

## East Lyme Food Resources

*Last revised October 7, 2020*

*For information about SNAP, WIC, Commodity Supplemental Food Program (CSFP) for seniors 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
<b>What:</b>	Pantry – pre-packaged groceries – one time per month, curbside
<b>When &amp; Where:</b>	Pick-ups are by appointment only on <ul style="list-style-type: none"> <li>Tuesday 10:00am-12:00pm</li> <li>Wednesday-Friday 2:00pm-4:00pm</li> </ul> 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>Website:</b>	<a href="http://www.careandshareofel.org/receiving.html">http://www.careandshareofel.org/receiving.html</a>

<b>Name: The CT Food Bank Mobile Pantry at Clinton</b>	
<b>Physical address:</b> Ct Food Bank head office is at 2 Research Parkway, Wallingford, CT; Phone: 203-469-5000	
<b>Who:</b>	CT Residents
<b>What:</b>	Pre-packed groceries
<b>When &amp; Where:</b>	The closest Mobile Food Pantry for East Lyme Residents is held in Clinton: <ul style="list-style-type: none"> <li>Once on month on the 1<sup>st</sup> Friday - 9 a.m. to 10 a.m.</li> </ul> Clinton Town Annex Building parking lot, 48 E. Main St., Clinton For the schedule for the rest of the state, go to <a href="http://ctfoodbank.org">ctfoodbank.org</a> or call 211
<b>How:</b>	The distribution is a drive through pickup system, and participants will need to 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. For special accommodations or questions, please call at (860)669-7347
<b>Phone:</b>	Call 211 for the state schedule
<b>E-mail:</b>	<a href="mailto:cfb@ctfoodbank.org">cfb@ctfoodbank.org</a>
<b>Facebook:</b>	@CTFoodBank
<b>Website:</b>	<a href="http://www.ctfoodbank.org/get-help/connecticut-food-banks-mobile-pantry-schedule/">www.ctfoodbank.org/get-help/connecticut-food-banks-mobile-pantry-schedule/</a>

<b>Name: East Lyme Public Schools</b>	
<b>Physical address:</b> District Office - 165 Boston Post Road, East Lyme, CT 06333-0176	
<b>Who:</b>	All children 18 and younger as part of the regular school meals offerings. Note: East Lyme Schools are offering <b>free</b> meals to all children under the U.S. Department of Agriculture (USDA) extension of the summer lunch program through as late as December 31, 2020.
<b>What:</b>	<ul style="list-style-type: none"> <li>• Regular Schedule Meal Pickup Availability: Monday, Wednesday, and Friday</li> <li>• USDA Meal Pickup Availability: Monday 2 Lunch and 2 breakfast meals, Wednesday 2 lunch and 2 breakfast meals, and Friday 2 Lunch and 2 Breakfast</li> <li>• For details, refer to the website which is also listed below: <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></li> </ul>
<b>When &amp; Where:</b>	<p>Times of Meal Pickup:</p> <ul style="list-style-type: none"> <li>• Monday and Friday Between 8:45am to 10am –</li> <li>• Wednesday 8am to 10am</li> </ul> <p>At: East Lyme Middle School, 31 Society Road - Bus Lane in Front of School</p>
<b>How:</b>	Prepared meals
<b>Phone:</b>	District office: 860-739-3966
<b>E-mail:</b>	Christian.Urban@elpsk12.org
<b>Facebook:</b>	@LymeOldLymeSchools/
<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: East Lyme/Niantic Food Pantry</b>	
An interfaith Ministry offering groceries each week, coordinated with the Shoreline Soup Kitchens and Pantries	
<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 &amp; Where:</b>	<p>Thursdays – 5 p.m. – 6 p.m.</p> <p>St. John's Episcopal Community Church, 400 Main Street, Niantic</p>
<b>How:</b>	Curb- side pickup
<b>Phone:</b>	(860) 388-1988
<b>E-mail:</b>	abrainerd@shorelinesoupkitchens.org
<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: Other Shoreline Soup Kitchen Food Pantries</b>	
An interfaith Ministry offering groceries each week, coordinated with the Shoreline Soup Kitchens and Pantries	
<b>Office address:</b> The Shoreline Soup Kitchens & Pantries, P.O. Box 804, Essex Connecticut, 06426 Tel: 860-388-1988	
<b>Who:</b>	Lyme, Old Lyme and East Lyme residents - During Covid- no I.D. is requested.
<b>What:</b>	Pre- bagged groceries
<b>When &amp; Where:</b>	Saturdays, 9:00 a.m. – 11:00 a.m. First Congregational Church of Old Lyme, 2 Ferry Road, Old Lyme  Note – this pantry is part of a network of Shoreline Soup Kitchens and Pantries. Others, as of 10/2/2020, are at: Tuesdays 1:00 - 2:45 pm St. Mark's Roman Catholic Church, 222 McVeagh Road, Westbrook  Tuesdays 3:00 - 5:00 pm First Church of Christ in Saybrook (Congregational), 366 Main Street, Old Saybrook  Wednesdays 5:45 - 7:45 pm First Church of Christ, Congregational, 55 Church Road, Clinton
<b>How:</b>	Curb- side pickup, please be sure to wear masks
<b>E-mail:</b>	abrainerd@shorelinesoupkitchens.org
<b>Website:</b>	<a href="https://www.shorelinesoupkitchens.org">https://www.shorelinesoupkitchens.org</a> ;  <a href="https://shorelinesoupkitchens.org/get-help-2/first-congregational-church">https://shorelinesoupkitchens.org/get-help-2/first-congregational-church</a>

