Food Assistance Sites

Gemma E. Moran United Way / Labor Food Center

New London County

Updated: 10/29/2025

GEMMA E. MORAN
UNITED WAY/LABOR FOOD CENTER
UNITED WAY Southeastern Connecticut
AFL-CIO COMMUNITY PARTNERSHIPS
An AFL-CIO Community Services and United Way Partnership

BALTIC / SPRAGUE	Type	Address	Days & Hours	Restrictions	Contact
Sisters of Charity Food Pantry	Pantry	54 W. Main St., Baltic	Thursday 3-4pm	Sprague residents - once a week	860-822-8241
Town of Sprague Food Pantry	Pantry	1 Main St., Sprague	Wed. 8am-noon	CT resident	860-822-3000 ext. 203

COLCHESTER	Type	Address	Days & Hours	Restrictions	Contact
Colchester Food Bank	Pantry	127 Norwich Ave, Colchester	By appt only or by emergency	Colchester residents	860-537-7235 https://www.colchesterct.gov/colchester-youth-social-services/social-services/pages/food-bank
Rosalyn Allen Food Pantry	Mobile Pantry	Colchester Rec Plex	For mobile food pantry dates and times, please call 860-822-4146 or visit https://www.ucfs.org/news-events/	No restictions	860-822-4146

EAST LYME/OLD LYME/NIANTIC	Type	Address	Days & Hours	Restrictions	Contact
Care and Share. Inc. of East Lyme	Pantry	12 Roxbury Rd., Niantic	By appointment only	Resident of East Lyme/Niantic or Salem in need	860-739-8502
Helping Hands - SWEET Potato Society, Inc	Pantry	19 Hall St., Old Lyme	Tues & Thurs 9am-1pm	No restictions - deliveries and pick ups available	860-451-8237
Shoreline Soup Kitchens Pantry @ First Congregational Church	Pantry	2 Ferry Road , Old Lyme	Sat 8:30-10:30am	Residents of Essex, Chester, Clinton, Madison, Old Saybrook, East Lyme, Lyme, Old Lyme, Killingworth, Westbrook and Deep River	860-388-1988
Shoreline Soup Kitchens Pantry @ St. John's Episcopal Church	Pantry	400 Main St, Niantic	Thursday 2:30-4:30pm	Residents of Essex, Chester, Clinton, Madison, Old Saybrook, East Lyme, Lyme, Old Lyme, Killingworth, Westbrook and Deep River	860-388-1988

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United Way of Southeastern Connecticut

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Visit our website for additional resources and mobile food pantry calendar:
www.uwsect.org/calendar

LIVE UNITED
United Way

GRISWOLD/JEWETT CITY	Type	Address	Days & Hours	Restrictions	Contact
St. Mary Food Pantry	Pantry	34 North Main Street, Jewett City - Rectory Basement	Tuesday 10am - 4pm	CT resident	860-376-2044 ext. 108
Griswold Senior Center	Pantry	220 Taylor Hill, Griswold	2nd & 4th Thursday, 1-3PM	Griswold/Jewett City residents, 55+	(860) 376-2604
Rosalyn Allen Food Pantry at Griswold Health Center	Pantry	226 East Main Street, Griswold	Monday-Thursday 8am-6pm and Friday 8am-4pm	No restrictions	860-822-4147 https://www.ucfs.org/news-events/
UW Mobile Food Pantry @ Griswold Public Works	Pantry	1148 Voluntown Rd, Griswold	3rd Thursday/month 4-5:30pm	Drive through	860-464-3327; https://www.uwsect.org/calendar

GROTON	Type	Address	Days & Hours	Restrictions	Contact
Groton Community Meals	Meals	Thrive 55+ (Groton Senior Center), 12 Newtown Rd. (Mon) / Thames River Magnet School, 250 Brandegee Ave., Groton (Wed)	Monday 6-7pm @ Thrive 55+ (Groton Senior Center), Wednesday 6-7pm @ Thames River Magnet School	All welcome - all under 18 must be accompanied by an adult	860-389-3904; https://www.grotonmeals.org/calendar/
Groton Human Services	Pantry	2 Fort Hill Rd, Groton	M-F 8:30-4:30, distribute 10am-11:50 & 2-4pm	Must call ahead for an app't; Groton residents; once a month	860-441-6760
Malta	Pantry	20 Grove Ave, Groton	Wed 9:30am-12:30pm	no restrictions	860-373-3975
UW Mobile Food Pantry @ St. John's Christian Church	Pantry	346 Shennecossett Rd, Groton	4th Friday 12:30-2pm	Drive through & Walk Up	860-464-3327; https://www.uwsect.org/calendar

LEDYARD	Type	Address	Days & Hours	Restrictions	Contact
Linda C. Davis (Ledyard) Food Pantry	Pantry	728 Col. Ledyard Hwy, Ledyard @ Morgan Barn	Tues, Thurs & Sat 9-11am by appointm	Ledyard & Gales Ferry residents; contact Ledyard Social Services for appointment	860-464-3222;
New Life Christian Fellowship Pantry	Pantry	1729 Center Groton Rd. (Route 117), Ledyard	2nd & 4th Sat 9am-11am	Open to All	860-464-9098

WATERFORD	Type	Address	Days & Hours	Restrictions	Contact
Waterford Community Food Bank	Pantry	200 Boston Post Rd	M-F 8:00am -4:00pm	Waterford and Quaker Hill residents. Call for appointment.	860-444-5848

