



Federal shutdown information: The Department of Social Services has received notice from the U.S. Department of Agriculture (USDA) Food and Nutrition Services that if the federal government shutdown continues into November, there will not be enough funds to pay November Supplemental Nutrition Assistance (SNAP) benefits. If you need to check your EBT balance call 1-888-328-2666 or use MyDSS.ct.gov. For more information about SNAP and the shutdown we have put together a [Frequently Asked Question page](#).

Please be patient and respectful to our staff while we try to assist you through these changes caused by the federal government shutdown. If you need immediate food assistance, visit www.211ct.org or www.ctfoodshare.org.

Food Pantry Locations

Bridgeport

Bridgeport Rescue Mission – Food Pantry

725 Park Ave, Bridgeport, CT 06604

Bridgeport Rescue Mission – Food Pantry at 725 Park Avenue offers food distribution on Mondays, Wednesdays, and Fridays from 10 a.m. to 12 p.m. and 1 p.m. to 3 p.m..

Thomas Merton Family Center

1406 State St, Bridgeport, CT 06605

Thomas Merton Family Center, run by Catholic Charities at 1406 State Street, provides groceries weekly and also operates a daily soup kitchen. The pantry is open Monday–Friday from 8:30 a.m. to 3 p.m..

NOURish Bridgeport Inc.

2200 North Ave, Bridgeport, CT 06604

NOURish Bridgeport Inc. at 2200 North Avenue holds a food pantry every Wednesday from 2 p.m. to 6 p.m..

Kings Pantry Inc

30 Florence St, Bridgeport, CT 06607

Kings Pantry Inc at 30 Florence Street is open on Mondays, Tuesdays, Wednesdays, and Thursdays from 11 a.m. to 1:30 p.m..

Fridgeport

219 James St, Bridgeport, CT 06604

Bridgeport at 219 James Street is a 24/7 community fridge and shed for food pickup and drop-off.

Black Rock Rood Pantry

2676 Fairfield Ave, Bridgeport, CT 06605

Black Rock Food Pantry at 2676 Fairfield ave is open Saturday 9 a.m. to 11 a.m and serves the 06605 ZIP code residents and requires ID.

Bishop Jean Williams Food Pantry

3160 Park Ave, Bridgeport, CT 06604

Bishop Jean Williams Food Pantry at 3160 Park Avenue requires appointments, which can be made by calling 203-873-0260.

Trumbull

Trumbull Food Pantry

23 Priscilla Place, Trumbull, CT

Trumbull Food Pantry – Open Monday, Tuesday and Thursday from 9:30 a.m. to 4 p.m.

Fairfield

Operation Hope

636 Old Post Rd, Fairfield, CT 06824

Operation Hope has a pantry located at 636 Old Post Road. Pantry hours are Monday, Wednesday, and Friday from 10 a.m. to 12 p.m., and Thursday from 4 p.m. to 6 p.m..

Monroe

Monroe Food Pantry

980 Monroe Turnpike, Monroe, CT 06468

Monroe Food Pantry at 980 Monroe Turnpike is open Monday from 2 p.m. to 5 p.m. and Wednesday and Thursday from 9:30 a.m. to 1 p.m..

Food Pantry Locations

Milford

Storehouse Food Pantry

200 Meadow St, Milford, CT 06461

Storehouse Food Pantry at 200 Meadow Street distributes food on Tuesdays from 10 a.m. to 11:30 a.m. and 12 p.m. to 2 p.m., Thursdays from 9 a.m. to 12:30 p.m., and Saturdays from 9 a.m. to 12:30 p.m..

Shelton

Spooner House

30 Todd Rd, Shelton, CT 06484

Spooner House at 30 Todd Road provides food bank services, as well as support for single parents and families.

Derby

St. Vincent de Paul of the Valley Thrift Shop and Food Bank

237 Roosevelt Dr, Derby, CT 06418

St. Vincent de Paul of the Valley Thrift Shop and Food Bank is located at 237 Roosevelt Drive. The food bank is closed from late July to mid-August and requires an appointment.

