

FOOD PANTRIES IN THE LYNN AREA

Phoenix Food Hub

Serves people of all ages with nutritional needs in + around the Lynn area.

Hours: Mon - Thurs, 8:00AM - 1:00PM

Location: 8 Silsbee St, Lynn, MA

Contact Info: (781)-599-0110 | **Email:** phoenix@glss.net

Salvation Army

Open to residents from Lynn, Lynnfield, Saugus, Malden, Melrose w/ proof of address.

Hours: Tues, Wed, Fri 9:00AM - 12:00PM

Location: 1 Franklin St, Lynn, MA 01902

Contact: (781) 598 - 0673

Catholic Charities Lynn Food Pantry

When possible, bring name + address and the name and dob of additional household members.

Hours: M,W,F*: 9a - 12p + 1p - 3p

Tu: 1p - 3p

Th: 9a - 12p (65+ limited mobility only)

*closed every third Friday of the month

Location: 8 Silsbee St, Lynn, MA

Contact: (617) 451-7999

My Brothers Table

Serves all & all are welcome; hot meals for lunch + dinner.

Hours: M - F, 11:45am - 12:30p + 5:30p - 7:15p

Sat & Sun + Holidays, 2:30p - 4:15p

Location: 98 Willow Street, Lynn, MA

Contact: (781) 595-3224

The Church of the Nazarene

Food Pantry by Appointment ONLY!

Hours: Appointment ONLY! Call.

Address: 233 Eastern Ave, Lynn MA 01902

Contact: (781) 593-5742 **Email:** FoodShare@LynnChurch.com

Washington Street Baptist Church

A food pantry that gives out canned goods, freezer fruits and vegetables, held the last Saturday of every month.

Hours: Last Saturday, 10:00AM - 11:30AM

Address: 256 Washington Street, 01902, Lynn MA, 01902

Contact: (781) 595-2550 **Email:** lynnwsbc@gmail.com

St. Stephen's Episcopal Church

The food pantry serves in the back parking lot off of Blossom Street. We give out bags of groceries. Thanks to our partnership with The Greater Boston Food Bank, our food pantry continues to serve many clients and their families. Proof of Lynn address, Photo ID for adults, Birth certificate or health card for children.

Hours: EVERY FRIDAY except 1st Friday of month | 3:00PM – 4:00PM

Address: 74 South Common Street, Lynn, MA, 01902

Contact: (781) 599-4220

Meals on Wheels

Meals on Wheels brings meals to people over 60 years old who are homebound and unable to prepare their own meals. The menu is varied and the meals are nutritionally balanced, cooked without added salt, and consists of an entrée, two sides.

Hours: CALL TO REGISTER!

Address: 8 Silsbee Street, Lynn, MA, 01902

Contact: 781-599-0110 | **Email:** info@mealsonwheelsamerica.org

Market Basket Gift Card Program

Provides emergency living assistance, including grocery stores and food pantries.

Hours: Monday-Thurs 10:00AM-12:00PM

Address: CALL TO ENROLL!

Contact: (978) 740-6923

FOOD PANTRIES IN THE SALEM AREA

LifeBridge

Welcomes everyone, free breakfast, lunch and dinner:

Hours: Breakfast-M-F-9:00AM Lunch-Mon-Sat-12:00PM-12:30PM Dinner-5:30PM-Sun-4:00PM

Address: 54 Margin St, Salem MA 01970

Contact: (978) 744-0500 | **Email:** s.jordan@lifebridgenorthshore.org

Salvation Army Salem

Welcomes everyone, lunch only on Tuesday's

Hours: Tues-12:30PM

Address: 93 North St, Salem, MA 01970

Contact: (978) 744-5181 | **Email:** tina.polemenako@usa.salvationarmy.org

Salem Pantry

Free for all to join.

Hours: Tues, Thurs, Friday-10:00AM-12:00PM / 4:00PM-8:00PM, Wed: 4:00PM-8:00PM, Sat: 10:00AM-2:00PM

Address: 47 Leavitt St, Salem, MA 01970

Contact: (978) 552-3954 | **Email:** info@thesalempantry.org

Food For The World

Bi-Monthly Food Pantry For ALL. (1st SAT AND 3rd SAT OF THE MONTH) .

Hours: 10:00AM-12:00PM

Address: 8 North Street, Salem MA 01970

Contact: (978) 683-9949 | **Email:** foodfortheworld.org

FOOD PANTRIES IN THE WAKEFIELD AND LYNNFIELD AREA

Wakefield Little Pantry's

Pantry is available for all.

