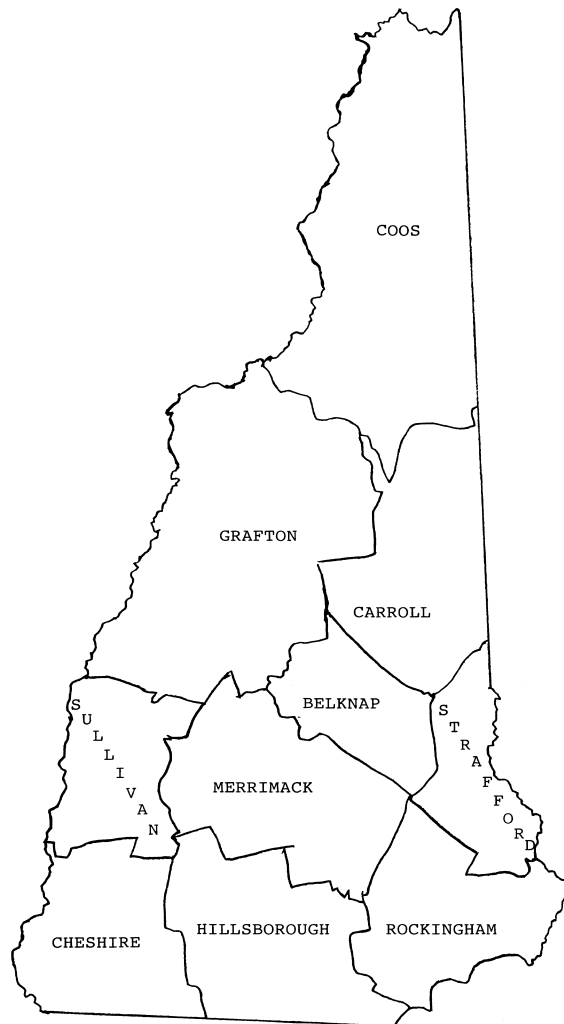


NEW HAMPSHIRE FOOD PANTRIES, SOUP KITCHENS & HOMELESS SHELTERS

Participating in the USDA
Emergency Food Assistance Program



2023 Edition Sponsored By:
NH Community Action Agencies

SUMMARY

The Emergency Food Assistance Program (TEFAP), a USDA food program, is responsible for the purchase and distribution of a variety of nutritious commodities to assist feeding families and individuals in need. In New Hampshire, with assistance from the State Surplus Distribution Section, this commodity distribution effort is coordinated by Community Action Agencies in cooperation with a statewide network of food pantries, soup kitchens and homeless shelters.

This directory contains a statewide listing by county of all food pantries, soup kitchens and homeless shelters currently participating in the TEFAP program. It is designed to assist various organizations and departments in locating geographically those organizations that participate in providing USDA commodity foods to people in need of food assistance.

We hope you will find this directory to be a useful guide for referring those who are seeking assistance to food pantries, soup kitchens and homeless shelters within your communities and throughout the State.

Please keep in mind that information such as location, contact persons and times may change periodically. This information is current as of 3/21/2023.

For more information on the TEFAP program or to view this brochure electronically, please visit our website at www.capbm.org/tefap; call TEFAP at **(603)225-3295** or email **remerson@capbm.org**.

New Hampshire
Food Pantries, Soup Kitchens
& Homeless Shelters

Participating in the
USDA Emergency Food Assistance Program

<u>COUNTY</u>	<u>PAGE#</u>
Belknap	1-2
Carroll	3-4
Cheshire	5-6
Coos	7-8
Grafton	9-10
Hillsborough	11-13
Merrimack	14-16
Rockingham	17-19
Strafford	20-21
Sullivan	22-23

Statewide Program Administrator:



COMMUNITY ACTION PROGRAM
 BELKNAP-MERRIMACK COUNTIES, INC.
EMPOWERING COMMUNITIES SINCE 1965
 2 Industrial Park Drive
 P.O. Box 1016
 Concord, New Hampshire 03302-1016
 (603) 225-3295

BELKNAP COUNTY

FOOD PANTRIES		
ADDRESS	CONTACT/TELEPHONE	HOURS
Alton Community Services 11c Village Circle Alton, NH 03809	Chris Racine 603-875-2273	Wednesday 5:30pm – 6:30pm Saturday 9:30am – 12:00pm
Barnstead Food Pantry 134 Suncook Valley Road Barnstead, NH 03218	Elaine Swinford 603-235-1895	By Appointment Only Saturday & Sunday 9:00am – 3:00pm
Christ Life Center Food Pantry 175 Mechanic Street Laconia, NH 03246	Richard Aucoin 603-524-2662	Thursday 9:00am – 11:45am
The Common Pantry Laconia Area Center 121 Belmont Road Laconia, NH 03246	Patti Kirk 603-524-0355	Monday - Friday 8:30am-4:30pm
First Baptist Church of Belmont 49 Church St Belmont, NH 03220	Lynda Southwick 603-490-1135	Saturday 10:00am – 12:00pm
First Fruits Food Pantry 322 Upper Bay Road Sanbornton, NH 03269	Robert Presby 603-524-5996	1 st and 3 rd Wednesday of each month 4:00pm – 6:00pm
Meredith Food Pantry 147 Main Street Meredith, NH 03253	Barbara Rayno 603-279-1115	Tuesday-Wednesday- Thursday 10:00am-1:00pm
Northfield-Tilton Food Pantry 283 Main Street Tilton, NH 03276	Nancy Wilson 603-455-7505	Tuesday 9:00am – 11:00am
Saint Vincent de Paul 1269 Union Avenue Lakeport, NH 03247	Verna-Jo Carignan 603-524-5683	Monday 12:00pm- 2:00pm & Wednesday 6:00pm-8:00pm
The Salvation Army 177 Union Avenue Laconia, NH 02347	Heather West 603524-1834	Tuesday-Saturday 9:00am – 3:00pm

