

FOOD RESOURCES in MIDDLETOWN

Call 2-1-1 for help finding resources near you if it's an emergency. They can look things up quickly. They also know about housing, child care, mental health, etc. Or, you can use their website to look up programs on your own, <https://www.211ct.org/>

GOVERNMENT ASSISTANCE:

WIC (pregnant women & children up to age 5) Office in Middletown (860)358-4070 or email: WIC@Midhosp.org Visits are still virtual (fall 2021), staff are in the office.

<https://middlesexhealth.org/wic-program>

SNAP

Apply online: <https://www.connect.ct.gov/>

Info on program expansion:

<https://portal.ct.gov/dss/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP>

FOOD Pantries/BANKS:

2-1-1 will have the most updated list of food pantries, they work with Foodshare and CT Food Bank to keep track. Pantries we know about are listed below.

CT Food Bank mobile food pantry schedule:

<https://www.ctfoodbank.org/get-help/connecticut-food-banks-mobile-pantry-schedule/>

Middletown Food Pantries

Amazing Grace Food Pantry, Wed & Fri 11-4, 16 Stack Street, Middletown

<http://www.svdmiddletown.org/food-pantry/>

Shiloh Baptist Church Food Pantry - Middletown 2nd and 4th Tuesday of Month, 4-5pm
860-346-8295

APCOM food pantry, 56 Warwick Street, Middletown - Phone: (860) 301-0299, 4th Friday of the month, 4-6pm

Zion 1st Baptist Church, 16 James A. Moses Ave, Middletown, (860) 347-5074, 3rd Saturday 10-noon.

Middletown Salvation Army, 515 Main Street, Middletown, (860) 347-7493, call for details

Hinka's cupboard, Saint Francis of Assisi, 10 Elm Street, Middletown, CT 06457, last Thursday of the month 11a-1p, Phone: 860-347-4684, ext. 10
<http://stfranciscct.com/index.php/hinkas-cupboard/>

Town of Cromwell Human Svcs, food pantry 41 West St., Cromwell 06416, (860) 632-3449, <https://www.cromwellct.com/human-services/pages/food-pantry> proof of income and residency may be required

Portland Food Bank

SDA Church, 7 Waverly Ave, Portland, CT 06480, (860) 342-6795, call for information.

East Hampton Food Bank

43 West High Street, East Hampton, CT 06424, (860) 365-5978

<https://www.easthamptonct.gov/social-services/food-bank>

The EH pantry might actually be run out of Epoch Arts Center, 27 Skinner St, (860) 365-0337

SOUP KITCHENS:

SAINT VINCENT DE PAUL MIDDLETOWN The Soup Kitchen Dining Room is Now Open for both dine-in and take out meals! Breakfast has returned from 8:30 – 10:30 AM, Lunch from 11:30 AM – 1:30 PM, and coffee, juice and water are available 'till 3:00 PM Monday through Saturday!