>Physical address:</b> Care and Share building, 12 Roxbury Road, Niantic, CT 06357	
<b>Who:</b>	Serving Pre-registered clients residing in East Lyme, Niantic, Salem. Clients will have a confidential phone interview and provide income information
<b>What:</b>	Pantry – pre-packaged groceries – one time per month, curbside
<b>When/where:</b>	Pick-ups are by appointment only on Tuesday 11:00 - 11:45 am Wednesday & Friday 3:00 – 3:45 pm  At - Care and Share Inc. of East Lyme - 12 Roxbury Road, Niantic, CT 06357
<b>How:</b>	Curbside pickup
<b>Phone:</b>	(860) 739-8502 – Call for a phone interview giving proof of residency
<b>E-mail:</b>	N/A
<b>Facebook:</b>	N/A
<b>Website:</b>	<a href="http://www.careandshareofel.org/receiving.html">http://www.careandshareofel.org/receiving.html</a>

<b>Name: The CT Food Bank Dairy Express, a program of the Connecticut Food Bank</b>	
<i>Se Habla Espanol</i>	
<b>Physical address:</b> CT Food Bank head office is at 2 Research Parkway, Wallingford, CT.	
<b>Who:</b>	CT Residents. Residents from any town may go to any delivery site which are generally held in Clinton, East Haven and Hamden
<b>What:</b>	Fresh milk and other dairy products

<b>When:</b>	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.
<b>E-mail:</b>	<a href="mailto:cfb@ctfoodbank.org">cfb@ctfoodbank.org</a>
<b>Facebook:</b>	<a href="https://www.facebook.com/CTFoodBank/">https://www.facebook.com/CTFoodBank/</a>
<b>Website:</b>	<a href="http://www.ctfoodbank.org/get-help/Connecticut-food-banks-mobile-pantry-schedule/">http://www.ctfoodbank.org/get-help/Connecticut-food-banks-mobile-pantry-schedule/</a>

<b>Name: The CT Food Bank Mobile Pantry, a program of the Connecticut Food Bank</b>	
<i>Se Habla Espanol</i>	
<b>Physical address:</b>	CT Food Bank head office is at 2 Research Parkway, Wallingford, CT.
<b>Who:</b>	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
<b>What:</b>	Pre-packed food. Drive thru or take-away groceries in pre-packed bags.
<b>When/where:</b>	Schedule – Be sure to double check the web site ( <a href="https://www.ctfoodbank.org/get-help/connecticut-food-banks-mobile-pantry-schedule/">https://www.ctfoodbank.org/get-help/connecticut-food-banks-mobile-pantry-schedule/</a> ) for any last minute changes: <b>East Haven:</b> 3rd Thursdays of each month at 4pm – 5 p.m. East Haven High School, 35 Wheelbarrow Ln, East Haven  <b>Clinton:</b> 1st Fridays of each month at 9:30 a.m. Clinton Town Hall Annex, 48 E Main St, Clinton  <b>Old Saybrook:</b> 4 <sup>th</sup> 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 <b>Hamden as well as sites in New Haven</b> . Be sure to check the web site for the monthly schedules.
<b>How:</b>	<b><i>Be sure to check the website to see where the pantry is operating in the state. Go to:</i></b> <a href="https://www.ctfoodbank.org/get-help/connecticut-food-banks-mobile-pantry-schedule/">https://www.ctfoodbank.org/get-help/connecticut-food-banks-mobile-pantry-schedule/</a>
<b>More info:</b>	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.

<b>Contact:</b>	<ul style="list-style-type: none"> <li>• <b>Food pantry hotline</b> for <b>DAILY</b> information: (203) 741-9751 or 211 for the State schedule;</li> <li>• (For special accommodations or questions, please call at (860) 669-7347</li> <li>• Wallingford Main Office: (203) 469-5000</li> </ul>
<b>E-mail:</b>	<a href="mailto:cfb@ctfoodbank.org">cfb@ctfoodbank.org</a>
<b>Facebook:</b>	<a href="https://www.facebook.com/CTFoodBank/">https://www.facebook.com/CTFoodBank/</a>
<b>Website:</b>	<a href="http://www.ctfoodbank.org/get-help/Connecticut-food-banks-mobile-pantry-schedule/">http://www.ctfoodbank.org/get-help/Connecticut-food-banks-mobile-pantry-schedule/</a> Please note that the Mobile Pantry schedule is always subject to change, so check back regularly.

