Upper Valley Food Shelves & Pantries

New Hampshire

Canaan/Enfield

- ***Mascoma Area Food Pantry***

Serves residents of Canaan, Enfield, Dorchester, Grafton and Orange

Senior Center, 1166 Route 4.
By appointment Monday-Friday. Home delivery available, 603-523-4333.

- ***Friends of Mascoma; Friends Feeding Friends***

Serves *residents of Canaan, Enfield, Dorchester, Grafton and Orange*

- Canaan Pantry, located at 9 On the Common in Canaan (behind Canaan Hardware and Supply).
  Tuesdays 3:00pm-5:30pm.
- Enfield Pantry, located at 19 Main Street in Enfield (the basement of the former police station).
  Wednesdays 3:30pm-6:00pm.
- If those days and hours don't work for you, call 603-632-4542 or email PantryCoo@FriendsofMascoma.org to make other arrangements. friendsofmascoma.org/friends-feeding-friends.

Charlestown

- ***Charlestown Food Shelf***

Old Town Hall
29 Summer St. Open Monday, Thursday and Friday, 9-11 a.m. 603-499-3504 or charlestownfoodshelf@gmail.com.

Claremont

- ***Claremont Soup Kitchen***

51 Central St.
Monday-Friday, 9 a.m.-1 p.m. claremontsoupkitchen.com/our-programs or 603-543-3290.

Grantham

- ***Grantham Food Pantry***

Grantham United Methodist Church
418 Route 10. Sundays, 9-11 a.m. and Mondays, 4:30-5:30 p.m.
granthamfoodpantry@gmail.com or facebook.com/granthamumc.

Hanover

- ***United Church of Christ***

40 College Street
Saturday, 10:30 a.m.-12:30 p.m. hanovercommunityfoodpantry@gmail.com or 802 356-0629.

Lebanon

- ***LISTEN Community Services***

60 Hanover Street
Monday, noon-4 p.m.; Tuesday-Friday, 10 a.m.-4 p.m.listencs.org/food-pantry or 603-448-4553.

- ***Assembly of God Church***

45 Buckingham Place. Last Saturdays, 9-10 a.m. 603-448-3333.

- ***First Baptist Church of Lebanon's Ravenbox Food Pantry***

Outside the Upper Valley Senior Center10 Campbell Street
Second and fourth Saturdays, 10-11 a.m. Drive through or walk-up outdoor service
office@lebfirstbaptist.com or 603-448-5618.

Updated 10/30/25

Lyme

- ***Lyme Food Pantry***

Anyone may pre-order food packages

Rear door of the Lyme Congregational Church
1 Dorchester Road. Pick-up and delivery on Tuesdays at 1 p.m., or by appointment.
603-795-0603 or help@cclyme.org.

New London

- ***KLS Community Food Pantry***

Serves residents of Andover, Bradford, Danbury, New London, Newbury, Salisbury, Springfield, Sunapee, Sutton, Warner and Wilmot

First Baptist Church
461 Main St. Wednesday, 5:30-70 p.m. Saturday, 10-11:30 a.m.
kcpcnlnh.com/mission-kls-food-pantry or 603-526-6511.

North Haverhill

- ***Horse Meadow Senior Center Food Shelf***

91 N. Horse Meadow Road.
Tuesday, 1 to 2 p.m.; Wednesday, 10 to 11 a.m. and Thursday 1 to 2 p.m.
Other times available by appointment. 603-787-2539.

- ***Trinity Church of Nazarene Food Pantry***

Serves residents of the towns of Haverhill, Benton, Bath, Piermont and Warren, and Wells River and Newbury, VT

41 Nazarene Drive
Third Saturdays, 9-10:30 a.m. trinitynazarenenh.org/ministries or 603-787-6177.

Orford

- ***Orford/Fairlee Food Shelf***

Serves residents of Orford, Fairlee and the Rivendell School District

Town Hall
Town Common Road, Fairlee
Monday-Thursday 9 a.m.-3:30 p.m. and Friday 10 a.m.-noon. 802-333-4363.

- ***Free Produce at Orford United Congregational Church***

All welcome

Route 10
Available every Tuesday noon-4 p.m.
Sponsored by Willing Hands and Orford Cares. 603-353-4150.

Plainfield

- ***Community Resource Room and Food Pantry***

Serving residents of Plainfield, Meriden and Cornish

Christ Community Church
1259 Route 12A.
First Thursdays, third Fridays and third Saturdays, 9-10:30 a.m. 603-469-3201.

West Lebanon

- ***Wellspring Food Pantry***

Wellspring Worship Center
407 N. Main Street
Saturday, 9-10 a.m. 603-643-2700. For urgent needs, call 603-359-7245.

