HOME DELIVERIES

Person to Person
p2phelps.org

For those who cannot go to the pantry, home deliveries can be booked by calling (203) 655-0048. Deliveries are on Tuesdays. Drop off time between 1:30 and 2:30pm.

Catholic Charities Senior Nutrition Program Meals on Wheels
(203) 324-6175
www.ccfairfield.org/programs/senior-nutrition

Receiving referrals for their Meals on Wheels program for homebound seniors, 60+ years. Delivers pre-packaged single or double meals up to 7 days per week. Reviews new referrals on a case-by-case basis.

SilverSource
1100 Summer Street, Suite 201, Stamford, CT 06905
(203) 324-6584 | www.silversource.org

Weekly grocery delivery for seniors 60+ who are homebound with no resources. Referrals to social work team.
Professional referrals:
https://silversource.org/professional-referrals/

RESOURCES FOR SPS FAMILIES

Stamford Public Schools: Free Summer SUN Meals!
Breakfast and lunch are free for children 0-18 years old at participating locations statewide. Children do not need to be students at a particular district. No registration and documentation required. Meals must be eaten on site. Visit https://www.fna.usda.gov/sfsp/sitefinder to find a site near you.

Filling in the Blanks
(203) 750-0019
www.fillingintheblanks.org/register-for-meals

Distributes weekend meal bags directly to children year-round. Works directly with schools, after-school programs, community centers, and summer camps in towns across Fairfield, Westchester and Putnam Counties. Children who receive from this program qualify/receive the free and reduced lunch program, are part of the ALICE population, are identified as in need by schools are eligible, or are a family looking for extra nutrition over the weekend. To register your child, go to http://www.fillingintheblanks.org/register-for-meals.

Monthly mobile pantry every third Saturday from 7:00 am - 9:00 am at St. Mary's Church at 566 Elm St, Stamford, CT 06902.

SNAP (Food Stamps)

The Supplemental Nutrition Assistance Program (SNAP) is a federal nutrition program that provides eligible households with a monthly benefit that they can use like cash to buy food at participating grocery stores, farmers' markets and other places that accept EBT. For more information, or to find out if you qualify, visit the CT Department of Social Services website at **portal.ct.gov** or call the End Hunger Connecticut! confidential hotline, below.

End Hunger Connecticut! SNAP Call Center
(866) 974-SNAP (7627)
www.endhungerct.org

End Hunger Connecticut!'s bilingual (English/ Spanish) SNAP Call Center offers free assistance for applications, redeterminations, and more related to SNAP seven days a week with flexible appointments. Call toll-free at 866-974-SNAP (7627). For more info, to check hours, or to use our free online prescreener, visit www.ctsnap.org. If you are prompted to leave a voicemail, please leave your name and best phone number and we will return your call. Also learn about free summer meals, SNAP-doubling at farmers' markets, and more at www.endhungerct.org.

STAMFORD WIC (Women, Infants, and Children)

(203) 977-4385 Currently all appointments are by phone. Call and leave a message with your name and number.

Services: Individual time to speak with a nutritionist or trained professional about your or your child's diet; breastfeeding support and information; referrals to health care and other social services: an eWIC card to buy healthy food for you or your children.

Eligibility: Pregnant women (through pregnancy and up to 6 weeks after birth or after pregnancy ends); breastfeeding women (up to infant's 1st birthday); non-breastfeeding postpartum women (up to 6 months after the birth of an infant or after pregnancy ends); infants** (up to 1st birthday); children** up to their 5th birthday. **fathers, grandparents, foster parents or guardians may apply.

Requirements: Must live in Connecticut, but you do not need to be a U.S. citizen; complete a nutrition assessment with WIC staff; must meet the WIC income guidelines which are set at or below 185% of the federal poverty income limit.

OTHER RESOURCES

Fairgate Farm
129 Stillwater Ave., Stamford, CT 06902
(475) 333-1362 | www.fairgatefarm.com

(Bus #321 stops right in front of the farm.) Volunteer-powered urban farm growing fruits and vegetables where volunteers can take a share of the harvest. Seasonal Pay-What-You-Can farm market runs May - October, where local produce can be purchased at affordable prices on Thursdays from 11am–2pm and Saturdays from 9am–1pm. SNAP EBT cards are welcome. **Please visit our website for more information on volunteering, market, and hours.**

Food Rescue US
(800) 280-3298 x10 | www.foodrescue.us

Food Rescue US - Fairfield County engages volunteers through our web-based app to directly transfer fresh, excess food from grocers, restaurants, schools, farms and other food donors to social service agencies that work with food-insecure clients experiencing food insecurity. Contact Karen Saggese at karen@foodrescue.us if you would like to volunteer, if your organization would like to receive food, or if you are a food donor and have excess food you would like to donate.