BELKNAP COUNTY

SOUP KITCHENS		
ADDRESS	CONTACT/TELEPHONE	HOURS
First Baptist Church of Belmont 49 Church St Belmont, NH 03220	Lynda Southwick 603-490-1135	Saturday 10:00am – 12:00pm

BELKNAP COUNTY

SOUP KITCHENS (continued)

Hands Across the Table 31 Gilford Avenue - St Andre Bessette Parish Hall Laconia, NH 03246	Joseph Adrignola	Wednesday Dinners 4:30pm – 6:30pm
Isaiah 61 Café 100 New Salem St. Laconia, NH 03246	David Longval 714-3239	Monday- Friday 8:30am- 2:00pm
The Salvation Army 177 Union Avenue Laconia, NH 02347	Heather West 603524-1834	Tuesday-Saturday 9:00am – 3:00pm

BELKNAP COUNTY

HOMELESS SHELTERS

ADDRESS	CONTACT/TELEPHONE	HOURS
The Salvation Army 177 Union Avenue Laconia, NH 02347	Heather West 603524-1834	7 Days A Week 24 Hours A Day

CARROLL COUNTY

FOOD PANTRIES		
ADDRESS	CONTACT/TELEPHONE	HOURS
Agapé Ministries Servants, Inc. 80 Bean Rd. Moultonboro, NH	Pamela Vaughn 455-7053	Monday, Wednesday & Friday 9:00am-12:00pm Saturday 11:00am- 1:00pm
Agapé Ministries Servants, Inc. 1895 Rte. 16 West Ossipee, NH 03890	Kevin Straughan 603-539-4456	Monday, Wednesday, & Friday 1:00pm– 3:00pm
Bartlett-Jackson Food Pantry Glen Community Baptist Church 38 US Rte. 302 Glen, NH 03838	Brenda Medeiros 603-383-9246	1 st and 3 rd Saturdays 10:00am– 12:00pm
Breadbasket Food Pantry 2600 E. Main Street Conway, NH 03813	Lianne Boelzner 603-447-6633	2 nd Tuesday 4:00pm-5:00pm
The Community Food Center 678 Whittier Road Tamworth, NH 03886	George Rau 603-960-4067	Every other Wednesday 11:00am – 3:00pm
Conway Village Church 132 Main Street Conway, NH 03818	Sylvia & Paul Weld 603-447-3851	Tuesday 8:30am– 12:00pm By Appointment
Freedom Food Pantry First Christian Church 12 Elm St. Freedom, NH 03836	Claire Tracey 603-301-1249	Saturday 9:00am-12:00pm And by appointment
L.I.F.E. Ministries Food Pantry 264 South Main Street Wolfboro, NH 03894	Susan Fuller 603-569-0202	1 st & 3 rd Wednesday 10:00am – 1:00pm 4:00pm– 6:00pm
The Madison Food Pantry 53 Conway Road Madison, NH 03849	Joseph Dame 603-733-6323	Wednesday 10:00am-2:00pm
Vaughan Community Services 2503 White Mt. Highway North Conway, NH 03860	Jennifer Perkins 603-356-2324	Tuesday 12:00pm– 1:45pm & Thursday 1:00pm– 2:45pm
Wakefield Food Pantry 1500 Wakefield Road Sanbornville, NH 03872	Howie Knight 603-522-3094	Wednesday 10:00am– 1:00pm & 5:00pm– 7:00pm

CARROLL COUNTY

SOUP KITCHENS		
ADDRESS	CONTACT/TELEPHONE	HOURS
Breadbasket Soup Kitchen 2600 E. Main Street Ctr. Conway, NH 03818	Lianne Boelzner 603-447-6633	4 th Tuesday 5:00pm– 6:00pm
Conway Dinner Bell 132 Main Street Conway, NH 03818	Barbara Hoyt 603-447-3851	Monday 5:00pm- 6:00pm

CHESHIRE COUNTY

FOOD PANTRIES		
ADDRESS	CONTACT/TELEPHONE	HOURS
The Community Kitchen Inc. 37 Mechanic Street Keene, NH 03431	Kate Laversee 603-352-3200	Wednesday 12:30pm – 5:30pm Thursday 11:30am– 4:00pm
Feeding Tiny Tummys 305 Park Ave Keene, NH 03431	Jennifer Dassau 603-762-5890	Tuesday 10:00am- 12:00pm & Thursday 5:00pm- 7:00pm
Helping Hand Center 1 Depot Street Troy, NH 03465-0240	Jeanne Drugg 603-242-3007	Monday, Friday & Saturday 10:00am - 12:00pm
Jaffrey Food Pantry 54 Main Street Jaffery, NH 03452	Kathleen Larou 603-532-8005	Wednesday 4:00pm- 6:00pm
Joan’s Food Pantry Rt 63 Asbury Methodist Church Chesterfield, NH 03443	Carole Vogeley	Saturday 9:00am - 12:00pm
Rindge Food Pantry 1102 NH Rt. 119 Rindge, NH 03461	Jennifer Marszalek 603-899-5031	Thursday 3:00pm- 6:00pm
Saint Vincent de Paul Society 173 Main Street Keene, NH 03431	Lisa Migneault 603-762-2508	Tuesday 1:00pm- 2:00pm Wednesday & Thursday 6:30pm – 7:30pm
Saint Vincent de Paul Society 99 Main St. Winchester, NH	T.J. Such 603-499-3245	Wednesday 6:00pm- 7:00pm
The Salvation Army 15 Roxbury Plaza Keene, NH 03431	David Labossiere 603-352-0607	Tuesday thru Friday 9:00am-2:00pm Saturday 11:30am– 12:30pm

