

# FOOD RESOURCES IN THE GREATER NASHUA

## 2-1-1 NH/2-1-1 MA:

- If a family needs help, call 2-1-1 (Food, Shelter, Clothing, Supplies, Legal Aide, Crisis Help)
- Confidential assistance is available in 150 languages.

## City Welfare Office:

18 Mulberry St. **Nashua NH** | Phone: 603-589-4555

\*Request Emergency Assistance Program can help with short term emergency coverage for food, clothing, rent money, prescription medications, or cash voucher.

- Other towns:
  - **Amherst:** 2 Main St. | Phone: 603-673-6041
  - **Merrimack:** 6 Baboosic Lake Rd. | Phone: 603-423-8535
  - **Concord:** 129 Pleasant St. | Phone: 603-883-7726
  - **Manchester:** 1528 Elm St. | Phone: 603-624-6484
  - **Milford:** 1 Union Square | Phone: 603-673-3652
  - **Bedford:** 24N Amherst Rd. | Phone: 603-792-1315
  - **Brookline:** 1 Main St. Po Box 360 | Phone: 603-673-8855 x300

## SNAP (Supplemental Nutrition Assistance Program)/Food Stamps:

- To apply go to [nheasy.nh.gov](https://nheasy.nh.gov) or call 603-271-9700 or 1-800-852-3345 x9700 (through this option you can apply for many other resources such as cash assistance and Medicaid insurance as well.) For help with an application, please call 877-347-7627.
- For families that reside in *Massachusetts*, go to [DTAConnect.com](https://DTAConnect.com) or call 877-382-2363, Press 7.

## United Way Programs | Phone: 603-882-4011

- [United Way of Greater Nashua](https://www.unitedway.org/greater-nashua) for Pop-Up Produce pantries, Little Free Pantries and seasonal offerings in Nashua.

## Western Hillsborough County Family Services (Southern NH Services):

Phone: 603-924-9601

- This program assists with gaps in services and needs for low-income families connecting them to services including food, shelter, and other help.

## Caregivers Caring Cupboard:

Free groceries delivered to clients. Call 603-622-4948 or <https://www.caregiversnh.org/clients/index.html>

## Meals on Wheels:

For *New Hampshire* residents call 603-424-9967

[www.hcmow.org](http://www.hcmow.org)

For *Massachusetts* residents

- MOC (Making Opportunity Count) call 978-345-8501 ext. 2.
- Townsend Senior Center (Council on Aging) call 978- 597-1710
  - Lunches: Hot meals are served everyday Monday through Friday (except for holidays)
- Pepperell Senior Center (Albert Harris Center) call 978-433-0326
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## Women Infant and Children's (WIC) Program:

134 Allds St | Phone: 603-889-3440 Fax: 603-228-1898 or 1-800-WIC-4321

[www.signupWIC.com](http://www.signupWIC.com)

- This program is for families with children birth through 5 years of age. This program consists of Nutritionists and Lactation Specialists as well as online education and parenting tips.
- For *Massachusetts residents*, contact Ayer, MA at 978-345-6272 or Leominster, MA at 978-534-9117.

## Local School Meals Program:

- Your Child's school provides Breakfast and Lunch based on your family's income.  
\*Parents submit applications each year to be included in this program. Please look on your child's school Website or contact the school for more information. Massachusetts schools provide free breakfast and lunch for all students in school.

## End 68 Hours of Hunger Program:

Distributing food on Thursdays at their normal school locations and at the circulation desk of the Nashua Public Library. For more information, please reach out to [nashua@end68hoursofhunger.org](mailto:nashua@end68hoursofhunger.org) or your child's local school.

## Summer School Lunch Distribution:

Each weekday during the month of July, volunteers set up tables outside five Nashua elementary schools to distribute take-away breakfasts and lunches to neighborhood children in need of food. For more information on your local summer food, contact 603-668-8010 or visit [www.snhs.org](http://www.snhs.org).

## Boys and Girls Club:

1 Positive Place, Nashua, NH

Open to the Public Children 0-18years

Breakfast 7-8am

Snack 3-3:30pm

Dinner 4:30-5:30pm

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Members may eat in the building.

Non-members need to call ahead for pickup 603-883-0523

## Nashua PAL:

Call or email for pantry appointment

603-594-3733 or [info@nashuapal.com](mailto:info@nashuapal.com)

## NH Food Bank:

[Food Map - New Hampshire Food Bank](#)

Mobile Pantries-See schedule

[Mobile Food Pantry Schedule - New Hampshire Food Bank](#)

## Local NH Food Pantries:

Location	Address	Phone
<b>Nashua Soup Kitchen</b> Food pantry M, W, Th, F: 11:45-2:45, T-5:30-7:30pm Breakfast M-F 8:30-9:30, Dinner M-Sa 4-6 Su. 12-1:30	2 Quincy St Nashua	603-889-7770
<b>SNH Rescue Mission</b> M-F 7a-Breakfast, 12pm lunch except Tues. Sa-Sun 8am Breakfast, 5pm Dinner Th-Fri 11:30am and Sunday 5pm food distribution	40 Chestnut Street Nashua	603-889-3421
<b>Corpus Christi Food Pantry</b> Distributes goods and services Monday and Wednesday 10-2 Tuesdays and Thursdays 2-3 call for an appointment.	3 Crown St Nashua	603-882-6372
<b>Tolles Street Mission Food Pantry</b> Open Mondays and Thursdays 12-2	52 Whitney St Nashua	603-882-4984
<b>Salvation Army Pantry</b> M-F 9a-12pm	1 Montgomery Ave Nashua	603-889-5151
<b>Families in Transition-Food Pantry &amp; Donation Center</b>	176 Lake Ave, Manchester	603-641-9441
<b>Merrimack Community Food Pantry</b>	646 Daniel Webster Hwy, Merrimack	603-440-0741
<b>St Patrick Food Pantry, St Patrick's Parish</b>	12 Main St, Pelham	603-635-7592
<b>Upper Room Food Pantry</b>	36 Tsienneto Rd, Derry	603-437-8477
<b>Milford Share</b> Pantry open Mon-Fri May apply online at <a href="http://sharenh.org">sharenh.org</a>	Elm St	603-673-9898
<b>Greater Nashua Downtown Gardens and Farmers Market</b> (SNAP Market Match)	Nashua	603-883-5700
<b>Heritage Baptist Church Pantry</b>	105 Lock St Nashua	603-880-8048
<b>Hudson Community Food Pantry</b>	23 Library St Hudson	603-883-6048

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<b>St John Neuman Food Pantry</b>	708 Milford Rd Merrimack	603-880-4689x116
<b>St Patrick Parish Food Pantry</b>	12 Main St Pelham	603-635-7592

## Local MA Food Pantries:

For a complete list, please visit [agingservicesma.org](http://agingservicesma.org)

Aging Services on North Central MA | Phone: 978-537-7411

Location	Address	Phone
<b>Merrimack Valley Food Bank</b>	735 Broadway St, Lowell	978-454-7272
<b>Catholic Charities North County</b>	196 Mechanic St, Leominster	978-840-0696
<b>Townsend Ecumenical Outreach</b>	82 Bayberry Hill Rd, Townsend	978-877-6002
<b>United Neighbors of Fitchburg</b>	18 Fairmount St, Fitchburg	978-342-2069
<b>Loaves and Fishes</b>	234 Barnum Rd, Devins	978-772-4627
<b>Pach</b>	66 Hollis Street, Pepperell	978-925-9770



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