

East Lyme Food Resources

Last revised December 3, 2020

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: Care and Share Inc. of East Lyme	
Physical address: Care and Share building, 12 Roxbury Road, Niantic, CT 06357	
Who:	Serving Pre-registered clients residing in East Lyme, Niantic, Salem. Clients will have a confidential phone interview and provide income information
What:	Pantry – pre-packaged groceries – one time per month, curbside
When/where:	Pick-ups are by appointment only on Tuesday 10:00am-12:00pm Wednesday-Friday 2:00pm-4:00pm At - Care and Share Inc. of East Lyme - 12 Roxbury Road, Niantic, CT 06357
How:	Curbside pickup
Phone:	(860) 739-8502 – Call for a phone interview giving proof of residency
E-mail:	N/A
Facebook:	N/A
Website:	http://www.careandshareofel.org/receiving.html

Name: The CT Food Bank Dairy Express, a program of the Connecticut Food Bank	
<i>Se Habla Español</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 Guilford residents are generally held in Clinton, East Haven and Hamden
What:	Fresh milk and other dairy products
When/where:	Deliveries are to sites in Hamden, East Haven, New Haven and New London. For the changing schedule, see https://www.ctfoodbank.org/get-help/connecticut-food-banks-mobile-pantry-schedule/
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 Español</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:	Clinton: First Fridays of each month at 9:30am Clinton Town Hall Annex, 48 E Main St, Clinton, CT 06413, USA The Mobil Food Pantry also stops at least once a month in East Haven and Hamden . Be sure to check the web site (listed below) for the monthly schedules
How:	Be sure to check the website to see where the pantry is operating in the state. Go to: 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 WEEKLY information – go to the website which is updated on Friday afternoons (noted below) • 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/

Name: East Lyme/Niantic Food Pantry – See Shoreline Soup Kitchens entry below for complete listing of companion pantries.	
An interfaith Ministry offering groceries each week, coordinated with the Shoreline Soup Kitchens and Pantries	
Office address: St. John's Episcopal Community Church, 400 Main Street, Niantic, CT	
Who:	This food pantry welcome East Lyme residents
What:	Pre- bagged groceries
When/where:	Thursdays – 5 p.m. – 6 p.m. St. John's Episcopal Community Church, 400 Main Street, Niantic
How:	Curb- side pickup
Phone:	(860) 388-1988
E-mail:	abrainerd@shorelinesoupkitchens.org
Facebook:	N/A
Website:	https://www.shorelinesoupkitchens.org https://www.stjohnsniantic.org/outreach-ministries

Name: East Lyme Public Schools	
Physical address: District Office - 165 Boston Post Road, East Lyme, CT 06333-0176	
Who:	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..
What:	Free meals through the end of the school year on June 30, 2021 Two breakfast and two lunches are served on each 'Pick-up' day.
When/where:	Location of Meal Pickup: East Lyme Middle School, 31 Society Road - Bus Lane in Front of School Times of Meal Pickup: Monday and Friday Between 8:30am to 10am – Wednesday 8am to 10am
Special Note – Holiday time	The School will offer meals on two days during the Christmas Vacation period.
How:	Prepared meals
Phone:	District office: (860) 739-3966
E-mail:	Christian.Urban@elpsk12.org
Facebook:	https://www.facebook.com/LymeOldLymeSchools/
Website:	https://www.eastlymeschools.org & https://www.eastlymeschools.org/district/general-information/covid-19-information/free-breakfast-and-lunch

Name: East Lyme Senior Center	
Physical address: East Lyme Senior Center 37 Society Road, Niantic	
Who:	Registered seniors
What:	Occasional Grab and Go Meals
When/where:	Check the Senior Center Calendar Christmas time lunch (chicken pot pie soup) – Tuesday, December 22. \$5.00 payable at pickup
How:	Grab and Go distribution , 2-3 p.m. Reservation required by December 11
Phone:	At East Lyme Senior Center – (860) 739-5859, c/o Cathy Wilson, Director
E-mail:	cwilson@eltownhall.com
Facebook:	https://www.facebook.com/EastLymeSC
Website:	https://eltownhall.com/community/senior-center/regularly-occurring-programs/#800

Name: Helping Hands Food Pantry Sponsored by S.W.E.E.T. Potato Society. (SWEET = Sisters Working, Educating, Evolving Together)	
Physical address: 55 Pennsylvania Ave., Niantic, CT	
Who:	Residents of New London County. Registration is required in advance
What:	Food pantry. Pre-bagged groceries appropriate for family diets . Diapers may also be available.
When/where:	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.
How:	Drive up pickup of groceries
Phone:	(860) 451-8237 for registration
E-mail:	N/A
Facebook:	N/A
Website:	https://www.sweetpotatosociety.org

Name: Meals on Wheels	
Administered by TVCCA (Thames Valley Council for Community Action) covering Eastern CT	
Physical address: East Lyme Senior Center 37 Society Road, Niantic	
Who:	Registered seniors
What:	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
When/where:	Delivered to homes between 10 and 12:30
How:	Provided through the East Lyme Senior Center
Phone:	Register with TVCCA – (860) 889-1365 At East Lyme Senior Center – (860) 739-5859, c/o Cathy Wilson, Director
E-mail:	cwilson@eltownhall.com
Facebook:	https://www.facebook.com/EastLymeSC
Website:	https://eltownhall.com/community/senior-center/regularly-occurring-programs/#800

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 curb-side delivery.
When/where:	Locations of Food Pantries. Please note - times have been changed for the winter: Tuesdays 11:30am-2:15pm St. Mark's Roman Catholic Church, 222 McVeagh Road, Westbrook Tuesdays 1:00pm-4:00pm First Church of Christ in Saybrook (Congregational), 366 Main Street, Old Saybrook Wednesdays 3:30pm-6:00pm First Church of Christ, Congregational, 55 Church Road, Clinton Thursdays 2:30pm-4:30pm St. John's Episcopal Church, 400 Main Street, Niantic Saturdays 9:00 - 11:00 am First Congregational Church of Old Lyme, 2 Ferry Road, Old Lyme
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	
Physical address:	
Who:	Area residents
What:	Take Out meals
When/where:	The following Shoreline Soup Kitchen meal sites are open as of 10/2/2020 on a take-out basis: Chester, Essex (Baptist Church), Old Saybrook, Deep River (closed 8/6-no power) and Centerbrook. Sundays 5:00 - 6:00 pm United Church of Chester, 29 West Main Street, Chester Mondays 5:30 - 6:30 pm The First Baptist Church in Essex, 10 Prospect 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
Phone:	(860) 388-1988
E-mail:	N/A
Facebook:	https://www.facebook.com/theshorelinesoupkitchensandpantriesinc
Website:	https://shorelinesoupkitchens.org/about-us/get-help

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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