



# Bridgeport Food Resource Guide

## Food Pantries

**Please bring ID**

### **Blessed Sacrament Church**

Thursdays: 7:30am-10:00am  
275 Union Ave.

Open every Thursday

**EXCEPT** for the first of the month

### **Faith Outreach Church**

Saturdays: 12:00pm-  
2:00pm

32 Bond St.

Open **ONLY** every 2nd &  
4th Saturday of the month

### **Bridgeport Tabernacle Seventh-Day Adventist**

Wednesdays: 12:00pm-  
1:30pm

717 Clinton Ave.

### **Veteran's Affairs**

Tuesdays & Wednesdays:  
10:00am-2:00pm

752 East Main St.

Open **ONLY** every 3rd  
Tues. and Wed.

**VETERANS ONLY**

### **Bishop Jean Williams**

Tuesdays: 10:00am-2:00pm

Wednesdays: 12:00pm-  
4:00pm

Thursdays: 1:00pm-6:00pm  
3160 Park Ave

**APPOINTMENT REQUIRED**

call (203) 873-0260

### **East End Food Bank**

Thursdays: 10:00am-  
12:00pm

1290 Stratford Ave

**No distribution on the  
first Thursday of the  
month**

### **Black Rock**

**(For Residents of 06605)**

Saturdays, 9:00am -  
11:00am

2676 Fairfield Ave.

### **Thomas Merton House**

Every Thursday by  
appointment: 10:00am-  
1:00pm

1406 State St.

Call (203) 367-9036

### **Calvary Seventh-Day Adventist**

Sundays: 12:00pm-1:00pm

Thursdays: 3:30pm-  
6:00pm

827 Trumbull Ave.



### **King's Pantry**

Monday-Thursday:  
11:00am-1:30pm  
30 Florence St.

### **Bridgeport Islamic Community Center**

Sundays, 11:00am –  
2:00pm  
703 State St.

### **Iglesia Misionera El Olivar**

Wednesdays: 9:00am-  
11:00am  
510 Summit St.

### **Feed My Sheep**

Wednesdays: 10:00am-  
12:00pm  
2771 North Ave.

### **St. John's Family Center**

Saturdays, 10:00am –  
2:00pm  
1067 Park Ave.  
Every Saturday, except  
for the first Saturday of  
the month

### **Nourish Bridgeport**

Wednesdays: 2:00pm-  
6:00pm; Thursdays: 10:00am-  
2:00pm  
2200 North Ave.

### **APPOINTMENT REQUIRED**

call (203) 335-3107

### **Bethel Memorial Deliverance Church**

Saturdays: 10:30am-  
12:00pm  
1242 State St.  
Clothing is also be available

### **Fridgeport Community Refrigerator**

Open 24/7  
219 James St.

### **East End Food Bank**

Thursdays, 10:00 am –  
12:00pm  
No distribution on the first  
Thursday of the month.  
1290 Stratford Ave.

### **Bridgeport Rescue Mission**

Mondays, Wednesdays &  
Fridays: 10:00am-  
12:00pm; 1:00pm-3:00pm  
725 Park Ave.

### **Spanish Seventh-Day Adventist Church**

Wednesdays: 5:00pm-  
6:00pm  
980 Sylvan Ave.

### **Refuge Temple Church of God**

Once **monthly** on Saturday  
Call 203-373-0622 for hours  
and to register  
3050 Main St.

### **Feed the People**

Tuesdays: 5:00pm-6:00pm  
301 Bostwick Ave.

### **Bring photo ID + bag**



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## **Additional Resources**

[uwc.211ct.org/categorysearch/food](http://uwc.211ct.org/categorysearch/food)

[www.ctfoodshare.org/find-help](http://www.ctfoodshare.org/find-help)

**SNAP/EBT, WIC & Senior Checks,  
Farmer's Market Checks, and  
Bridgeport Bucks accepted!  
SNAP benefits will be matched at  
all locations (\$1 = \$2)!**

Cash, Credit & Debit also accepted

# Farmers Markets

Coordinated by  
Bridgeport Farmers Market Collaborative

## **St. Vincent's Farm Stand**

Tuesdays: 11:30am-4:00pm  
2800 Main St.

## **Alliance Farmers Market**

Fridays: 12:00pm-4:00pm  
1151 Park Ave.

## **East Side Farmers Market**

Wednesdays: 10:00am-  
2:00pm  
752 East Main St.

## **Farmers Market of Black Rock**

Saturdays: 9:00am-1:00pm  
St. Ann's Field, 481 Brewster St.

## **Downtown Farmers Market**

Thursdays: 10:30am-2:00pm  
McLevy Green (corner of  
Main & Bank streets)

## **Reservoir Farmers Market**

Saturdays: 10:00am-2:00pm  
1469 Reservoir Ave.

## **Farm Stand @ Bridgeport Hospital**

Thursdays: 3:30pm-5:30pm  
200 Mill Hill Ave.

## **East End NRZ Market & Cafe**

Sundays: 9:00am-3:00pm  
1851 Stratford Ave.

## **Stratfield Sunday Farmers Market**

Sundays: 12:00pm-3:00pm  
2200 North Ave.



Scan the QR code to access the  
latest market schedule



**\*All markets follow a seasonal  
schedule, typically running from  
July to October, with a few  
exceptions.**

# Food Distributions

In partnership with CT Foodshare, these sites distribute food every other week.

Visit [ctfoodshare.org/find-help](https://ctfoodshare.org/find-help) or text FOODSHARE to 85511 to receive schedule updates for your area.

Scan the QR code to visit the HIA Linktree for more information.



**Bridgeport Hospital**  
200 Mill Hill Ave., Bridgeport

**Park City Initiative**  
910 Fairfield Ave., Bridgeport

**King's Pantry**  
30 Florence St., Bridgeport

**Claytor Magnet Academy/  
PT Barnum Housing**  
467 Bird St., Bridgeport

**St. Vincent's Medical Center**  
4500 Main St., Bridgeport

**Holy Name of Jesus Church**  
1950 Barnum Ave., Stratford

**Kingdom Life Christian Church**  
1455 Naugatuck Ave., Milford

## Soup Kitchens

**Bridgeport Tabernacle  
Seventh-Day Adventist**  
Sundays: 12:00pm-2:00pm  
717 Clinton Ave.  
Every Sunday **EXCEPT** 1st  
of the month

**St. John's Family Center**  
Tuesdays 5:00pm – 6:00 pm  
1067 Park Ave.

**Thomas Merton House**  
Monday-Friday  
Breakfast: 9:00am-10:00am  
Lunch: 11:30am-1:00pm  
1406 State St.  
*(Call in advance to confirm  
address)*

**Bridgeport Islamic Community  
Center**  
Sundays, 11:00am – 2:00 pm  
703 State St.

**Golden Hill United  
Methodist Church**  
Wednesdays: 5:00pm-6:00pm  
210 Elm St.



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