CHESHIRE COUNTY

SOUP KITCHENS		
ADDRESS	CONTACT/TELEPHONE	HOURS
The Community Kitchen Inc. 37 Mechanic Street Keene, NH 03431	Kate Laversee 603-352-3200	Monday thru Friday 5:00pm- 6:20pm Sunday 11:00am- 12:00pm
Hundred Nights, Inc. 17 Lamson St Keene, NH	Jeffrey Nass 603-352-5197	Monday thru Friday 7:00am -9:00am, 12:pm- 1:00pm & 5:45pm- 6:30pm

CHESHIRE COUNTY

SOUP KITCHENS (Continued)		
ADDRESS	CONTACT/TELEPHONE	HOURS
The Salvation Army 15 Roxbury Plaza Keene, NH 03431	David Labossiere 603-352-0607	Saturday's 11:30am – 12:30pm

CHESHIRE COUNTY

HOMELESS SHELTERS		
ADDRESS	CONTACT/TELEPHONE	HOURS
Hundred Nights, Inc 17 Lamson St. Keene, NH 03431	Jeffrey Nass 603-352-5197	24/7 Day and night shelter
Southwestern Community Services- Monadnock Housing Coalition 63 Community Way Keene, NH	Morgan Britton 603-352-7512	Monday-Friday 8:30am– 4:30pm

COOS COUNTY

FOOD PANTRIES		
ADDRESS	CONTACT/TELEPHONE	HOURS
Area Churches Working Together 55 Pleasant Street Colebrook, NH 03576	Cindy Grassi 603-237-8030	Tuesday - Thursday 10:00am-2:00pm
Town of Carroll 92 School Street Twin Mountain, NH 03595	Heather Brown 603-846-5494	Monday – Friday 8:00am – 3:00pm
Community Bible Church Food Pantry 593 Sullivan St. Berlin, NH 03570	Stephanie Chase 603-617-6698	Monday 2:00pm-5:00pm Thursday 8:00am-11:00am & 2 nd Saturday 9:00am- 12:00pm
Feeding Hope Food Pantry 219 Willow Street Berlin, NH 03570	Sarah Swift 603-752-5374	Monday-Thursday 10:00am – 1:00pm
Groveton Food Pantry 11 State Street Groveton, NH 03582	Daniel Deveau 603-636-1047	Thursday & Friday 1:00pm – 2:30pm
Helping Hands North Inc. 96 Main St. Colebrook, NH 03576	Frances Sytek 603-237-5891	Tuesday, Thursday & Friday 10:00am-2:00pm Wednesday 10:00am-4:00pm
Lancaster Community Cupboard 135 Main Street Lancaster, NH 03584	Donna Woods 603-631-1017	Monday, Wednesday & Friday 12:30pm– 3:00pm
The Salvation Army 15 Cole Street Berlin, NH 03570	Brian Perks 603-752-1644	Monday- Thursday 9:00am – 2:00pm
Tri-County Community Action Tyler Blain Homeless Shelter 56 Prospect Street Lancaster, NH 03584	Eric Becker 603-788-2344	By Appointment
Whitefield Christian Church Food Pantry 3 School St. Whitefield, NH 03598	Gerald Blanchard 603-837-8849	Thursday 3:30pm-5:00pm

COOS COUNTY

SOUP KITCHENS		
ADDRESS	CONTACT/TELEPHONE	HOURS
Area Churches Working Together 26 Bridge Street Colebrook, NH 03576	Cindy Grassi 603-237-8030	Thursday 5:00pm- 5:45pm

COOS COUNTY

SOUP KITCHENS (Continued)

ADDRESS	CONTACT/TELEPHONE	HOURS
Community Cafe 219 Willow Street Berlin, NH 03570	Sarah Swift 603-752-5374	2 nd & 4 th Wednesdays of the Month 10:00am – 1:00pm
Lancaster Methodist Community Cupboard Kitchen Table 135 Main Street Lancaster, NH 03584	Donna Woods 603-631-1017	Every other Thursday 12:30pm – 3:00pm
The Salvation Army 15 Cole Street Berlin, NH 03570	Brian Perks 603-752-1644	Monday 4:30pm- 5:30pm

COOS COUNTY

HOMELESS SHELTERS

ADDRESS	CONTACT/TELEPHONE	HOURS
Tri-County Community Action Tyler Blain Homeless Shelter 56 Prospect Street Lancaster, NH 03584	Eric Becker 603-788-2344	24 hours a day 7 days a week

