Food Resources Available on Weekends

This guide was created to provide you with a list of food resources available on weekends in New Haven and the surrounding area.

## Pantries/Soup Kitchens

**Breakthrough Church and Life Kingdom Ministries**  
481 Shelton Ave, Hamden. 203-691-9296  
Pantry open every Saturday 12-2pm.

**Bethel AME Church**  
255 Goffe St, New Haven. 203-865-0514. 203-915-2947  
Pantry open third Saturday of the month 10am-12pm.

**Cathedral of Higher Praise**  
155 Grand Ave, New Haven. 203-776-7676  
Pantry open second and fourth Saturdays of the month 9-10:30am.

**Upon This Rock Ministries - Dwight Substation**  
150 Edgewood Ave, New Haven. 203-387-1215  
Pantry open first and third Saturday of the month 9-11am.

**Downtown Evening Soup Kitchen**  
311 Temple St, New Haven. 203-624-6426  
Food served every Sunday 4:30-6pm.

**Loaves and Fishes**  
57 Olive St, New Haven. 203-562-2691  
Pantry open every Saturday 9-10:30am.

**New Haven Inner City Enrichment Program - Hill Substation**  
410 Howard Ave, New Haven. 203-479-0056  
Pantry open last Saturday of the month 11am-1pm.

**Vertical Church - Fair Haven Substation**  
296 Blatchley Ave, New Haven.  
Pantry open third Saturday of the month 1-3pm.

**Community Soup Kitchen**  
84 Broadway, New Haven. 203-624-4594  
Breakfast served every Saturday 8:30-9:30am. Pick up only.

**Immanuel Missionary Baptist Church**  
1324 Chapel St, New Haven. 203-777-8744  
Soup kitchen open Sundays 1:30-2:30pm. Pantry fourth Saturday of the month 8-9:30am.

**Varick AME Zion**  
242-246 Dixwell Ave, New Haven. 203-624-6245  
Pantry open first Saturday of the month 10am-12pm. Grab and go during COVID-19.

## Additional Assistance

**FISH of Greater New Haven**  
Monthly delivery service (2 weeks' worth of groceries) to homebound individuals. At capacity right now, but can still call 203-503-0106 to apply M-F 8-10am.

**Hamden Pantries and Soup Kitchens**  
Text “HUNGER” to 888111 or visit https://www.hamdenhungerproject.com/.

**CT Food Bank Mobile Food Pantries**  
For additional mobile pantry locations across the state, call 203-741-9751 or visit here Mobile Pantry Schedule.

**City of New Haven**  
View food resources here - New Haven COVID-19 Hub.