



Bridgeport Food Resource Guide

Food Pantries

Please bring ID

Blessed Sacrament Church

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

Closed first Thursday of the month

Faith Outreach Church

Saturdays
11:45am-2:00pm
32 Bond St.

Open every 2nd & 4th Saturday of the month

Thomas Merton House

Tuesday-Thursday
1406 State St.
Registration: Mondays,
10:00am-1:00pm
Call (203) 367-9036

Veteran's Affairs

Tuesdays, 10:00am-2:00pm
Wednesdays, noon-4:00pm
20 Thorne St

Veterans only

Call 203-576-8348

Bishop Jean Williams

Tuesdays, 10:00am-2:00pm
Wednesdays, Noon-4:00pm
Thursdays, 1:00pm-6:00pm
3160 Park Ave

Appointment required

Call (203) 873-0260

East End Food Bank

Thursdays
10:00am-noon
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.

Bridgeport Tabernacle Seventh-Day Adventist

Wednesdays
Noon-1:30pm
717 Clinton Ave.

Calvary Seventh-Day Adventist

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



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

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

**Iglesia Misionera El
Olivar**
Wednesdays
10:00am-noon
510 Summit St.

Feed My Sheep
Wednesdays
10:00am-noon
2771 North Ave.

Nourish Bridgeport
Wednesdays
2:00pm-6:00pm
2200 North Ave.
Appointment required
Call 203- 335-3107

**Bethel Memorial
Deliverance Church**
Saturdays
10:30am-noon
1242 State St.
Clothing also available

St. John's Family Center
Saturdays
9:00am-noon
1067 Park Ave.
**Closed first Saturday of
the month**

**Fridgeport Community
Refrigerator**
Open 24/7
219 James St.

Bridgeport Rescue Mission
Monday, Wednesday, Friday
10:00am-noon
1:00pm-3:00pm
725 Park Ave.

**Spanish Seventh-Day
Adventist Church**
Wednesdays
6:00pm-7:00pm
980 Sylvan Ave.

**Refuge Temple Church of
God**
Once **monthly** on Saturday
Call 203-373-0622 for hours
and to register
3050 Main St.

King's Pantry
Monday-Friday
11:00am-1:30pm
30 Florence St.



Additional Resources

uwc.211ct.org/categorysearch/food
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.

Reservoir Farmers Market

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

Downtown Farmers Market

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

East End NRZ Market & Cafe

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

Farm Stand @ Bridgeport Hospital

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

Stratfield Sunday Market

4th Sunday of the month
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 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

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

Park City Initiative
910 Fairfield Ave., Bridgeport

Holy Name of Jesus Church
1950 Barnum Ave., Stratford

King's Pantry
30 Florence St., Bridgeport

Kingdom Life Christian Church
1455 Naugatuck Ave., Milford

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

Soup Kitchens

Bridgeport Tabernacle Seventh-Day Adventist
Sundays
11:30am-2:00pm
717 Clinton Ave.
Closed first Sunday of the month

Thomas Merton House
Monday-Friday
Breakfast: 9:00am-10:00am
Lunch: 11:30am-1:00pm
1406 State St.

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

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

Bridgeport Islamic Community Center
Sundays
11:00am-2:00 pm
703 State St.



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