GRAFTON COUNTY

FOOD PANTRIES		
ADDRESS	CONTACT/TELEPHONE	HOURS
All Saints Community Food Cupboard 35 School Street Littleton, NH 03561	Fr. Curtis Metzger 603-444-3414	Tuesday, Thursday & Sunday 9:00am– 10:00am
Ashland Food Pantry 12 Highland Street Ashland, NH 03217	Nancy Cross 603-968-9698	Thursday & Friday 12:00pm– 6:00pm
Bethlehem Food Pantry 2155 Main Street Bethlehem, NH 03574	Nicole McGrath 603-869-3351 x102	Monday & Wednesday 10:00am– 11:00am
Bridge House 260 Highland Street Plymouth, NH 03264	Holly J Cormiea 603-536-7631	By Appointment
The Bridge Outreach Center 70 Redington Street Littleton, NH 03561	Corine Sawadogo 603-575-5734	Monday, 4:30pm-6:30pm Tuesday & Wednesday 10:00am– 12:00pm
Bristol Community Services 24 Pleasant Street Bristol, NH 03222	Susan Colby 603-744-2222	Monday, Wednesday, Friday 9:00am – 1:30pm
Campton Baptist Church 1345 Main St. Campton, NH 03223	Jay Stephens 603-723-0060	Wednesday – 5:30pm by appointment
Crosspoint Church (Lebanon Assembly of God) 45 Buckingham Place Lebanon, NH 03766	Ursula Emond 603-448-3333	Last Saturday of every month 9:00am– 10:00am
Friends of Mascoma Foundation (Canaan) 9 on the Common Way unit 5 Canaan, NH 03741	Lana Evans 603-632-4542	Wednesday 3:00pm- 5:30pm
Friends of Mascoma Foundation (Enfield) 23 Main St. Enfield, NH 03748	Lana Evans 603-632-4542	Tuesday 3:00pm- 5:30pm
Good Neighbor Food Pantry 44 Church Street Franconia, NH 03580	Betsy Hansberger 603-823-9924	Tuesday 11:00am– 12:00am
Good Shepherd Ecumenical Food Pantry 65 South Court Street Woodsville, NH 03785	Nancy Vallone 603-243-0327	Monday, Tuesday & Thursday 10:00am– 1:00pm, Wednesday 6:00pm– 7:00pm

GRAFTON COUNTY

FOOD PANTRIES (Continued)		
ADDRESS	CONTACT/TELEPHONE	HOURS
Lincoln-Woodstock Food Pantry 194 Pollard Road Lincoln, NH 03251	Bryanna Fairbrother 603-745-8958	Tuesday 10:30am– 1:30pm
Listen Community Services 60 Hanover Street Lebanon, NH 03766	Valerie Thompson 603-448-4553	Monday - Friday 10:00am– 4:00pm
Plymouth Area Community Closet 5 South Main St. Plymouth, NH 03264	Dawn Miller 603-536-9889	Tuesday & Thursday- 8:00am-10:00am
Warren / Wentworth 446 Mt Moosilauke Hwy Warren, NH 03279	Linda Flag 603-960-1225	Friday 1:00pm – 3:00pm
We Care Food Pantry 319 Highland St. Plymouth, N.H.	Betty Eaton 603-923-9456	Monday 10:00am – 2:00pm
Wellspring Food Pantry 407 N. Main Street West Lebanon, NH 03784	Janice Mattern 603-643-2700	Saturday 8:30am – 10:30am

GRAFTON COUNTY

SOUP KITCHENS		
ADDRESS	CONTACT/TELEPHONE	HOURS
Listen, Inc. 60 Hanover Street Lebanon, NH 03766	Valerie Thompson 603-448-4553	Monday - Saturday 5:00pm- 5:30pm
Meals For Many Plymouth Congregational Church 4 Post Office Square Plymouth, NH 03264	Dawn Miller 603-536-9889	Thursday 5:00pm– 6:00pm

GRAFTON COUNTY

HOMELESS SHELTERS		
ADDRESS	CONTACT/TELEPHONE	HOURS
Bridge House 260 Highland Street Plymouth, NH 0326	Holly J Cormiea 603-536-7631	7 Days A Week 24 Hours A Day
Support Center at Burch House	Katie Taggett 603-444-0624	7 Days A Week 24 Hours A Day

HILLSBOROUGH COUNTY

FOOD PANTRIES		
ADDRESS	CONTACT/TELEPHONE	HOURS
Bethany Chapel Food Pantry 54 Newbury Rd. Manchester, NH 03103	Dave Dillon 603-645-6399	Tuesday 3:00pm- 6:00pm
Blessed Sacrament Church 14 Elm Street Manchester, NH 03103	Sr. Marjorie Lupien 603-622-5445	Wednesday 1:00pm– 3:00pm
Christian Bible Church of Nashua 205 Manchester Street Nashua, NH 03060	Charlotte David 603-882-1055	Tuesday 9:00am- 12:00pm by Appointment only
Corpus Christi 3 Crown St Nashua, NH 03060	Maryellen Keigher 603-882-6372	Monday & Wednesday 10:00am- 12:00pm Tuesday & Thursday 2:00pm– 4:00 pm
Families in Transition 176 Lake Ave Manchester, NH 03103	Jaqueline Stone 603-641-9441	Monday 1:00pm- 4:00pm Tuesday thru Friday 10:00am – 12:00pm
First United Methodist Church 961 Valley Street Manchester, NH 03103	Scott Camire 603-622-8863	Tuesday 8:00am– 11:30am
Goffstown Network, Inc. 7 N. Mast Road Goffstown, NH 03045	Roger Fortier 603-497-3433	Wednesday 6:00pm – 7:30pm Saturday 10:00am – 11:30am
Greenfield Food Pantry 12 Depot Drive Greenfield, NH 03047	Gail Curtis 603-547-3626	Saturday 9:00am– 12:00pm
Harbor Homes 45 High St. Nashua, NH 03062	Magaly Rios & Wendy Leblanc 603-595-8464	Monday - Friday 9:00am– 5:00pm
Heart of Nashua 2 Quincy St Nashua, NH 03060	Phyllis Appler 603-882-3361	Monday – Friday 11:00am – 2:45pm 3 rd Sunday of each month 2:00pm- 4:00pm
Hillsboro District Food Pantry 7 Church Street Hillsboro, NH 03244	Norma Hubbard 603-464-4080	Tuesday 4:30pm– 6:00pm
Hudson Community Food Pantry 23 Library Street Hudson, NH 03051	Len Lothrop 603-883-6048	Tuesday & Wednesday 8:00am-10:30am Thursday 5:00pm – 7:30pm
Marguerite d'Youville Food Pantry 166 Kinsley St Nashua, NH 03060	Tara Collins 603-884-3306	Every other Thursday 12:00pm– 4:00pm

