



Food Pantries

Please bring ID and mask!

Blessed Sacrament Church

Thursdays: 7:30am-10:00am
275 Union Ave.
Open every Thursday **EXCEPT**
for the first of the month

Veteran's Affairs

Tuesdays & Wednesdays:
10:00am-2:00pm
752 East Main St.
Open **ONLY** every 3rd Tues.
and Wed. **VETERANS ONLY**

Black Rock

Saturdays: 9:00am-11:00am
15 Princeton St.
MUST be 06605 resident

Bethel Memorial Deliverance Church

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

King's Pantry

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

Faith Outreach Church

Saturdays: 12:00pm-2:00pm
32 Bond St.
Open **ONLY** every 2nd & 4th
Saturday of the month

Bishop Jean Williams

Tuesdays: 10:00am-2:00pm
Wednesdays: 12:00pm-
4:00pm
Thursdays: 1:00pm-6:00pm
752 East Main St.

APPOINTMENT REQUIRED

call (203) 873-0260

Thomas Merton House

Mondays, Wednesdays &
Fridays: 10:00am-11:00am
43 Madison Ave.

APPOINTMENT REQUIRED

call (203) 334-0995

Nourish Bridgeport

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

APPOINTMENT REQUIRED

call (203) 335-3107

Bridgeport Tabernacle Seventh-Day Adventist

Wednesdays: 12:00pm-
1:30pm
717 Clinton Ave.

East End Food Bank

Thursdays: 10:00am-
12:00pm
1290 Stratford Ave
**No distribution on the
first Thursday of the
month**

Calvary Seventh-Day Adventist

Sundays: 12:00pm-1:00pm
Thursdays: 3:00pm-6:30pm
827 Trumbull Ave.

Bridgeport Rescue Mission

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



Iglesia Misionera El Olivar

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

Feed the People

Tuesdays: 5:00pm-6:00pm
301 Bostwick Ave.
Bring photo ID + bag

Spanish Seventh-Day Adventist Church

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

Feed My Sheep

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

Fridgeport Community Refrigerator

Open 24/7
219 James St.

Refuge Temple Church of God

Saturdays
3050 Main St.
ONCE MONTHLY on Saturday, call (203) 373-0622 for hours and to register

Please bring ID and mask!

Soup Kitchens

Bridgeport Tabernacle Seventh-Day Adventist

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

Thomas Merton House

Monday-Friday
Breakfast: 9:00am-10:00am
Lunch: 11:30am-1:00pm
43 Madison Ave.

Golden Hill United Methodist Church

Wednesdays: 5:00pm-6:00pm
210 Elm St.



Food Distributions

Bridgeport Hospital

200 Mill Hill Ave, Bridgeport

St. Vincent's Medical Center

2800 Main St, Bridgeport

Park City Initiative

910 Fairfield Ave, Bridgeport

Kingdom Life Christian Church

1455 Naugatuck Ave, Milford

King's Pantry

30 Florence St, Bridgeport

Claytor Magnet

Academy/PT Barnum

467 Bird St, Bridgeport

Holy Name of Jesus Church

1950 Barnum Ave, Stratford

CT Foodshare now distributes food every other week at each of these locations.

Visit ctfoodshare.org to view full schedule and for more details.



Food distribution details may be subject to change. Scan the QR code to visit the Health Improvement Alliance website for additional information (hia-ct.org), or refer to CT FoodShare's Online Calendar (ctfoodshare.org/find-help/)

Farmers Markets

Coordinated by
Bridgeport Farmers Market Collaborative

**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**

East End NRZ Market & Cafe

Sundays: 9:00am-3:00pm
1851 Stratford Ave.
From July 16-October 29

St. Vincent's Farm Stand

Tuesdays: 11:30am-4:00pm
2800 Main St.
From June 13-November 28

East Side Farmers Market

Wednesdays: 10:00am-2:00pm
752 East Main St.
From July 12-October 18

Alliance Farmers Market

Fridays: 12:00pm-4:00pm
1151 Park Ave.
From June 9-October 27

Stratfield Saturday Market

Saturdays: 12:00pm-3:00pm
Clinton Park (corner of Brooklawn &
North)
From June 11-October 29

Downtown Farmers Market

Thursdays: 10:30am-2:00pm
McLevy Green (corner of Main &
Bank streets)
From July 6-October 26

Reservoir Farmers Market

Saturdays: 10:00am-2:00pm
1469 Reservoir Ave.
From June 17-October 28

Farmers Market of Black Rock

Saturdays: 9:00am-1:00pm
St. Ann's Field, 481 Brewster St.
From June 17-October 14

Farm Stand @ Bridgeport Hospital

Thursdays: 3:30pm-5:30pm
200 Mill Hill Ave.
From July 13-October 26



Follow the HIA on social media for updates!



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Health Improvement Alliance - CT



Health Improvement Alliance

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