<b>Name: Helping Hands-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 required in advance
<b>What:</b>	Food pantry. Pre-bagged groceries appropriate for family diets . Diapers may also be available.
<b>When &amp; 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>Website:</b>	<a href="https://www.sweetpotatosociety.org">https://www.sweetpotatosociety.org</a>

<b>Name:</b> Meals on Wheels. <b>ON HOLD UNTIL OCT 13; a member of warehouse staff tested positive for COVID 19.</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>	<ul style="list-style-type: none"> <li>• Meals are offered five days per week. MOW delivers a hot lunch, frozen dinners, frozen holiday meals, frozen weekend meals and emergency meals</li> <li>• East Lyme Sr Center is the distributor of persons registered - Mon- Fri lunch</li> </ul>
<b>When &amp; Where:</b>	Delivered to homes between 10:00 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@eltonhall.com
<b>Facebook:</b>	@EastLymeSC
<b>Website:</b>	<a href="https://eltonhall.com/community/senior-center/regularly-occurring-programs/#800">https://eltonhall.com/community/senior-center/regularly-occurring-programs/#800</a>

<b>Name:</b> Shoreline Soup Kitchen - Meals	
An interfaith Ministry offering meals, coordinated with the Shoreline Soup Kitchens and Pantries	
<b>Who:</b>	Area residents
<b>What:</b>	Take Out meals
<b>When &amp; Where:</b>	<p>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 and Centerbrook.</p> <ul style="list-style-type: none"> <li>• Sundays 5:00 - 6:00 pm; United Church of Chester, 29 West Main Street, Chester</li> <li>• Mondays 5:30 - 6:30 pm; The First Baptist Church in Essex, 10 Prospect Street, Essex</li> <li>• Wednesdays 12:00 - 1:00 pm; Grace Episcopal Church, 336 Main Street, Old Saybrook</li> <li>• Thursdays 5:00 - 6:00 pm; Deep River Congregational Church, 1 Church Street, Deep River</li> <li>• Fridays 12:00 - 1:00 pm; Trinity Lutheran Church, 109 Main Street, Centerbrook</li> </ul>
<b>Phone:</b>	860-388-1988
<b>Facebook:</b>	@theshorelinesoupkitchensandpantriesinc
<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 CT – New London County: [www.uwsect.org/foodbank](http://www.uwsect.org/foodbank)

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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