

## 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](http://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](http://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

Breakfast and lunch are FREE for any students enrolled in Stamford Public Schools. Household applications are not required to receive free meals, but interested families can complete the SPS Household Income Survey to receive a fee reduction waiver letter for participation in programs such as summer camps. For more information, contact Audrey Way at (203) 977-1177.

### Filling in the Blanks

(203) 750-0019

[www.fillingintheblanks.org/register-for-meals](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](http://www.211ct.org)

## IF YOU WANT TO HELP

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



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 February 2026. For the most up to date information,

**SCAN HERE**



## PANTRIES

### Connecticut Foodshare Mobile Pantries

203-741-9752

[www.ctfoodshare.org](http://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](http://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](http://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/](http://www.facebook.com/schilofoodpantry/)

**Open:** Every 2<sup>nd</sup> & 4<sup>th</sup> 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](http://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 & Quintard Terrace  
2–4pm, Quintard Terrace & UCONN Stamford

**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](http://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

### The Revival House Food Pantry (CREST House)

980 Hope Street, Stamford, CT

06907 | (203) 274 - 6799 | [cresthouseonhope@gmail.com](mailto:cresthouseonhope@gmail.com) |

[www.mycresthouse.org](http://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.ctr.salvationarmy.org/sne](http://www.ctr.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](http://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 application

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](http://www.foodbanklfc.org)

The Food Bank of Lower Fairfield County provides food to any qualified non-profit agency in a six town area of Fairfield County (Darien, Greenwich, New Canaan, Norwalk, Stamford, Wilton) 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](http://www.ccfairfield.org/programs/senior-nutrition)

*For individuals 60+*

#### Jewish Community Center

1035 Newfield Avenue

Monthly luncheon meal at 12 pm

\$6 suggested donation

#### Stamford Senior Center

888 Washington Boulevard

Lunch Monday - Friday from

11:30am - 1:30pm

\$5 suggested donation

#### New Covenant Center Café

174 Richmond Hill Ave., Stamford, CT 06902

(203) 964-8228 | [www.newcovenantcenter.org](http://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/>

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](http://cttransit.com) or [ctrides.com](http://ctrides.com) for schedule and ticketing information.



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