

## Old Saybrook Food Resources

Last updated May 5, 2021

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: Community Dining Room</b>	
Founded in 1985, the Community Dining Room (CDR) is a private, not-for-profit organization providing food, support and companionship to our shoreline neighbors.	
<i>Se Habla Espanol</i>	
<b>Physical Address:</b> 30 Harrison Avenue, Branford, CT	
<b>Who:</b>	All Shoreline Residents from East Haven to Old Saybrook including the towns of East Haven, Branford, North Branford, Guilford, Madison, Clinton, Westbrook, and Old Saybrook. All ages, no proof of income needed.
<b>What:</b>	Free take-out meals and a home delivery program
<b>When/where:</b>	Take-out meals - 30 Harrison Avenue, Branford - at the following times:  Lunches and Saturday Brunch: <ul style="list-style-type: none"> <li>• Sunday-Friday: 12:00 PM – 1:00 PM</li> <li>• Saturday: 11:00 AM – 12:00 PM</li> <li>• Note Christmas Day, December 25 – The lunch will be special and extended for ½ hour – 12 to 1:30 P.M.</li> </ul> Evening Meals: <ul style="list-style-type: none"> <li>• Tuesday Family Night Meal /"Kid's Night": 5:30 PM – 6:30 PM</li> <li>• Wednesday &amp; Friday Take-Out dinner by reservation: Call ahead to (203) 488-9750: Pick up 1:00-3:00 pm</li> </ul>
<b>Home delivery program: for Branford and North Branford residents:</b>	For Home delivery program: Call (203) 488-9750, ext. 3 to inquire and discuss re referrals and intake assessments.  For Branford, deliveries are 3 days a week on Mondays, Wednesdays and Fridays: one hot meal and one frozen meal. For North Branford, deliveries are on Wednesdays: one hot and one frozen meal.
<b>Phone:</b>	(203) 488-9750

<b>E-mail:</b>	info@communitydiningroom.org
<b>Facebook:</b>	<a href="https://www.facebook.com/CommunityDiningRoom06405/">https://www.facebook.com/CommunityDiningRoom06405/</a>
<b>Website:</b>	<a href="https://communitydiningroom.org/about/">https://communitydiningroom.org/about/</a>
<b>BONUS SUPPORT:</b>	<ul style="list-style-type: none"> <li>• CDR provides Free Children’s Books from ‘Read to Grow’</li> <li>• Free table of non-perishable items available for anyone in need</li> <li>• Diaper Bank – 2<sup>nd</sup> Tuesday of the month. Registration required at Branford Early Learning Center – (203) 488-4512</li> </ul>

<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 mobile food pantry. The closest pantries for Guilford residents are generally held in Clinton, East Haven and Hamden
<b>What:</b>	Fresh milk and other dairy products
<b>When/where:</b>	Deliveries are to sites in Hamden, East Haven, New Haven and New London. For the changing schedule, see <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>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.

	<p>East Haven High School, 35 Wheelbarrow Ln, East Haven</p> <p><b>Clinton:</b> 1st Fridays of each month at 9:30 a.m. Clinton Town Hall Annex, 48 E Main St, Clinton</p> <p><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</p> <p>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.</p>
<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.

<b>Name: Estuary Senior Grab &amp; Go Lunches</b>	
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	
<b>Physical address:</b> C/o the Estuary Council of Seniors – Estuary Senior Center, 220 Main Street, Old Saybrook	
<b>Who:</b>	Seniors who are 60+ years and residents of one of the 9 towns listed above. Participants must pre-register using the number below
<b>What:</b>	Grab & Go lunches via drive through service; \$3.00 donation suggested per meal, if possible.
<b>When/where:</b>	<p><b>Clinton:</b> 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><b>Old Lyme:</b> 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><b>Old Saybrook:</b> 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>
<b>How:</b>	Reservations are required. Call (860) 388-1611, ext. 0, <b>before 11:00 A.M</b> the day before you wish to pick up the meal(s)
<b>Phone:</b>	(860) 388-1611
<b>E-mail:</b>	N/A
<b>Facebook:</b>	<a href="https://www.facebook.com/Estuary-Council-of-Seniors-Inc-349744638893/">https://www.facebook.com/Estuary-Council-of-Seniors-Inc-349744638893/</a>
<b>Website:</b>	<a href="https://www.ecsenior.org/services/nutrition">https://www.ecsenior.org/services/nutrition</a>

<b>Name: Meals on Wheels—Estuary Council of Seniors</b>	
<b>Physical address:</b> c/o the Estuary Council of Seniors	
<b>Who:</b>	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).
<b>What:</b>	Meals delivered for a short period or longer duration
<b>When/where:</b>	Delivery is by volunteers around noontime, Monday through Friday. Frozen meals are also available for dinners and weekends.
<b>Donation:</b>	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.
<b>How:</b>	Contact Laura at (860) 388-1611, x217 for more information.