Stratford

Sterling House Food Pantry

2283 Main St, Stratford, CT 06615

Sterling House Food Pantry at 2283 Main Street is open Monday (10 a.m. to 12 p.m.), Tuesday (1 p.m. to 3 p.m.) and Thursday (3 p.m. to 5 p.m. and offer things like emergency food, toiletries, diapers and pet food

Agape Food Pantry (First Baptist Church)

105 Hamilton Ave, Stratford, CT 06615

Agape Food Pantry, run by the First Baptist Church at 05 Hamilton Ave, serves Stratford and Fairfield county. They are open the 2nd, 3rd, and 4th Saturday of the month from 10 a.m. to 12 p.m.

Friendship Baptist Church Food Pantry

235 Albert Ave, Stratford, CT 06614

Friendship Baptist Church Food Pantry at 235 Albert Ave operates Friday's from 12 p.m. to 1 p.m. for Stratford Residents.

South End Community Food Pantry

19 Bates St, Stratford, CT 06615

South End Community Food Pantry at 19 Bates Street is open on Wednesdays from 9 a.m. to 11:45 a.m.. Please note ID and proof of address may be required.

St. James Food Pantry

2110 Main St, Stratford, CT 06615

St. James Food Pantry at 2110 Main Street opens Wednesday's from 10 a.m. to 12 p.m.

Mobile Food Pantry (Holy name of Jesus Church)

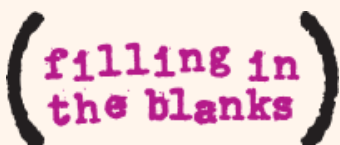
1950 Barnum Ave, Stratford, CT 06614

Mobile Food Pantry at 1950 Barnum Ave, is a mobile food distribution

Additional Resources

Connecticut Foodshare is a larger food bank supporting local pantries across the state. Its main headquarters is in Wallingford, but it serves Fairfield County through a network of local programs.

Community Resources 2-1-1 is a 24/7 service that can connect you to emergency food resources. You can dial 2-1-1 on your phone or visit the Connecticut 2-1-1 website.



Filling in the Blanks ensures children have nutritious food on weekends when school meals aren't available, helping ease grocery costs, reduce stress at home, and give families greater stability and peace of mind.

Address: 346 Main Ave., Suite 3A, Norwalk, CT 06851

Phone: (203) 750-0019



FOOD PANTRY

Free Fresh & Nutritious Food Distribution Every Other Monday
In Partnership with CTFoodshare, Stratford Health Department & YMCA

2025 Food Pantry Dates

January 6	July 7
January 20	July 21
February 3	August 4
February 17	August 18
March 3	September 15
March 17	September 29
March 31	October 13
April 14	October 27
April 28	November 10
May 12	November 24
June 9	December 8
June 23	December 22

Location

Holy Name of Jesus Church
1950 Barnum Ave
Stratford, CT
College St. Parking Lot

Time

9:15 AM to 10:15 AM

FOR INDIVIDUALS AND FAMILIES

- Bring your reusable bag
- Park your car on College St.





DESPENSA DE ALIMENTOS

Distribución gratuita de alimentos frescos y nutritivos cada dos semanas.

En colaboración con CTFoodshare, el Departamento de Salud de Stratford y la YMCA.

Fechas de la distribución de alimentos de 2025

6 de enero	7 de julio
20 de enero	21 de julio
3 de febrero	4 de agosto
17 de febrero	18 de agosto
3 de marzo	15 de septiembre
17 de marzo	29 de septiembre
31 de marzo	13 de octubre
14 de abril	27 de octubre
28 de abril	10 de noviembre
12 de mayo	24 de noviembre
9 de junio	8 de diciembre
23 de junio	22 de diciembre

Ubicación

Iglesia Holy Name of Jesus
1950 Barnum Ave
Stratford, Connecticut
Estacionamiento en la calle College

Horario

De 9:15 a. m. a 10:15 a. m.

PARA PERSONAS Y FAMILIAS

- Lleva tu bolsa reutilizable
- Estacione su vehículo en College St.