FOR MORE INFORMATION

For more information or to donate food, please contact the agencies directly or call United Way at **(203) 883-0879**. For more information about community resources, please dial 2- 1-1 or visit **www.211ct.org**

IF YOU WANT TO HELP

Donate You can donate to the **Stamford Food Collaborative** by going to:
www.unitedwaycwc.org/stamfordfoodcollaborative

You can also donate directly to the organizations listed on this guide.

Volunteer You can browse current available volunteer opportunities by visiting the United Way Volunteer Portal:
https://ignite.stratuslive.com/uwwesternct/get-involved/volunteer

You can also reach out directly to the organizations listed on this guide to ask about volunteering.

STAMFORD FOOD COLLABORATIVE
INFORM | CONNECT | NOURISH

United Way
United Way of Coastal and Western Connecticut

A GUIDE TO ACCESSING FOOD IN STAMFORD

The **Stamford Food Collaborative** includes critical food assistance providers such as:

- Food pantries
- Congregate meal setting
- Meal delivery programs

Our members offer food assistance in a variety of ways, following all local health and safety precautions. Options may include:

- Pre-packaged groceries
- Grocery delivery
- Drive-thru grocery pick up
- Grab-and-go meals
- In-person shopping and dining

Please review the listings and contact food assistance providers directly for additional information.

This guide was last updated in October 2026.
For the most up to date information,
SCAN HERE

PANTRIES

Connecticut Foodshare Mobile Pantries
203-741-9752
www.ctfoodshare.org (click on "Mobile Pantry Locator")

Text FOODSHARE to 85511 for information about Connecticut Foodshare's mobile pantries. Answer the simple prompts to have the schedule and locations near you sent right to your phone. Once you are opted-in, Connecticut Foodshare will also text cancellations and schedule changes.

The Connecticut Foodshare Mobile Food Pantry schedule
is subject to change; check the website for updates. Currently the schedule is as follows:

Bethel AME Church
150 Fairfield Ave., Stamford Every other Friday from 1-2pm

B1C
417 Shippan Ave, Stamford
Every other Monday
from 12:45pm - 1:45pm

NORWALK: Macedonia Church @ Ben Franklin
61 Bayview Ave., Norwalk
Every other Friday from 9:30-10:15am

NORWALK: Ben Franklin Pre-School
165 Flax Hill Rd., Norwalk
Every 4th Saturday of the month from 9:30-10:30am

Eligibility: Anyone
Requirements: None
Frequency of visits: Weekly

New Covenant Center
174 Richmond Hill Avenue, Stamford (203) 964-8228
www.newcovenantcenter.org

Open: Wednesday, 11:00am–1:00pm
Friday, 10:30am–2pm
Eligibility: Open to low-income residents in Stamford, Darien, New Canaan, & Greenwich
Requirements: Pantry applications—Wednesdays from 11am–2pm. Proof of identification (state-issued ID or passport; birth certificate for children without photo ID) for each member in household; proof of address (rent receipt or utility bill); proof of income (paystub, unemployment award letter)
Frequency of Visits: Monthly by appointment

Faith Tabernacle Baptist Church Food Pantry
29 Grove Street, Stamford, CT 06901 (203) 348-8755 x14 | www.faithtabct.org

Open: Thursday, 7:30–10:30am
Eligibility: Anyone
Requirements: Proof of address
Frequency of Visits: Weekly

Schilo Food Pantry Program
Schilo Seventh-Day Adventist Church
977 Hope Street, Stamford, CT 06907
(203) 293-8256 | www.facebook.com/schilofoodpantry/

Open: Every 2nd & 4th Sunday of the month at 2:00pm
Eligibility: Fairfield County residents
Requirements: Must complete an application with a photo ID
Frequency of visits: Unrestricted

Person to Person www.p2phelps.org | (203) 655-0048
Must call for an appointment.