HILLSBOROUGH COUNTY

FOOD PANTRIES (Continued)		
ADDRESS	CONTACT/TELEPHONE	HOURS
Merrimack Community Food Pantry 646 D.W. Highway Merrimack, NH 03054	Olivia Gage/ Julie Gage 603-440-0741	Tuesday 9:30am – 12:00pm
Nashua Soup Kitchen Food Pantry 2 Quincy Street Nashua, NH 03061	Shane Sullivan 603-889-7770 X116	Monday – Friday 7:30am – 6:30pm
Open Cupboard Food Pantry 5 Burns Hill Wilton, NH 03086	Roger & Linda Ladouceur 654-2635	By Appointment Only
Parish of Transfiguration 305 Kelley St. Manchester, NH 03102	Tim Brockway 603-628-6859	Tuesday & Friday 1:00pm– 3:00pm
Peterborough Human Services 25 Elm Street Peterborough, NH 03458	Richard Redding 603-924-3008	Monday, Wednesday & Friday 9:00am – 12:00pm
Saint John Newman Food Pantry 708 Milford Rd Merrimack, NH 03054	Evelyn Verbeck 603-880-4689 Ext. 116	Friday 10:00am– 12:00pm
Saint Raphael Food Pantry 103 Walker Street Manchester, NH 03102	Stephanie Emmons 603-623-2604	Monday 5:30pm -7:30pm
Saint Vincent de Paul Society 15 High Street Greenville, NH 03048	Bernie Leblanc 603-878-0518	Thursday 5:00pm – 7:00pm & Monday-Friday By appointment
The Salvation Army 121 Cedar Street Manchester, NH 03101	Kathy Odiorne 603-627-7013	Monday – Friday 9:00am-3:00pm
The Salvation Army 1 Montgomery Ave. Nashua, NH 03060	Amie Groff 603-889-5151	Monday - Friday 9:00am – 3:00pm
SHARE Outreach, Inc. 1 Columbus Ave Milford, NH 03055	Christine Janson 603-673-9898	Monday - Friday 8:30am- 4:30pm
The Tolles Street Mission 52 Whitney Street Nashua, NH 03064	Chevan Reycroft 603-880-4984	Monday and Thursday 12:00pm – 2:00pm

HILLSBOROUGH COUNTY

SOUP KITCHENS		
ADDRESS	CONTACT/TELEPHONE	HOURS
Families in Transition 199 Manchester Street Manchester, NH 03103	Jaqueline Stone 603-641-9441	Nightly 3:30pm-5:30pm
Nashua Soup Kitchen 2 Quincy Street Nashua, NH 03060	Shane Sullivan 603-889-7770 X116	Monday – Friday 7:30am – 6:30pm

HILLSBOROUGH COUNTY

HOMELESS SHELTERS		
ADDRESS	CONTACT/TELEPHONE	HOURS
Families in Transition 199 Manchester Street Manchester, NH 03103	Jaqueline Stone 603-641-9441	24 Hours A Day, 7 Days A Week
Family Promise of Southern NH 3 Crown St. Nashua, NH 03060	Matthew Hodgkiss 883-7338	24 hours a day, 7 days a week
The Helping Hands Outreach Center 50 Lowell St. Manchester, NH 03105	Larry Nice 603-623-8778	Monday – Friday 9:00am – 5:00pm
Nashua Soup Kitchen 2 Quincy Street Nashua, NH 03060	Shane Sullivan 603-889-7770 X116	Monday – Friday 7:30am – 6:30pm

MERRIMACK COUNTY

FOOD PANTRIES		
ADDRESS	CONTACT/TELEPHONE	HOURS
Boscawen Congregational Church 12 High Street Boscawen, NH 03303	Linda Patton 603-998-2853	Wednesday 3:00pm – 6:00pm Saturday 10:00am-12:00pm
Bradford Community Food Pantry 88 West Main St Bradford, NH 03221	Laura Marshall 603-938-5313	3rd Wednesday of the month 5:30pm – 6:30pm Or by appointment
Centerpoint Church 20 North State St Concord, NH 03301	Jim & Lisa Hochberg 603-224-7427	1 st & 3 rd Saturday of each month 7:00am-10:00am
Town of Chichester Town Hall 54 Main Street Chichester, NH 03258	Kristy Jobin 603-798-5350 x 201	Monday, Wednesday, Thursday 7:30am–2:00pm & Tuesday 7:30am-6:00pm
Christ the King Food Pantry 67 ½ South State St. Concord, NH 03301	Bryan Westover 603-224-2328	Monday - Thursday 7:00pm – 9:00pm
Concord Area Center Community Action Program 2 Industrial Park Dr. Concord, NH 03301	Raymond Alger 603-225-6880	Monday-Friday 8:30am-4:30pm
Epsom Food Pantry 1598 Dover Road Epsom, NH 03234	Liz Robinson 603-736-4024	Wednesday 12:00pm – 2:00pm & Saturday 10:00am – 12:00pm And by Appointment/Delivery
Friends of Forgotten Children 224 Bog Rd Concord, NH 03303	Pam Smith 603-753-4801	Thursday 9:00am-7:00pm
Giving Hands Food Pantry 14 Mammoth Rd Hooksett, NH 03106	Allie Parent 603-668-6473	1 st Sunday of the month 12:00pm-1:00pm & 3 rd Tuesday of the month 6:30pm – 8:00pm
Henniker Food Pantry 21 Western Ave Henniker, NH 03242	Peter Leonard 603-428-7474	Monday 11:00am – 12:00pm & Wednesday 5:30pm – 6:30pm
Hooksett Community Food Pantry 35 Main Street Hooksett, NH 03106	Elmer Lajoie or Kevin Lane 603-485-7222	Monday 9:30am-11:30am Tuesday & Thursday 2:00pm– 4:00pm Wednesday 9:00am–11:30am & 3:30pm–5:30pm

