

## LIVREZON LAKAY

### Person to Person

p2phelps.org

Pou moun ki pa ka ale nan depo manje a, yo ka rele (203) 655-0048 pou livrezon manje lakay. Livrezon fèt chak madi, ant 1:30 PM ak 2:30 PM.

### Catholic Charities Senior Nutrition Program Meals on Wheels

(203) 324-6175

www.ccfairfield.org/programs/senior-nutrition

Yo ofri manje pare pou granmoun 60 an ak plis ki pa ka soti. Yo ka bay manje yon sèl fwa oswa jiska 7 fwa pa semèn. Yo revize chak nouvo demann pou sèvis la.

### SilverSource

1100 Summer Street, Suite 201, Stamford, CT 06905

(203) 324-6584 | www.silversource.org

Yo delivre manje chak semèn po u granmoun 60 an ak plis ki pa ka soti epi ki pa gen resous. Yo bezwen referans nan men ekip sosyal.

**Referans pwofesyonèl:** <https://silversource.org/professional-referrals/>

## RESOUS POU FANMI SPS

### Lekòl Piblik Stamford

Dejene ak manje midi yo gratis pou tout elèv ki enskri nan lekòl piblik Stamford yo. Aplikasyon pa obligatwa pou jwenn manje gratis, men fanmi ki entere yo ka ranpli Sondaj Revni SPS pou jwenn rabè sou kan ete ak lòt pwogram. Kontakte Audrey Way: (203) 977-1177.

### Filling in the Blanks

(203) 750-0019

www.fillingintheblanks.org/register-for-meals

Yo distribye manje pou fen semèn pou timoun ki nan bezwen. Yo travay ak lekòl, sant kominotè, ak kan ete nan Fairfield, Westchester, ak Putnam Counties. Timoun ki resevwa nan pwogram sa a kalifye/resevwa pwogram manje gratis ak redwi, yo fè pati popilasyon ALICE, yo idantifye kòm nan bezwen pa lekòl yo pa lizib, oswa se yon fanmi kap chèche nitrisyon siplemantè nan fen semèb nan. Pou enskri ale nan <http://www.fillingintheblanks.org/register-for-meals>.

Gen yon distribisyon mobil chak 3zyèm samdi nan mwa a, 7:00 AM – 9:00 AM, nan St. Mary's Church at 566 Elm St, Stamford, CT 06902..

## SNAP (Koupon Manje)

Pwogram Asistans Nitrisyon Siplemantè (SNAP) se yon pwogram federal ki bay fanmi ki elijib yo yon alokasyon chak mwa pou achte manje nan makèt, mache fermiye, ak lòt kote ki aksepte EBT. Pou plis enfòmasyon, vizite sit entènèt Depatman Sèvis Sosyal CT: [portal.ct.gov](http://portal.ct.gov) oswa rele liy konfidansyèl End Hunger Connecticut!

### End Hunger Connecticut! (Sant apèl SNAP) SNAP Call Center

(866) 974-SNAP (7627)

www.endhungerct.org

End Hunger Connecticut! Sant apèl sa a, ki pale angle ak panyòl, bay asistans pou aplikasyon, renouvèlman, ak plis toujou ki gen rapò ak SNAP, 7 jou pa semèn ak randevou fleksib. Rele gratis nan 866-974-7627. Pou plis enfòmasyon oswa pou itilize zouti preskrinè sou entènèt, vizite [www.ctsnap.org](http://www.ctsnap.org). Si yo mande ou kite yon mesaj vwa, tanpri kite non w, pi bon nimewo pou kontakte w, epi yo va retounen apèl ou. Ou ka aprann plis tou sou manje gratis pandan ete, SNAP double nan mache fermiye, elatriye sou sit entènèt la. [www.endhungerct.org](http://www.endhungerct.org).

## STAMFORD WIC (Fanm, Tibebe, ak Timoun)

(203) 977-4385 Kounye a tout randevou yo fèt pa telefòn. Rele epi kite yon mesaj ak non w ak nimewo ou.

**Sèvis yo:** Tan endividyèl pou pale ak yon nitrisyonis oswa yon pwofesyonèl ki fòme sou rejim alimantè w oswa pitit ou; sipò ak enfòmasyon sou tete; referans pou sèvis swen sante ak lòt sèvis sosyal; yon kat eWIC pou achte manje ki an sante pou ou oswa pou timoun ou yo.