P2P is operating its Mobile Food Pantry at the following time and locations:

Mon: 11:00am–1:00pm, Boys & Girls Club at 347 Stillwater Ave *(temporarily relocated here)*
2–4pm, Stamford Manor

Tues: 11am–1pm, Stamford PAL & Ferguson Library
2–4pm, Quintard Terrace & Optimus Health

Wed: 11am–1pm Shippan Place Apts
2–4pm, ICCNY
2:30–4:30PM, DOMUS
5–7pm, Building One Community

Thurs: 11am–1pm, Boys & Girls Club at 347 Stillwater Ave *(temporarily relocated here)*
2–4pm, Building One Community (*new location* at 417 Shippan Ave.)
3–7pm, St. Gabriel

Fri: 11am–3pm, DOMUS
11am–1pm, Shippan Place Apts

Sat: 11am–3pm, Pilgrim Towers

Eligibility: Open to residents in need of food living in Stamford, Darien, New Canaan, Norwalk, Westport, Weston, Wilton
Requirements: Call (203) 655-0048 for an appointment and necessary documents to bring
Frequency of Visits: Every 28 days
Stamford residents can also visit P2P's Darien location. For those who cannot go to the pantry, home deliveries can be booked by calling (203) 655-0048. Deliveries are Monday—Friday. Drop off time between 1:30pm-2:30pm.

Neighbor to Neighbor
248 East Putnam Avenue, Greenwich, CT 06830
www.ntngreenwich.org

Open: Monday - Friday 8:00 am –1:00 pm; Wednesday & Thursday 3:30–6:30 pm; Saturday 8:30 am –12:30 pm
Eligibility & Requirements: Social service agency referral
Frequency of Visits: Weekly

CREST House Food Pantry

980 Hope Street, Stamford, CT
06907 | (203) 223 - 3801 | cresthouseonhope@gmail.com | www.mycresthouse.org

Open: Monday, 9:00am - 12:30pm, Wednesday & Friday from 9:00 - 4:00pm
Eligibility: The need for food
Requirements: None
Frequency of visits: A weekly visit usually provides enough food for 4 days.

The Salvation Army of Stamford
198 Selleck Street, Stamford, CT 06902
(203) 359-2320 | www.ctru.salvationarmy.org/sne

Open: Wednesday & Friday, 10am- 1pm
Eligibility: Stamford residents in need of food
Requirements: Must fill out an application; bring picture ID and proof of address (rental lease & other piece of mail with address)
Frequency of Visits: Once a month

Schoke Jewish Family Services
196 Greyrock Place, Stamford, CT 06901
(203) 921-4161 x133 | www.ctjfs.org

Open: Monday & Tuesday 10:00 am - 1:00 pm; Other times available by appointment
Eligibility: Anyone in need of food; must be a CT resident
Requirements: Must complete intake form and valid proof of CT residency.
Frequency of Visits: Once a month
Food: Kosher products only

Wilson Memorial Church of God
164 Richmond Hill Avenue, Stamford, CT 06902
(203) 557-9807

Open: Thursday, 1-2pm. Sign up for a ticket starts at 9am.
Eligibility: Anyone in need of food
Requirements: Must have a ticket—tickets are handed out at 9am.
Frequency of Visits: Weekly

FOOD BANKS

Food Bank of Lower Fairfield County
461 Glenbrook Road, Stamford, CT 06906 (203) 358-8898 | www.foodbanklfc.org

The Food Bank of Lower Fairfield County provides food to any qualified non-profit agency in a seven town area of Fairfield County (Darien, Greenwich, New Canaan, Norwalk, Stamford, Wilton and Danbury) that serves low income people through congregate meals or bags of groceries.

CONGREGATE MEALS

Catholic Charities Senior Nutrition Program
(203) 324-6175
www.ccfairfield.org/programs/senior-nutrition
For individuals 60+

Jewish Community Center
1035 Newfield Avenue
Monthly luncheon meal at 12 pm
$6 suggested donation

Over 60 Club
628 Main Street
Lunch Monday - Friday
at 12 pm
$4 suggested donation

Stamford Senior Center
888 Washington Boulevard
Lunch Monday - Friday from
11:30am - 1:30pm
$5 suggested donation

New Covenant Center Café
507 Shippan Ave., Stamford, CT 06902
(203) 964-8228 | www.newcovenantcenter.org
Continental Breakfast: Tuesday–Saturday, 9:30–10:30am
Lunch: Daily, 12:30-1:30pm
Dinner: Monday–Saturday, 4:30-5:30pm

FARMERS' MARKET

Stamford Downtown Farmers' Market
130 Atlantic Street, Stamford, CT 06901 | Veterans Memorial Park | 203-348-5285
https://stamford-downtown.com/event/farmers-market/
Open: Saturday's, 9am - 1pm, June 13th - October 10th
Offers a wide variety of locally grown fruits, vegetables flowers, and more! The market accepts SNAP, WIC, WIC Farmers Market Nutrition incentives and Senior/Disabled Farmers Market Nutrition incentives.
Getting to the Market….By Bus
CTtransit has multiple routes and stops within a 10-minute walk (or less) of the Farmers Market. Visit cttransit.com or ctrides.com for schedule and ticketing information.

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