

Old Saybrook Food Resources

Last updated December 1, 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.

NAME: Community Dining Room 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 Español</i>	
Physical Address: 30 Harrison Avenue, Branford, CT	
Who:	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.
What:	Free take-out meals and a home delivery program
When/where:	Take-out meals - 30 Harrison Avenue, Branford - at the following times: Lunches and Saturday Brunch: <ul style="list-style-type: none"> • Sunday-Friday: 12:00 PM – 1:00 PM • Saturday: 11:00 AM – 12:00 PM • Note Christmas Day, December 25 – The lunch will be special and extended for ½ hour – 12 to 1:30 P.M. Evening Meals: <ul style="list-style-type: none"> • Tuesday Family Night Meal /"Kid's Night": 5:30 PM – 6:30 PM • Wednesday & Friday Take-Out dinner by reservation: Call ahead to (203) 488-9750: Pick up 1:00-3:00 pm
Home delivery program: for Branford and North Branford residents:	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.
Phone:	(203) 488-9750
E-mail:	info@communitydiningroom.org
Facebook:	https://www.facebook.com/CommunityDiningRoom06405/
Website:	https://communitydiningroom.org/about/
BONUS SUPPORT:	<ul style="list-style-type: none"> • CDR provides Free Children's Books from 'Read to Grow' • Free table of non-perishable items available for anyone in need • Diaper Bank – 2nd Tuesday of the month. Registration required at Branford Early Learning Center – (203) 488-4512

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: 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: 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: Old Saybrook Food Pantry	
An interfaith Ministry offering groceries each week, coordinated with the Shoreline Soup Kitchens and Pantries	
NOTE: For the complete list of Shoreline Soup Kitchen pantries, see below:	
Office address: The Shoreline Soup Kitchens & Pantries, P.O. Box 804, Essex Connecticut, 06426 Tel: 860-388-1988	
Who:	Old Saybrook Residents – During Covid19 pandemic no I.D. is requested.
What:	Food Pantry - tries to provide groceries to feed a family 3 meals for 3 days. Sometimes there is more. Sometimes less.
When/where:	Tuesdays, 3:00 p.m. – 5:00 p.m. First Church of Christ in Saybrook 366 Main Street, Old Saybrook
How:	Curb- side pickup
Phone:	(860) 399-9207
E-mail:	reburg@shorelinesoupkitchens.com
Facebook:	N/A
Website:	https://www.shorelinesoupkitchens.org

Name: Old Saybrook Public Schools	
<i>Se Habla Español</i>	
Physical address: 50 Sheffield Street, Old Saybrook, CT. 0645 and Old Saybrook Food Services, 1111 Boston Post Road, Old Saybrook, CT 06475	
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 Breakfast and Lunch Meals for 7 days a week including Holiday Breaks
When/where:	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
How:	FREE Grab & Go Pick up meals
Phone:	Old Saybrook Schools Food services Department (860) 395-3193
E-mail:	mnuzzo@oldsaybrookschoools.org
Facebook:	https://www.facebook.com/oldsaybrookschoools
Website:	https://www.oldsaybrookschoools.org https://sites.google.com/oldsaybrookschoools.org/osps-breakfast-lunch-menus/home

Name: Old Saybrook Youth and Family Services Department	
Physical address: 322 Main Street, Old Saybrook	
Who:	Old Saybrook Residents
What:	Town government agency providing assistance with available social services including food resources
When/where:	Main office – by appointment only – call (860) 399 3090. Call for appointments
Phone:	(860) 399 3090
Website:	https://www.oldsaybrookct.gov/youth-and-family-services https://www.oldsaybrookct.gov/sites/g/files/vyhlf3626/f/news/social_services/events2020oct_dec_0.pdf

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	
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