<b>Phone:</b>	(860) 388-1611, x217
<b>Facebook:</b>	<a href="https://www.facebook.com/Estuary-Council-of-Seniors-Inc-349744638893/">https://www.facebook.com/Estuary-Council-of-Seniors-Inc-349744638893/</a>
<b>Website:</b>	<a href="https://www.ecsenior.org/services/nutrition">https://www.ecsenior.org/services/nutrition</a>

<b>Name: Old Saybrook Public Schools</b>	
<i>Se Habla Espanol</i>	
<b>Physical address:</b> 50 Sheffield Street, Old Saybrook, CT. 0645 and Old Saybrook Food Services, 1111 Boston Post Road, Old Saybrook, CT 06475	
<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 Breakfast and Lunch Meals for 7 days a week including Holiday Breaks
<b>When/where:</b>	Pick-ups at Old Saybrook High School, 1111 Boston Post Road: Rear parking lot off Donnelly Road  Mondays and Wednesdays - from 9-10 am. Friday - meals are available for pick up for the weekend from 1-3 pm. (Note – on 12/4, the pick-up time is 11 am to 1 pm due to an early dismissal.)  Check the web site for the distribution schedule during the Christmas – New Year’s holidays
<b>How:</b>	FREE Grab & Go Pick up meals
<b>Phone:</b>	Old Saybrook Schools Food services Department (860) 395-3193
<b>E-mail:</b>	<a href="mailto:mnuzzo@oldsaybrookschoools.org">mnuzzo@oldsaybrookschoools.org</a>
<b>Facebook:</b>	<a href="https://www.facebook.com/oldsaybrookschoools">https://www.facebook.com/oldsaybrookschoools</a>
<b>Website:</b>	<a href="https://www.oldsaybrookschoools.org">https://www.oldsaybrookschoools.org</a> and <a href="https://sites.google.com/oldsaybrookschoools.org/osps-breakfast-lunch-menus/home">https://sites.google.com/oldsaybrookschoools.org/osps-breakfast-lunch-menus/home</a>

<b>Name: Old Saybrook Youth and Family Services Department</b>	
<b>Physical address: 322 Main Street, Old Saybrook</b>	
<b>Who:</b>	Old Saybrook Residents
<b>What:</b>	Town government agency providing assistance with available social services including food resources
<b>When/where:</b>	Main office – by appointment only – call (860) 399 3090. Call for appointments
<b>Phone:</b>	(860) 399 3090
<b>Website:</b>	<a href="https://www.oldsaybrookct.gov/youth-and-family-services">https://www.oldsaybrookct.gov/youth-and-family-services</a> <a href="https://www.oldsaybrookct.gov/sites/g/files/vyhlf3626/f/news/social_services_events2020oct_dec_0.pdf">https://www.oldsaybrookct.gov/sites/g/files/vyhlf3626/f/news/social_services_events2020oct_dec_0.pdf</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>	<p>Locations of Meal Sites: The following meal sites are open on a take-out basis:</p> <p><b>Sundays 5:00 - 6:00 pm</b> United Church of Chester, 29 West Main Street, Chester</p> <p><b>Mondays 5:00 - 6:00 pm</b> First Baptist Church of Essex, 10 Prospect Street, Essex</p> <p><b>Tuesdays 5:00 - 6:00 pm</b> St. John's Episcopal Church, 23 Main Street, Essex</p> <p><b>Wednesdays 12:00 - 1:00 pm</b> <b>Grace Episcopal Church, 336 Main Street, Old Saybrook</b></p> <p><b>Thursdays 5:00 - 6:00 pm</b> Deep River Congregational Church, 1 Church Street, Deep River</p> <p><b>Fridays 12:00 - 1:00 pm</b> Trinity Lutheran Church, 109 Main Street, Centerbrook</p> <p><b>Fridays 6:00 - 7:00 pm</b> Westbrook Congregational Church, 1166 Boston Post Road, Westbrook</p>
<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>

<b>Name: Shoreline Soup Kitchens – 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, CT 06426	
<b>Who:</b>	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.
<b>What:</b>	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.
<b>When/where:</b>	Locations of Food Pantries. Please note - times have been changed for the winter:  <b>Tuesdays 11:30am-2:15pm</b> St. Mark's Roman Catholic Church, 222 McVeagh Road, Westbrook  <b>Tuesdays 1:00pm-4:00pm</b> First Church of Christ in Saybrook (Congregational), 366 Main Street, Old Saybrook  <b>Wednesdays 3:30pm-6:00pm</b> First Church of Christ, Congregational, 55 Church Road, Clinton  <b>Thursdays 2:30pm-4:30pm</b> St. John's Episcopal Church, 400 Main Street, Niantic

	<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>