MERRIMACK COUNTY

FOOD PANTRIES (Continued)		
ADDRESS	CONTACT/TELEPHONE	HOURS
Hopkinton Food Pantry Hopkinton Community Center 41 Houston Drive Contoocook, NH 03229	Tamara Saltmarsh 603-746-6448	Every Other Wednesday 6:30pm– 7:30pm
Immaculate Conception Church 9 Bonney Street Penacook, NH 03303	Cindy Yanski 603-753-4413 x5	Tuesday & Wednesday 6:00pm – 7:00pm Thursday & Saturday 9:00am – 10:00am
Kearsarge Lake Sunapee Community Food Pantry 461 Main St. New London, NH 03257	Clara Sheehy 603-526-4275	Wednesday 4:30pm – 6:00pm & Saturday 10:00am – 11:30am
Loudon Food Pantry 30 Chichester Road Unit D Loudon, NH 03307	Sue Houck 603-724-9731	Tuesday – 9:00am. – 6:00pm Wednesday – 9:00am-1:00pm Thursday- 9:00am- 4:00pm
Pittsfield Food Pantry P.O. Box 3 Pittsfield, NH 03263	Eleanor Joyce 603-435-7300	Monday 11:00am– 2:00pm 4:00pm – 6:00pm Thursday 11:00am – 2:00pm
Saint Paul's Church Food Pantry 21 Centre Street Concord, NH 03301	Randall Whitehead 603-224-2523	Monday ,Tuesday & Thursday -10:00am – 12:00pm Wednesday 12:00pm- 2:00pm
The Salvation Army 58 Clinton Street Concord, NH 03301	Bethany Starkey 603-225-5586	By appointment Tuesday thru Friday 9:00am– 3:00pm
Seventh Day Adventist Church 310 Sheep Davis Road Concord, NH 03301	Sharon Hill-Stamp 603-224-3641	By Appointment
Suncook Area Center Community Action Program 15 Glass Street suite 104 Suncook NH 03275	Lauren Christie 603-485-7824	Monday - Friday 8:3am– 4:30pm Wednesday 5:00pm- 7:00pm
Twin Rivers Interfaith Food Pantry 2 Central St Unit C Franklin, NH 03235	Alison Jones 603-934-2662	Tuesday & Thursday 9:00am –11:00am

MERRIMACK COUNTY

FOOD PANTRIES (Continued)		
ADDRESS	CONTACT/TELEPHONE	HOURS
United Church of Penacook 21 Merrimack Street Penacook, NH 03303	Nancy Peperissa 603-753-4072	Tuesday 9:30am– 11:30am
Webster Food Pantry 1011 Long St. Webster, NH 03303	Peg Foss 603-568-2526	1 st Wed. of month 6:00pm- 8:00pm And by Appointment
West Congregational Church 499 N. State Street Concord, NH 03303	Donna Scarsilloni 603-735-5520	Friday 10:00am–12:00pm

MERRIMACK COUNTY

SOUP KITCHENS		
ADDRESS	CONTACT/TELEPHONE	HOURS
Bread and Roses Kitchen 91 New Chester Rd. Hill, NH 03243	Diane Williams	Monday & Thursday 4:00pm – 6:00pm
The Friendly Kitchen 2 South Commercial Street Concord, NH 03301	Valerie Guy 603-224-7678	Monday- Friday 12:00pm- 12:45pm Monday- Sunday 5:00pm– 5:45pm Saturday & Sunday 8:00am– 8:45am
Friends of Forgotten Children 224 Bog Road Concord, NH 03303	Pam Smith 603-753-4801	Thursday 9:00am- 7:00pm

MERRIMACK COUNTY

HOMELESS SHELTERS		
ADDRESS	CONTACT/TELEPHONE	HOURS
Edna McKenna House 100 South Fruit Street Concord, NH 03301	Jenny Conner-Belcourt 603-228-3505	7 Days A Week 24 Hours A Day