**Elijibilite:** Fanmi ki ansent (pandan gwosès la ak jiska 6 semèn apre akouchman oswa apre gwosès la fini); fanm k ap bay tete (jiska premye anivèsè nesans tibebe a); fanm ki pa bay tete apre akouchman (jiska 6 mwa apre nesans tibebe a oswa apre gwosès la fini); tibebe (jiska premye anivèsè nesans yo); timoun jiska 5èm anivèsè nesans yo. Papa, granparan, paran adoptif oswa gadyen ka aplike.

**Kondisyon:** Ou dwe viv Connecticut, men ou pa oblije sitwayen ameriken. Ou dwe ranpli yon evalyasyon sou nitrisyon ak anplwaye WIC, dwe satisfè direktiv sou revni WIC ki fikse nan oswa pi ba pase 185% nan limit revni povrete federal la.

## LÒT RESOUS

### Fairgate Farm

129 Stillwater Ave., Stamford, CT 06902

(475) 333-1362 | [www.fairgatefarm.com](http://www.fairgatefarm.com)

(Otobis #321 sispann dwat devan jaden an.) Fairgate Farm se yon jaden iben ki fonksyone ak volontè, kote yo plante fwi ak legim. Volontè yo ka patisipe epi jwi yon pati nan rekòt la. Mache sezonye "Peye sa ou kapab" mache soti me pou rive oktòb, kote ou ka achte pwodui lokal yo bon mache: Chak jedi soti 11 am–2p Chak samdi soti 9am–1pm Yo aksepte kat SNAP EBT. **Tanpri vizite sit entènèt la pou plis enfòmasyon sou volontarya, mache a, ak lè yo ouvè.**

### Food Rescue US

(800) 280-3298 x10 | [www.foodrescue.us](http://www.foodrescue.us)

Food Rescue US - Fairfield County itilize volontè atravè yon aplikasyon sou entènèt pou transpòte manje ki anplis soti nan makèt, restoran, lekòl, jaden ak lòt kote — pou bay òganizasyon sosyal ki ede moun ki pa gen ase manje. Kontakte Karen Saggese nan [karen@foodrescue.us](mailto:karen@foodrescue.us) si ou vle volontè, si òganizasyon ou vle resevwa manje, oswa si ou gen manje pou don.

## POU PLIS ENFÒMASYON

Pou plis detay oswa pou bay manje, kontakte ajans yo dirèkteman oswa rele United Way nan (203) 883-0879. Pou plis resous kominotè, rele 2-1-1 oswa vizite: [www.211ct.org](http://www.211ct.org)

## SI OU VLE EDE

**Bay don: Ou ka bay don pou Stamford Food Collaborative nan: [www.unitedwaycwc.org/stamfordfoodcollaborative](http://www.unitedwaycwc.org/stamfordfoodcollaborative)**

Ou ka bay don tou dirèkteman bay lòt òganizasyon ki sou lis gid sa a.

**Volontè** Ou ka browse opòtinite volontè ki disponib kounye a lè w vizite Portal Volontè United Way la: <https://ignite.stratuslive.com/uwwesternct/get-involved/volunteer>

Ou ka kontakte òganizasyon ki nan gid sa a tou pou mande sou volontarya.



YON GID POU  
JWENN MANJE  
NAN  
STAMFORD

The **Stamford Food Collaborative** gen ladan li founisè èd manje enpòtan tankou:

- Gadmanje
- Repa gwoup (kolektif)
- Pwogram livrezon manje

Manm nou yo bay asistans manje nan divès fason, pandan y ap swiv tout règ sante ak sekirite lokal yo. Opsyon yo kapab gen ladan:

- Manje deja prepare
- Manje pou pran ale
- Ranmase manje pa machin
- Livrezon manje
- Fè makèt oswa manje sou plas

Tanpri revize lis ki nan gid la epi kontakte founisè yo dirèkteman pou plis enfòmasyon

Gid sa te mete ajou dènye fwa an Novanm 2025. Pou dènye enfòmasyon yo,  
**SCANE ISIT LA**



## GARDMANJE

### Connecticut Foodshare Mobile Pantries

203-741-9752

[www.ctfoodshare.org](http://www.ctfoodshare.org) (click on "Mobile Pantry Locator")

Voye mo FOODSHARE nan 85511 pou jwenn enfòmasyon sou kote ak orè pantry mobil Connecticut Foodshare. W ap reponn kèk kesyon epi w ap resevwa detay ki toupre w. Apre w fin enskri, yo ap voye mesaj sou chanjman orè oswa anilasyon.