NEW LONDON	Type	Address	Days & Hours	Restrictions	Contact
Catholic Charities	Pantry	28 Huntington St, NL	M-F by appointments only	No restrictions	860-443-5328
Church of the City Community Meal	Meals	NL Community Meals, 12 Montauk St., NL	Sat 5-6pm	None	860-447-0388
City of NL Senior Center Community Café & Food Pantry	Meals & Pantry	10 Brainard Street, NL	Mon- Fri 11:20am (meals) Mon-Fri 8am-3:30pm (pantry)	NL resident 60+, register at Senior Center; income contingent	860-437-6339 - call Marina with questions
Shekinah Haitian SDA Church	Pantry	60 Huntington Street, NL	Saturday, 1:30-2:00	Open to All	860-367-4730
Food to the People	Pantry	The Place, 75 Garfield Ave., NL	Friday 9:00am-12:00pm; 3:00-7:00pm	Open to All	860-448-4882
Lord's Pantry @ St. James Episcopal Church	Pantry	76 Federal St., NL	Wed 10am-12:30pm	NL County residents	860-443-4989
New London Area Food Pantry	Pantry	110 Garfield Ave., NL	Monday 12:30-2:30pm Thursday 9:30-11:30am	No restrictions	(860) 443-6680 https://newlondonareafoodpantry.org
New London Community Meal Center	Served Meal	12 Montauk Street, NL	M-F lunch & dinner, 3rd, 4th Sat lunch & Sunday dinner; lunch served 12-1pm; dinner served 4:30-6pm	Open to All	860-444-7745
New London Salvation Army	Pantry	11 Governor Winthrop Blvd., NL	Tues & Thurs 10am- noon	By appt only, may receive food every other week	860-443-6403
Shiloh's Food Pantry	Pantry	3 Garvin Street, NL	Sat 11am-2pm	Open to All	860-443-6046
UW Mobile Food Pantry @ Ocean Avenue LEARNing Academy	Pantry	660 Ocean Ave., NL	4th Wednesday 4:30-5:30	Walk up Mobile Food Pantry	860-464-3327; https://www.uwsect.org/calendar

PRESTON	Type	Address	Days & Hours	Restrictions	Contact
Rosalyn Allen Food Pantry @ Preston Senior Center	Mobile Pantry	42 Long Society Rd, Preston	1st Friday of the month, 10-11am	No restictions	860-822-4147 https://www.ucfs.org/news-events/

PAWCATUCK/STONINGTON	Type	Address	Days & Hours	Restrictions	Contact
Pawcatuck Neighborhood Center	Pantry	27 Chase St, Pawcatuck	M-F 9am-3:30pm	resident of Stonington, North Stonington, Westerly, RI - Income restrictions	860-599-3285 ext. 101
United Way Mobile Food Pantry @ Stonington High School	Mobile Pantry	176 South Broad St., Stonington	1st Wed/month 4:30-5:30pm	No restrictions	860-464-3327; https://www.uwsect.org/calendar

NORWICH	Type	Address	Days & Hours	Restrictions	Contact
Catholic Charities	Pantry	331 Main Street, Norwich	M-F by appt only; M, T, Th & F 8:30-4:30, Wed 8:30am-7pm	No restrictions	860-889-8346
Easterseals Veterans Rally Point	Pantry & Meals	24 Stotts Ave., Norwich	Call for details	Members of Veterans Rally Point (all active military / veterans eligible for membership)	860-859-4148
El Shaddai Worship Center, Inc.	Pantry	156 North Main St., Norwich	delivery only	Call for appointment	772-361-4979 or 860-710-4026
Rosalyn Allen Food Pantry	Mobile Pantry	UCFS, 47 Town St, Norwich and Dodd Stadium, 14 Stott Ave.	Nonperishable food bags are available for pick up Monday - Thursday 8am-6:30pm & Friday 8am-4:30pm. Mobile food pantry info: call 860-822-4147 https://www.ucfs.org/news-events/	No restrictions	860-822-4147 https://www.ucfs.org/news-events/
Sacred Heart Church	Pantry	52 West Town St., Norwich	Thursdays 10:00-11:30am	No restrictions	(860) 705-7099
Feed They Neighbor	Pantry	Evans Memorial AME Zion Church, 2 McKinley Ave., Norwich	Tuesday 3-5pm, Thursday 3-7pm & Sunday 2-5pm	No restrictions	(860) 639-4342 or (860)889-3604
St. Vincent de Paul Place	Pantry & Community Meals	120 Cliff Street, Norwich	**General Hours:** M-F 7am-4pm; Sat 7am-3pm / **Pantry:** Mon & Wed 9:30am-noon, 1-3pm, Sat. 9am-noon / **Meals:** Mon-Sat 8-10am; 11:30am-1pm	Open to All	860-889-7374 www.svdpp.org
United Way Mobile Food Pantry @ Three Rivers Community College	Mobile Pantry	574 New London Tpke, Norwich	2nd Wednesday of the month 4:00-5:00pm	No restrictions - drive through	860-464-3327; https://www.uwsect.org/calendar

UNCASVILLE / MONTVILLE	Type	Address	Days & Hours	Restrictions	Contact
Bette's Bounty at UCP of Eastern CT	Pantry	42 Norwich Road, Quaker Hill	Monday - Friday 9am-4pm; Call for appointment	Open to individuals with disabilities and their family members	860-968-3663
Montville Senior / Social Services	Pantry	310 Norwich-New London Tpke, Montville	M-F 8:30am-3pm	Monville residents & surrounding towns	860-848-0422
Montville Union Baptist Church	Pantry	279 Route 163 (Oakdale Rd), Montville	2nd & 4th Saturday, 9-11am	Open to all; drive through only; registration in dirt parking lot	860-705-8578
Uplifting Grace	Pantry	130 Route 32, Uncasville	3rd Saturday of the month, 9am-1pm, emergency need	Open to all	860-574-0455