ROCKINGHAM COUNTY

FOOD PANTRIES		
ADDRESS	CONTACT/TELEPHONE	HOURS
Bread of Life Food Pantry 171 Zion Hill Road Salem, NH 03079	Ann Rowe 603-893-0305	Monday 10:00am – 12:00pm Thursdays 6:30pm- 7:30pm
Deerfield Food Pantry 15 Church Street Deerfield, NH 03037	Faith Barry 603-463-7800	Last Friday of the Month 9:30am – 11:00am
First Baptist Church Community Food Pantry 4 Crystal Avenue Derry, NH 03038	Margaret Isbell 603-421-1897	Tuesday 10:00am – 2:00pm
Food For Hungry Food Pantry 8 Pleasant Street Salem, NH 03079	Phylis Marchulitis 603-898-2501	1 st & 3 rd Wednesday 9:00am – 12:00pm
Gather 210 West Rd. Unit 3 Portsmouth, NH 03801	Senera Bernard 603-436-0641	Monday thru Thursday 9:00am-5:00pm & Friday 10:00am-1:00pm
Higher Ground Baptist Church 100 Old Turnpike Road Raymond, NH 03077	John Elley (603)-395-6032	3 rd Saturday 9:00am– 10:00am
Holy Angels Food Pantry 8 Atkinson Depot Road Plaistow, NH 03865	Marie & Joe Farren 603-819-4949	Wednesday & Friday 10:00am – 12:00pm Thursday 6:00pm– 7:00pm
Londonderry United Methodist Church 258 Mammoth Rd. Londonderry, NH 03053	Erica Carullo 603-432-7083	Tuesday 9:30am – 10:30am
Liberty Baptist Church 62 Freeman Hall Road Nottingham, NH 03290	Jesse Killingsworth 603-942-9237	Tuesday 5:00pm -6:00pm
Newmarket Community Church 137 Main Street Newmarket, NH 03857	George Willant 603-659-3892	Thursday-12:00pm – 6:00pm
Northwood Emergency Food Pantry Northwood Town Hall 844 First NH Turnpike (Route 4) Northwood, NH 03261	Julie Roberts 603-664-6937	1 st Saturday 9:30am - 11:00am 2 nd Monday 2:00pm-3:30pm Last Wednesday 9:00am – 10:30am
Nottingham Food Pantry 139 Stage Rd Town Municipal Bldg. Nottingham, NH 03290	Chelli Tennis 603-679-5209	3rd Thursday of The Month 10:30am – 11:30 am & 5:00pm-6:00pm New Clients by appointment

ROCKINGHAM COUNTY

FOOD PANTRIES (Continued)		
ADDRESS	CONTACT/TELEPHONE	HOURS
Raymond Food Pantry 55 Prescott Road Raymond, NH 03077	Joyce Kimball 603-895-2303	Monday - Friday 8:30am- 4:30pm
Salem Food Pantry 85 Stiles Road Salem, NH 03079	Shirley Cote 603-458-6392	Monday - Friday 8:30am- 4:30pm
Seabrook Food Pantry 146 Lafayette Road Seabrook, NH 03874	Hilary McCarthy 603-474-3507	Monday - Friday 8:30am- 4:30pm
Saint Anne's Food Pantry 26 Emerson Avenue Hampstead, NH 03841-0339	Jim Carey 603-339-3731	Thursday 10:00am- 12:00pm & 5:00pm to 6:30pm
The Salvation Army Hampton 324 Lafayette Rd. Hampton, NH 03842	Donna Marie Reed 603-436-2606	Monday, Tuesday, Thursday & Friday 9:30am - 2:00pm
The Salvation Army 272 Rockland St. Portsmouth, NH 03801	Donna Marie Reed 603-436-2606	Tuesday thru Friday 9:00am - 3:00pm
Seabrook Church of Christ Food Pantry 867 Lafayette Road Seabrook, NH 03874	Bruce Pierce 603-474-2660	Wednesday 9:00am- 11:00am
Society of St. Vincent de Paul Exeter, Inc. 53 Lincoln Street Exeter, NH 03833	Fran Boucher 603-772-9922	Monday, Wednesday & Friday 9:00am- 4:00pm
Saint Vincent De Paul Hampton 289 Lafayette Road Hampton, NH 03842	Paul Nicholson 603-929-4427	Monday, Tuesday, Thursday & Friday- 10:00am-12:00pm 6:00pm - 7:00pm
The Upper Room 36 Tsienneto Road Derry, NH 03038	Gale Stanley/ Andrea Younie 603-437-8477	Monday 11:00am - 1:00pm
We Care Charity 22 North Broadway Unit 14 D-10 Salem, NH 03079	Shefali Kalyani 603-560-1471	Tuesday & Saturday 9:00am - 12:00pm

ROCKINGHAM COUNTY

SOUP KITCHENS		
ADDRESS	CONTACT/TELEPHONE	HOURS
Saint Vincent De Paul Hampton 289 Lafayette Road Hampton, NH 03842	Paul Nicholson 603-929-4427	Monday, Tuesday, Thursday & Friday 5:00pm– 7:00pm
The Salvation Army 115 Heritage Ave Portsmouth, NH 03801	Donna Marie Reed 603-436-2606	Tuesday thru Friday 9:00am – 3:00pm
Seabrook Community Table 29 Main St. Seabrook, NH 03874	Dawnne Marie Stevens 603-502-4144	Tuesday & Wednesday 4:30pm – 5:30pm
Sonshine Soup Kitchen 6 Crystal Ave Derry, NH 03038	Christine Fudala 603-437-2833	Monday – Friday (Office) 1:00pm – 6:00pm Serving meals Monday – Thursday 4:30pm- 5:00pm

ROCKINGHAM COUNTY

HOMELESS SHELTERS		
ADDRESS	CONTACT/TELEPHONE	HOURS
Crossroads House 600 Lafayette Road Portsmouth, NH 03801	Michael Jacobs 603-436-2218	24 hours a day 7 days a week