Orè aktyèl GADMANJE – CONNECTICUT FOODSHARE ka chanje, vizite sit la pou verifye. Men kote y ap distribye manje kounye a:

#### Bethel AME Church

150 Fairfield Ave., Stamford

Chak 2 semèn, Vandredi soti 1-2pm

#### B1C

507 Shippan Ave, Stamford

Chak 2 lendi soti

from 12:45pm - 1:45pm

#### NORWALK: Macedonia Church @ Ben Franklin

61 Bayview Ave., Norwalk

Chak 2 semèn, Vandredi soti 9:30-10:15am

#### NORWALK: Ben Franklin Pre-School

165 Flax Hill Rd., Norwalk

Chak 4èm samdi nan mwa a soti 9:30-10:30am (*Pou mwa*

*Novanm ak Desanm, Samdi mobil la se 2yèm Samdi a*)

**Eljibilite:** Nenpòt moun

**Okenn limit:** Nenpòt moun

kapab

**Frekans vizit:** Chak semèn

#### New Covenant Center

174 Richmond Hill Avenue, Stamford (203) 964-8228

[www.newcovenantcenter.org](http://www.newcovenantcenter.org)

**Louvri:** Mèkredi, 11:00am–1:00pm

Vandredi, 10:30am–2pm

**Eljibilite:** Louvri pou rezidan ki gen revni ki ba nan

Stamford, Darien, New Canaan, & Greenwich

**Dokiman yo mande:** Fòm aplikasyon pou Gwo Depo Manje:

Mèkredi soti 11:00 a.m.–2:00 p.m. Prè idantite (ID leta

oswa paspò; sètifika nesans pou timoun ki pa gen ID ak

foto) pou chak manm nan kay la Prè adrès (resi lwaye

oswa fakti sèvis piblik) Prè revni (chèk salè, lèt

konpansasyon chomaj)

**Frekans vizit:** Yon fwa pa mwa avèk randevou

### Faith Tabernacle Baptist Church Food Pantry

29 Grove Street, Stamford, CT 06901 (203)

348-8755 x14 | [www.faithtabct.org](http://www.faithtabct.org)

**Louvri:** Chak jedi, 7:30 – 10:30 AM

**Eljibilite:** Nenpòt moun kapab

**Dokiman nesèsè:** Prè adrès

**Frekans vizit:** Chak semèn

### 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/)

**Louvri:** Chak 2èm ak 4èm dimanch nan mwa a a 2:00 PM

**Eljibilite:** Moun ki rete nan Konte Fairfield

**Dokiman nesèsè:** Fòm aplikasyon ak kat idantite ak foto

**Frekans vizit:** San limit

**Person to Person** [www.p2phelps.org](http://www.p2phelps.org) | (203) 655-0048

*Ou dwe rele pou pran yon randevou.*

P2P ap opere pantry mobil li a nan orè ak kote sa yo:

**Lendi:** 11:00am–1:00pm, Yerwood Center  
2–4pm, Stamford Manor

**Madi:** 11am–1pm, Stamford PAL  
2–4pm, Quintard Terrace & UCONN Stamford

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

**Jedi:** 11am–1pm, Yerwood Center  
2–4pm Building One Community (*nouvo kote nan 417 Shippan Ave.*)  
3–7pm St. Gabriel

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

**Samdi:** 11am–3pm, Pilgrim Towers

**Eljibilite:** Ouvè pou tout moun ki bezwen manje epi ki abite Stamford, Darien, New Canaan, Norwalk, Westport, Weston, ak Wilton.

**Dokiman nesèsè:** Fòk ou rele (203) 655-0048 pou pran

randevou epi w ap bezwen pote dokiman yo mande yo.