Hours: 24 Hours , 7 Days a week

Address: 8 Grove St, Wakefield, MA 01880 (Back Parking Lot)

273 Vernon St, Wakefield, MA 01880 (Left Side)

8 Lafayette St, Wakefield, MA 01880

1 Church St, Wakefield, MA 01880

1 Lafayette St, Wakefield, MA 01880

Contact: (781)-245-2510 | **Email:** info@wakefieldfoodpantry.org

Good Hope

Food Pantry, Welcomes all.

Distribution every first and 3rd of the month.

Hours: Thursday 10:00AM-12:00PM

Address: 47 Grove St, Lynnfield MA 01940

Contact: (781) 715-0203

FOOD PANTRIES IN THE GLOUCESTER AND PEABODY AND SWAMPSCOTT AREA

The Open Door

Community Meals Provided to all, In-Person Dining.

Hours: In-person dining is available weekdays from 4:30PM-5:30PM

Food Pantry Pick-up meals at the Gloucester Food Pantry on M-F from 3:00PM-6:00PM

Address: 28 Emerson Ave., Gloucester MA 01930

Contact: (978) 283-6776

Haven From Hunger

Serves All, First time clients are required to fill out an application for this pantry.

Link: citizensinn.org/pantry-form

Hours: Tuesday's / Friday's 10:30AM-2:30PM | Thursday's 12:30PM-2:30PM and 6:00PM-7:00PM

Address: 71 Waliis St, Peabody MA 01970

Contact: (978) 531-1530

Anchor Food Pantry

ONLY SWAMPSCOTT/NAHANT RESIDENT!

First time visitors will be asked to show proof of Swampscott or Nahant residency and complete an intake form.

Hours: Mondays 11:00AM -1:00PM | Wednesdays from 6:00PM-8:00PM

Address: 86 Burrill Street Swampscott, MA 01907

Contact: theanchorfoodpantry@gmail.com | **Email:** (781)479-3080

FOOD PANTRIES IN THE SAUGUS AREA

Saugus United Parish Food Pantry at Cliftondale Congregational Church

Provides food and compassionate support to individuals and families who are experiencing food insecurity. The Saugus United Parish Food Pantry is open to residents of Saugus and surrounding communities.

Hours: Every Friday from 9:30AM-11:00AM

Address: 50 Essex Street, Saugus, MA, 01906

Contact: 781-233-2663

FOOD PANTRIES IN THE EVERETT AND MALDEN AREA

Malden YMCA

Food distribution at the Mystic Valley YMCA serves ALL (BRING YOUR OWN BAG!)

Hours: Weds 2:00PM-4:00PM - Fridays 8:00AM-10:00AM

Address: 99 Dartmouth St, Malden MA 02148

Contact: (781) 581-4750

Everett Grace Food Pantry

Welcomes everyone, free breakfast bites as well. (BRING YOUR OWN BAG!)

Hours: M-9:30AM Tues-9:30-11:00AM Weds-10:13AM-12:00PM Thurs-CLOSED

Friday-9:30PM-12:00PM Sat-7:00AM-5:00PM Sun-CLOSED.

Location: 50 Church St, Everett MA 02149

Contact: (617) 799-9440 **Email:** Imcardilio@yahoo.com

COMMUNITY FRIDGES IN LYNN AND MALDEN AND SOMERVILLE AREA

Lynn Family Resource Community Fridge

Address: 16 City Hall Square Lynn MA

Hours: 24 Hours , 7 Days a week

Phone: (339) 883-2401 | **Email:** lynnfrc@centerboard.org

Social Media: Facebook: @Lynn Family Resource Center | Instagram: @LynnFFRC

Malden Community Fridges

Malden Community Fridge (In Front of CHA)

Hours: 24 Hours , 7 Days a week

Address: 195 Canal St, Malden MA 02148

Contact: [Facebook](#) @ Malden Community Fridge

Malden Community Fridge (In Front of Beebe School)

Hours: 24 Hours , 7 Days a week

Address: 414 Pleasant St, Malden MA 02148

Contact: [Facebook](#) @ Malden Community Fridge

[Malden Community Fridge \(Behind U-Haul on Bike Path \)](#)

Hours: 24 Hours , 7 Days a week

Address: 420 Eastern Ave, Malden MA 02148

Contact: [Facebook](#) @ Malden Community Fridge

[Somerville Community Fridge](#)

There are 3 Fridges Around This Area.

Hours: 24 Hours , 7 Days a week

Address: 1) 33 St Clements Rd, Medford, MA 02155

2) 275 Broadway, Somerville, MA 02145

3) 35 Prospect St, Somerville, MA 02143

Contact: (617) 625-6600 | **Email:** ofahc@somervillema.gov

MOBILE MARKET IN THE NORTHSORE AREA

[Salem Mobile Pantry](#)

A mobile pantry that offers fresh, healthy food across Salem at no cost to guests.

