

Lyme and Old Lyme Food Resources

Last updated December 2, 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: 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:	<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 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 below for complete information 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 welcomes Lyme and Old Lyme residents
Phone:	(860) 388-1988
E-mail:	abrainerd@shorelinesoupkitchens.org
Website:	https://www.shorelinesoupkitchens.org https://www.stjohnsniantic.org/outreach-ministries

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; \$3.00 donation suggested per meal, if possible.
When/where:	<u>Mondays, Wednesdays and Fridays</u> – Old Saybrook Estuary Senior Center, 220 Main Street, Old Saybrook (in back of 210 Plaza) 11:30 a.m. to 12:30 p.m. - 2 meals per reservation on Mon and Weds; 1 on Fri <u>Tuesdays</u> – Old Lyme and Clinton 11:30 a.m. to 12:30 p.m. – 5 meals per reservation Lyme’s’ Senior Center, 26 Woods Road, Old Lyme 10:30 to 11 a.m. - 2 meals per reservation, Clinton Town Hall Annex, 48 East Main Street
Special Christmas Luncheon	Friday, December 18 Pick up during Grab & Go from 11:30 am to 12:15 pm
How:	(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: Old Lyme Food Pantry - See also Shoreline Soup Kitchens below for complete information 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 Connecticut, 06426 Tel: (860) 388-1988	
Who:	Old Lyme Residents - During Covid- no I.D. is requested.
When:	Saturdays 9:00 - 11:00 am First Congregational Church of Old Lyme, 2 Ferry Road, Old Lyme
E-mail:	abrainerd@shorelinesoupkitchens.org
Website:	https://www.shorelinesoupkitchens.org https://shorelinesoupkitchens.org/get-help-2/first-congregational-church

Name: Old Lyme Social Services Department /Lyme Youth Services Bureau and the Town of old Lyme Social Services Department	
Physical address: Town Hall, 52 Lyme Street, Old Lyme, CT 06371	
Who:	Residents needing help
What:	COVID -19 Related Help - Town government agency providing assistance with available social services including food resources
When/where:	Main office – by appointment only –
How:	Here is the link to the on-line form for requesting assistance - https://docs.google.com/forms/d/e/1FAIpQLSea8IjwMiXaMDXbhFfvyXbjZV54Exc9Zv-xQ_aq_ST6DYc_Q/viewform
Phone:	(860) 434-1605 ext. 228 c/o Jennifer Datum
E-mail:	N/A
Facebook:	N/A
Website:	https://www.oldlyme-ct.gov/covid-19-information-old-lyme-emergency-management https://lysb.org/resources/social-services/

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 18 - Lyme-Old Lyme Public Schools	
Physical address: 49 Lyme Street, Old Lyme, CT 06371	
Who:	Registered students only. School is fully in session so the regular school meal programs are in force.
Contact information	Business Manager: Holly McCalla (860) 434-7238 ext. 3607, mccallah@region18.org
Facebook:	https://www.facebook.com/LymeOldLymeSchools/
Website:	http://www.region18.org/

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 5:30 - 6:30 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

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

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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