Woodsville

- ***Good Shepherd Ecumenical Food Pantry***

Serving residents of Haverhill, Benton, Orford, Piermont, Warren, Woodstock, Wentworth, Bath, Landaff, Lisbon, Lyman and Monroe

65 S. Court Street.
Monday, Tuesday, Thursday, 10.a.m.-1 p.m. Wednesday 6-7 p.m. 603-243-0327.

Vermont

Ascutney

- ***Ascutney Union Church Food Cupboard***

Serving residents of Ascutney, Weathersfield, Amsden, Perkinsville, Greenbush, Weathersfield Center/Bow and Windsor

5243 Route 5
Saturday, 9-10 a.m. 802-674-2484.

Bethel

- ***Bethel Area Food Shelf***

Serving residents of Bethel, Barnard, Pittsfield and Stockbridge

129 Church Street
Monday, noon-1 p.m.; Thursday, 5-7 p.m. 802-234-5513 or bethelvtfoodshelf.org

Bradford

- ***Bradford Churches Food Shelf***

Academy Building
172 N. Main Street
Monday, Tuesday and Thursday, 3-4 p.m.; Wednesday, 5-6 p.m.; Friday, 11 a.m.-noon.
802-291-1274 or 603-272-4953.

Chelsea

- ***Chelsea Food Shelf***

United Church of Chelsea
13 North Common
Second Tuesdays, noon-1 p.m. and fourth Tuesdays, 4-5 p.m.
Emergency needs by appointment, 802-685-3146.

Fairlee

- ***Orford/Fairlee Food Shelf***

Serving residents of Orford, Fairlee and the Rivendell School District

Town Hall
Town Common Road, Fairlee
Tuesday and Thursday, noon to 2 p.m. 802-333-4363.

Hartford Village

- ***Joseph's Storehouse at Cornerstone Community Center***

14 Elk Street
Sunday 12:45-1:45 p.m. and by appointment. 802-295-5738 or 603-252-6901.

Hartland

- ***Hartland Food Shelf***
  Universalist Church
  8 Brownsville Road, Hartland Four Corners. Friday, 8-9:30 a.m., Thursday, 4-6 p.m. and by appointment.
  Hartlandfoodshelf.com, 802-356-9381.

Newbury

- ***Newbury Food Shelf***
  Newbury Bible Church
  17 Cross Street
  Open four times a month. Contact 802-866-5527 for schedule.

Randolph

- ***Randolph Area Food Shelf***
  12 Prince St. Monday, Wednesday and Friday 3-5 p.m.; Tuesday, 1-5 p.m.; Thursday, 5-7 p.m.
  802-431-0144 or randolphareafoodshelf.org.

Reading

- ***Reading-West Windsor Food Shelf***
  Stone School
  3456 Tyson Road
  Monday, 2-4 p.m., Thursday, 4-6. 802-952-1068

Sharon

- ***Lighthouse Food Shelf***
  Across the street from the Congregational Church
  55 Route 132
  Tuesday and Thursday, 4:30-6:30 p.m.
  Call for assistance outside of normal hours. 802-763-2007.

South Royalton

- ***Royalton Food Shelf***
  2955 Route 14
  Thursday, 11:30 a.m.-1:30 p.m. and 5-7 p.m.
  unitedchurchofsoro.org/food-shelf or 802-763-7633.

Thetford

- ***Thetford Food Shelf***
  Town Offices
  3910 Route 113
  Tuesday and Thursday, 10 a.m.-noon, and by appointment.
  thetfordvt.gov/community/thetford-food-shelf, or 612-719-8618.

Tunbridge

- ***Tunbridge Community Food Shelf***
  Tunbridge Church Parish House
  3 Potash Hill Road. Friday
  4-6 p.m. 802-693-0098.

Vershire

- ***Vershire Food Shelf***
  Town Center Building
  27 Vershire Center Road.
  Fridays, 10 a.m.-noon. vershire.org/wordpress/vershire-helping-hands or 802-685-9982.

Weathersfield

- ***Weathersfield Food Shelf***
  1879 School, 1862 Route 106
  Perkinsville. Open second and fourth Thursdays each month, 2-4 p.m. 802-263-5169.

West Fairlee

- ***West Fairlee Community Food Shelf***
  Community Building, Route 113. Tuesday, noon to 1 p.m. Drive-thru only. 802 333-9937.

White River Junction

- ***The Haven's Community Food Mark***

Open to all

  713 Hartford Ave
  Monday–Thursday: 10:00 a.m. – 5:00 p.m. Friday: 10:00 a.m. – 3:00 p.m.
  Closed daily from 1:00–1:30 p.m. for restocking.
  (802) 295-6500 or info@uppervalleyhaven.org

- ***Sharing and Caring Food Program***
  White River Junction United Methodist Church
  106 Gates Street
  Food available 24/7 outside church. Facebook: "White River Jct. United Methodist Church."

Windsor

- ***Trinity Evangelical Free Church***
  44 Main Street
  Tuesdays and Thursdays, 5:30-6:30 p.m.; Wednesdays, 10:30 a.m.-noon
  Closed the first week of each month. trinitywindsor.com/food-shelf or 802-674-6781.

Woodstock

- ***Community Food Shelf 2***
  17 Maxham Meadow Way
  Monday, 4-6 p.m., Wednesday, 1-3 p.m., Saturday, 10 a.m.-noon.
  woodstockfoodshelf.org or 802-457-1185.