STRAFFORD COUNTY

FOOD PANTRIES		
ADDRESS	CONTACT/TELEPHONE	HOURS
Barrington Community Pantry 105c Ramsdel Lane Barrington, NH 03825	John Kubicski & Stanley Boduch 603-664-0233	Thursday 6:00pm– 7:30pm
Community Food Pantry 176 W. High Street Somersworth, NH 03878	Patricia Vachon 603-692-2907	Monday 10:00am – 12:00pm Wednesday 6:00pm– 8:00pm Thursday 3:00pm – 5:00pm
Dover Food Pantry 1 Silver Street Dover, NH 03820	Jennifer Spargo 603-749-7827	Tuesday 3:00pm– 5:00pm Thursday 9:00am– 11:00am
Dover Outreach Food Pantry 577 Central Ave, Suite 10 Dover, NH 03820	Erin Harkins 603-435-2500	Monday – Friday 8:30am– 4:30pm
Gerry's Food Pantry Rochester Community Center 150 Wakefield Street Suite 5 Rochester, NH 03867	Lisa Fernald 603-335-0011	Monday & Wednesday 9:00am-3:00pm & Friday 9:00am-11:00am
Grace Place Farmington Food Pantry 9 Mechanic Street Farmington, NH 03835	Cherlene Painter 603-332-9689	Thursday 9:00am– 11:00am
Grace Place Rochester Food Pantry 57 Wakefield St. Rochester, NH 03687	Cherienne Painter 603-332-9689	Last Saturday of each month 3:45pm – 5:00pm
Interfaith Pantry 400 Main Street Farmington, NH 03835	Paul Lapierre 603-755-4816	Last Saturday of the Month 9:30am– 10:30am
New Durham Food Pantry 5 Main Street, New Durham, 03855	Eileen Berry 603-817-0372	Saturday 9:00am- 10:00am
Our Daily bread 180 Locust Street Dover, NH 03820	Sheila Cronin 603-742-4837	Tuesday, Wednesday & Saturday 10:00am- 12:00pm
Rochester CAP Food Pantry 10 Cold Springs Manor Rochester, NH 03867	Erin Harkins 603-435-2500 x 2305	Tuesdays 12:00pm – 4:00pm
Saint Thomas More 6 Madbury Road Durham, NH 03824	Cynthia Racic 603-868-2666	Thursday 4:00pm– 6:00pm

STRAFFORD COUNTY

FOOD PANTRIES (Continued)		
ADDRESS	CONTACT/TELEPHONE	HOURS
The Salvation Army 10 Olde Farm Lane Rochester, NH 03867	Elizabeth Watson 603-332-2623	Monday, Wednesday, Friday 9:00am – 2:00pm
Seeds of Faith, Inc. 1 Front Street # 160 Rollinsford, NH 03869	Scott Ferreira 207-703-3185	Monday 9:30am – 11:00am
Third Baptist Church 30 Strafford Rd. Strafford, NH 03884	Betty Buckman 603-664-2517	Thursday 8:00am- 10:00am
We Care Food Pantry 370 White Mountain Highway Milton, NH 03851	Betty Eaton 603-923-9456	Friday 9:30am- 6:30pm
Wilkinson Food Pantry 17 Mast Road Lee, NH 03861	Lynda Duvall 603-659-2861	1 st & 3 rd Monday 5:30pm – 7:00pm

STRAFFORD COUNTY

SOUP KITCHENS		
ADDRESS	CONTACT/TELEPHONE	HOURS
The Salvation Army 10 Olde Farm Lane Rochester, NH 03867	Elizabeth Watson 603-332-2623	Monday, Wednesday, Friday 9:00am – 2:00pm
Third Baptist Church Soup Kitchen 30 Strafford Rd. Center Strafford, NH 03884	Larisa Molloy 603-664-7750	Wednesday 5:00pm – 6:00pm

STRAFFORD COUNTY

HOMELESS SHELTERS		
ADDRESS	CONTACT/TELEPHONE	HOURS
Homeless Center for Strafford County 202 Washington St. Rochester, NH 03867	Faith Dean 603-332-3065	8:00am to 2:00pm Monday thru Friday

SULLIVAN COUNTY

FOOD PANTRIES		
ADDRESS	CONTACT/TELEPHONE	HOURS
Catholic Outreach- St. Mary Parish 32 Central Street Claremont, NH 03743	Dennis Francis 603-542-5950	Monday 2:00pm–4:00pm
City of Claremont Food Pantry 58 Opera House Square Claremont, NH 03743	Suzanne Carr, Kristi White 603-542-7007	Monday thru Friday by appointment only
Claremont Food Pantry 51-53 Central Street Claremont, NH 03743	Cindy Stevens 603-543-3290	Monday - Friday 9:00am-1:00pm
Fall Mt. Food Shelf Charlestown 19 Summer St. Charlestown, NH 03603	Mary Lou Huffling 603-835-2283	Monday, Thursday, Friday 9:00am– 11:00am
Fall Mt. Food Shelf Charlestown 19 Summer St. Charlestown, NH 03603	Richard Westney 603-499-3504	Monday, Thursday, Friday 9:00am– 11:00am
Newport Area Association of Churches 95 South Main Street Newport, NH 03773	Jim Demers 603-863-3411	Monday, Wednesday & Thursday mornings by appointment

SULLIVAN COUNTY

SOUP KITCHENS		
ADDRESS	CONTACT/TELEPHONE	HOURS
Church of the Epiphany Soup Kitchen 4 Cedar St. Newport, NH 03773	Susan Langle 603-863-1786	Last Sunday of Month 4:00pm – 5:00pm
Claremont Soup Kitchen, Inc. 51 Central Street Claremont, NH 03743	Cindy Stevens 603-543-3290	Monday – Friday 9:00am- 10:00am, 12:00pm- 1:00pm & Monday- Sunday 4:00pm-5:00pm
Fall Mt. Food Shelf -Alstead Bragg Lane Alstead, NH 03602	Mary Lou Huffling 603-835-2283	Tuesday & Thursday Meals Delivered at 12:00pm

SULLIVAN COUNTY

HOMELESS SHELTERS

ADDRESS	CONTACT/TELEPHONE	HOURS
Southwestern Community Services - Sullivan County Housing Coalition 96 Main Street Claremont, NH 03743	Sherry Hallock 603-542-3160	Monday - Friday 8:30am– 4:30pm