Pop-ups are free and open to all, no income or residential requirements.

Pop-ups are at [multiple locations](#) throughout the week.

Register [online](#) or with team during first visit

Contact: [@thesalempantry.org](#)

Current Pop-Ups:

Nov 3rd 2025: 331 Highland Avenue, Salem, MA, United States **Time:** 3:30PM-4:30PM

Nov 5th 2025: 401 Bridge Street, Salem, MA, United States **Time:** 9:30AM-11:00AM

Nov 10th 2025: 331 Highland Avenue, Salem, MA, United States **Time:** 3:30PM-4:30PM

Nov 12th 2025: 401 Bridge Street, Salem, MA, United States **Time:** 9:30AM-11:00AM

Nov 17th 2025: 331 Highland Avenue, Salem, MA, United States **Time:** 3:30PM-4:30PM

Nov 19th 2025: 401 Bridge Street, Salem, MA, United States **Time:** 9:30AM-11:00AM

Nov 24th 2025: 331 Highland Avenue, Salem, MA, United States **Time:** 3:30PM-4:30PM

Nov 25th 2025: 58 Cook St Lynn, MA **Time:** 3:00PM-4:00PM

Dec 1st 2025: 331 Highland Avenue, Salem, MA, United States **Time:** 3:30PM-4:30PM

Dec 2nd 2025: 47 Leavitt ST, Salem, MA, United States **Time:** 1:00PM-5:00PM

Dec 3rd 2025: 401 Bridge Street, Salem, MA, United States **Time:** 1:00PM-5:00PM

Northshore Lynn and Danvers

A free farmers market offering a variety of food, fresh fruits, and vegetables at locations in Lynn and Danvers.

- Registration is required for the following dates. You can register on their [website](https://www.northshore.edu/support/wellness/mobile-markets.html).
<https://www.northshore.edu/support/wellness/mobile-markets.html>

1. **November: 12th, 26th 2025**
2. **December: 10th 2025**
3. **January: 28th 2026**
4. **February: 11th, 25th 2026**
5. **March: 11th, 25th 2026**
6. **April: 8th, 22nd 2026**
7. **May: 13th 2026**

Hours: Lynn from 11:00 am - 12:00 pm | Danvers Campus: 1:30 pm - 2:30 pm

Address: Lynn: 300 Broad St, Lynn, MA 01901 | Danvers: 1 Ferncroft Rd, Danvers, MA 01923

Contact: Lynn: (781) 593-6722 | Danvers:(978) 762-4000 **Email:** wellness@northshore.edu

Lynn Community Health Center Mobile Market

Mobile market for ALL! (**Pre-Registration is encouraged by emailing Market@lchcnet.org also the 1st Saturday of each month)**

Hours: 9:00AM-10:00AM

Address: 8 Silsbee St, Lynn MA 01901

Contact | Email: Market@lchcnet.org

Upcoming Dates:

- **November 1, 2025**
- **December 6, 2025**
- **January 10, 2026**
- **February 7, 2026**
- **March 7, 2026**
- **April 4, 2026**
- **May 2, 2026**
- **June 6, 2026**
- **July 11, 2026**
- **August 1, 2026**
- **September 12, 2026**

LYNN FARMER'S MARKET

Lynn Farmer's Market

The food project and Lynn grows host a farmers market in the Lynn area.

(TAKES WIC AND CASH ASSISTANCE!!)

Hours: 11:30AM - 3:00PM

Dates: Dec. 9th, Jan. 11th, Jan 25th, Feb 8th, Feb 22nd, Mar 8th, Mar 22nd

Address: 8 Silsbee Street, Lynn MA 01905

Contact: | **Email:** rfrazee@thefoodproject.org

LYNN PUBLIC SCHOOLS FOOD RESOURCES FOR STUDENTS-FAMILIES ONLY

Brickett Elementary: Blessing basket for November.

Callahan Elementary: Food Basket for November.

Connery Elementary: School Food pantry 11/3/2025 @2:30PM.

Hood Elementary: Food Basket for the month of November.

Washington Elementary: Monthly School Food Pantry.

Breed Middle School: McKinney Vento (Homeless status student only)

ADDITIONAL ASSISTANCE

2-1-1 TOLL FREE

Community resource that provides free, confidential, and multilingual information and referral services for food and other essentials during times of needs.

Contact: Dial: 2-1-1 | **Website:** <http://mass211.org/>

Project Bread

Food assistance in 180 languages. Project bread connects people and communities in Massachusetts to reliable sources of food.

Contact: 1-800-645-8333 | **Website:** <http://projectbread.org/get-help>