**Frekans vizit:** Chak 28 jou

Rezidan Stamford yo kapab vizite tou lokal P2P ki nan

Darien. Pou moun ki pa ka deplase al pran manje a, yo kapab

resevwa livrezon lakay yo pandan semèn nan. Ou dwe rele

ant Lendi rive Vandredi pou pran randevou sou (203) 655-

0048. Yo ka mete manje sou galri kay ou 1 :30 – 2-30pm

### Neighbor to Neighbor

248 East Putnam Avenue, Greenwich, CT 06830

[www.ntngreenwich.org](http://www.ntngreenwich.org)

**Louvri:** Lendi – Vandredi 8:00 am – 1:00 pm; Mèkredi &

Jedi 3:30–6:30 pm; Samdi 8:30 am – 12:30 pm

**Eljibilite pou resevwa sèvis:** Referans pa yon ajans sèvis

sosyal

**Frekans vizit:** Chak semèn

### The Revival House Food Pantry

CREST House 980 Hope Street, Stamford, CT 06902 |

(203) 637 - 3699 | [office@livinghopect.org](mailto:office@livinghopect.org)

**Louvri:** Lendi, Mèkredi, ak Vandredi soti 10am–1pm, Jedi

2:00-4:30pm

**Eljibilite:** Nenpòt moun ki bezwen manje

**Dokiman nesèsè:** Pa gen okenn

**Frekans vizit:** Yon vizit chak semèn bay manje pou apeprè

4 jou

### 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)

**Louvri:** Mèkredi & Vandredi, 10am- 1pm

**Eljibilite:** 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)

**Louvri:** Lendi ak Madi: 10:00 AM – 1:00 PM

(Gen lòt orè selon randevou)

**Eljibilite:** Nenpòt moun ki bezwen manje; dwe yon rezidan

Connecticut

**Dokiman nesèsè:** Rankle aplikasyon pou sèvis

**Frekans vizit:** Yon fwa pa mwa

**Manje yo bay:** Pwodwi Kosher sèlman

### Wilson Memorial Church of God

164 Richmond Hill Avenue, Stamford, CT 06902

(203) 557-9807

**Louvri:** Jedi – sèvis kòmanse a 12:00 PM, men yo

kòmanse bay tikè a 9:00 AM

**Eljibilite:** Nenpòt moun ki nan bezwen manje

**Dokiman nesèsè:** Dwe gen tikè – yo distribye yo depi 9:00

AM

**Frekans vizit:** Chak semèn

## BANK MANJE

### Food Bank of Lower Fairfield County

461 Glenbrook Road, Stamford, CT 06906 (203) 358-8898 |

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

Sa yo fè: Bank Manje a bay manje pou nenpòt òganizasyon

ki kalifye ki pa fè pwofi, ki nan 6 vil nan Fairfield County:

Darien, Greenwich, New Canaan, Norwalk, Stamford, Wilton.

Yo sèvi moun ki gen ti revni swa ak manje cho (sou plas)

oswa sache manje pou pote lakay.

## REPAS CHO (MANJE SOU PLAS)

### Catholic Charities Senior Nutrition Program

(203) 324-6175

[www.ccfairfield.org/programs/senior-nutrition](http://www.ccfairfield.org/programs/senior-nutrition)

*Pou: Moun ki gen 60 an oubyen plis*

#### Jewish Community Center

1035 Newfield Avenue

Manje midi chak mwa a 12:00 PM

Don Sijere:\$ 6

#### Stamford Senior Center

888 Washington Boulevard

Manje midi: Lendi rive

Vandredi

Lè: 11:30 AM – 1:30 PM

Don Sijere: \$5

#### New Covenant Center Café

174 Richmond Hill Ave., Stamford, CT 06902

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

Dejene lejè: Madi rive Samdi, 9:30 – 10:30 AM

Manje midi: Chak jou, 12:30 – 1:30 PM

Dine: Lendi rive Samdi, 4:30 – 5:30 PM

## MACHE FÈMYE (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/>

Ofri yon gran varyete fwi, legim, flè, ak plis ankò ki grandi

lokalman! Mache a aksepte SNAP, WIC, ankourajman

nitrisyon Mache WIC, ak ankourajman nitrisyon pou granmoun

aje/oswa moun ki andikape.

Kouman pou rive nan Mache a... ak Otobis

CTtransit gen plizyè liy ak estasyon ki nan yon distans mache

10 minit (oswa mwens) soti nan Mache a. Vizite

[cttransit.com](http://cttransit.com)] oswa [ctrides.com](http://ctrides.com)] pou enfòmasyon sou orè

ak tikè.



United Way of Coastal and Western Connecticut