<p><b>Name: East Lyme/Niantic Food Pantry – See Shoreline Soup Kitchens entry below for complete listing of companion pantries.</b></p> <p>An interfaith Ministry offering groceries each week, coordinated with the Shoreline Soup Kitchens and Pantries</p>	
<b>Office address:</b>	St. John's Episcopal Community Church, 400 Main Street, Niantic, CT
<b>Who:</b>	This food pantry welcome East Lyme residents
<b>What:</b>	Pre- bagged groceries
<b>When/where:</b>	Thursdays – 2:30pm-4:30pm  St. John's Episcopal Community Church, 400 Main Street, Niantic
<b>How:</b>	Curb- side pickup
<b>Phone:</b>	(860) 388-1988
<b>E-mail:</b>	<a href="mailto:abrainerd@shorelinesoupkitchens.org">abrainerd@shorelinesoupkitchens.org</a>
<b>Facebook:</b>	N/A
<b>Website:</b>	<a href="https://www.shorelinesoupkitchens.org">https://www.shorelinesoupkitchens.org</a> <a href="https://www.stjohnsniantic.org/outreach-ministries">https://www.stjohnsniantic.org/outreach-ministries</a>

<b>Name:</b> East Lyme Public Schools	
<b>Physical address:</b> District Office - 165 Boston Post Road, East Lyme, CT 06333-0176	
<b>Who:</b>	All children under the age of 18 through the end of the 2020-2021 school year. Note: Children do not need to reside in old Saybrook..
<b>What:</b>	Free meals through as late as August 31, 2021
<b>When/where:</b>	Location of Meal Pickup: East Lyme High School, 30 Chesterfield Road, East Lyme, at the Bus Lane in Front of School  Times of Meal Pickup: Wednesdays and Fridays between 7:45 am to 9:45 am –
<b>How:</b>	Prepared meals
<b>Phone:</b>	District office: (860) 739-3966
<b>E-mail:</b>	Christian.Urban@elpsk12.org
<b>Facebook:</b>	<a href="https://www.facebook.com/LymeOldLymeSchools/">https://www.facebook.com/LymeOldLymeSchools/</a>
<b>Website:</b>	<a href="https://www.eastlymeschools.org">https://www.eastlymeschools.org</a> & <a href="https://www.eastlymeschools.org/district/general-information/covid-19-information/free-breakfast-and-lunch">https://www.eastlymeschools.org/district/general-information/covid-19-information/free-breakfast-and-lunch</a>

<b>Name:</b> East Lyme Senior Center	
<b>Physical address:</b> East Lyme Senior Center 37 Society Road, Niantic	
<b>Who:</b>	Registered seniors
<b>What:</b>	Occasional Grab and Go Meals
<b>When/where:</b>	Check the Senior Center Calendar
<b>How:</b>	Reservation required
<b>Phone:</b>	At East Lyme Senior Center – (860) 739-5859, c/o Cathy Wilson, Director
<b>E-mail:</b>	cwilson@eltownhall.com
<b>Facebook:</b>	EastLymeSC/
<b>Website:</b>	<a href="https://eltownhall.com/community/senior-center/regularly-occurring-programs/#800">https://eltownhall.com/community/senior-center/regularly-occurring-programs/#800</a>

