



Metro North Area Food Pantries & No-Cost Meals



MONDAY

- **North Reading Food Pantry**

 9:30 AM–11 AM & 6:30 PM–8 PM (1st & 3rd Mondays)
 150 Haverhill Street, North Reading, MA
 (978) 276-0400
 nrfoodpantry.org
 North Reading residents only. Bring ID and proof of residency.

- **Citizens Inn Haven from Hunger**

 10:30 AM–12:30 PM
 71 Wallis Street, Peabody, MA
 (978) 531-1530
 citizensinn.org
 resourcecenter@citizensinn.org
 Lynnfield/Peabody residents (weekly), Salem (biweekly). Bring photo ID and proof of address.

- **Bread of Life – Family Care Pantry**

 5 PM–8 PM
 1691 Revere Beach Parkway, Everett, MA
 breadoflifemalden.org
 No residency requirement. All are welcome.



TUESDAY

- **St. Raphael Parish Food Pantry**

 9 AM–12 PM
 38 Boston Ave, Medford, MA
 saintraphaelparish.org
 Medford residents only.

- **Wakefield Food Pantry**

 9 AM–1 PM
 467 Main Street, Wakefield, MA
 (781) 245-2510
 wakefieldfoodpantry.org
 Wakefield residents or those who work, worship, or are referred by a Wakefield agency.

- **Citizens Inn Haven from Hunger**

 10:30 AM–12:30 PM
 71 Wallis Street, Peabody, MA
 (978) 531-1530
 resourcecenter@citizensinn.org
 citizensinn.org
 Same as Monday listing.

- **Pantry of Hope – Melrose First Baptist Church**

 3 PM–5 PM
 561 Main Street, Melrose, MA
 (781) 665-4470
 melrosefbc.org
 Serves the Melrose community.

- **Freedom Hill Community Church Food Pantry**

 6 PM–8:30 PM
 77 Kennedy Drive, Malden, MA
 (781) 321-2121
 freedomhillcommunitychurch.org
 No residency requirement. All are welcome.

WEDNESDAY

- **Bread of Life – Malden Food Pantry**

 1 PM–4 PM

 54 Eastern Avenue, Malden, MA
 (781) 397-0404
 breadoflifemalden.org
 Serves Malden, Everett, Medford, Melrose, Saugus, Stoneham, Wakefield, Winchester, Reading, and North Reading. Proof of residency required.

THURSDAY

- **Wakefield Food Pantry**

 9 AM–1 PM & 6:30 PM–7:30 PM
 467 Main Street, Wakefield, MA
 (781) 245-2510
 wakefieldfoodpantry.org
 Same as Tuesday listing.

- **First Church Stoneham Pantry** *(By Appointment)*

 9:30 AM–12:30 PM
 1 Church Street, Stoneham, MA
 (781) 438-0097
 firstchurchstonehampantry.org
 Stoneham residents only. Registration and proof of residency required.

- **Good Hope Foods – Calvary Christian Church** *(1st & 3rd Thursdays)*

 10 AM–12:30 PM
 47 Grove Street, Lynnfield, MA
 goodhopeinc.org
 No residency requirement. All are welcome.

- **Everett Mobile Market – Lafayette School**

 3:30 PM–5 PM
 117 Edith Street, Everett, MA
 (781) 397-0404
 breadoflifemalden.org
 Everett residents only. Must apply in advance at 54 Eastern Ave, Malden.

- **Citizens Inn Haven from Hunger**

 12:30 PM–2:30 PM & 6 PM–8 PM

 71 Wallis Street, Peabody, MA

 (978) 531-1530

 resourcecenter@citizensinn.org

 citizensinn.org

 Same as earlier listings.

- **Community Cupboard Food Pantry – UU Medford Church**

 6 PM–8 PM (Enter between 5:30 PM–7:30 PM)

 147 High Street, Medford, MA

 uumedford.org

 No residency requirement. All are welcome. Two bags of food per visit.