<b>Name: Helping Hands Food Pantry</b> <b>Sponsored by S.W.E.E.T. Potato Society. (SWEET = Sisters Working, Educating, Evolving Together)</b>	
<b>Physical address:</b> 55 Pennsylvania Ave., Niantic, CT	
<b>Who:</b>	Residents of New London County. Registration is required in advance
<b>What:</b>	Food pantry. Pre-bagged groceries appropriate for family diets . Diapers may also be available.
<b>When/where:</b>	Tuesdays and Thursdays by appointment from 9:00 a.m.-1:00 p.m. at 55 Pennsylvania Ave. Niantic  Deliveries are also available, Wednesdays and Saturdays.
<b>How:</b>	Drive up pickup of groceries
<b>Phone:</b>	(860) 451-8237 for registration
<b>E-mail:</b>	N/A
<b>Facebook:</b>	N/A
<b>Website:</b>	<a href="https://www.sweetpotatosociety.org">https://www.sweetpotatosociety.org</a> and <a href="https://www.sweetpotatosociety.org/sweet-potato-society-non-profit">https://www.sweetpotatosociety.org/sweet-potato-society-non-profit</a>

<b>Name: Meals on Wheels</b> <b>Administered by TVCCA (Thames Valley Council for Community Action) covering Eastern CT</b>	
<b>Physical address:</b> East Lyme Senior Center 37 Society Road, Niantic	
<b>Who:</b>	Registered seniors
<b>What:</b>	Meals are offered five days per week. MOW delivers a hot lunch, frozen dinners, frozen holiday meals, frozen weekend meals and emergency meals  East Lyme Sr Center is the distributor of persons registered - Mon- Fri lunch
<b>When/where:</b>	Delivered to homes between 10 and 12:30
<b>How:</b>	Provided through the East Lyme Senior Center
<b>Phone:</b>	Register with TVCCA – (860) 889-1365 At East Lyme Senior Center – (860) 739-5859, c/o Cathy Wilson, Director
<b>E-mail:</b>	cwilson@eltownhall.com
<b>Facebook:</b>	EastLymeSC/
<b>Website:</b>	<a href="https://eltownhall.com/community/senior-center/regularly-occurring-programs/#800">https://eltownhall.com/community/senior-center/regularly-occurring-programs/#800</a>

<p><b>Name: Shoreline Soup Kitchens – Food Pantries</b>  An interfaith Ministry offering groceries each week, coordinated with the Shoreline Soup Kitchens and Pantries</p>	
<p><b>Office address:</b> The Shoreline Soup Kitchens &amp; Pantries, P.O. Box 804, Essex, CT 06426</p>	
<p><b>Who:</b></p>	<p>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.</p>
<p><b>What:</b></p>	<p>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.</p>
<p><b>When/where:</b></p>	<p>Locations of Food Pantries. Please note - times have been changed for the winter:</p> <p><b>Tuesdays 11:30am-2:15pm</b>  St. Mark's Roman Catholic Church, 222 McVeagh Road, Westbrook</p> <p><b>Tuesdays 1:00pm-4:00pm</b>  First Church of Christ in Saybrook (Congregational), 366 Main Street, Old Saybrook</p> <p><b>Wednesdays 3:30pm-6:00pm</b>  First Church of Christ, Congregational, 55 Church Road, Clinton</p> <p><b>Thursdays 2:30pm-4:30pm</b>  St. John's Episcopal Church, 400 Main Street, Niantic</p>

	<p><b>Saturdays 9:00 - 11:00 am</b>  First Congregational Church of Old Lyme, 2 Ferry Road, Old Lyme</p>
<b>How:</b>	Curb- side pickup
<b>More info:</b>	Please remember to wear a face mask
<b>Phone:</b>	(860) 388-1988
<b>Facebook:</b>	<a href="https://www.facebook.com/theshorelinesoupkitchensandpantriesinc/">https://www.facebook.com/theshorelinesoupkitchensandpantriesinc/</a>
<b>Website:</b>	<a href="https://www.shorelinesoupkitchens.org">https://www.shorelinesoupkitchens.org</a> <a href="https://shorelinesoupkitchens.org/get-help-2/first-church-of-christ-clinton">https://shorelinesoupkitchens.org/get-help-2/first-church-of-christ-clinton</a>

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

**Other Resources:**

United Way of Southeastern Connecticut - <https://www.uwsect.org/foodcenter/foodsites>

Jewish Federation in New London – (860) 442-8062

End Hunger CT for SNAP and other assistance - <https://www.endhungerct.org/services/>

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