

Free & Low Cost Food Resources

Supplemental Nutrition Assistance Program (SNAP), also known as food stamps. The Department of Transitional Assistance (DTA) administers SNAP benefits. SNAP provides a monthly benefit to buy nutritious foods. To receive SNAP, you must be low income and be a US citizen or legal noncitizen (restrictions apply). Eligibility for SNAP benefits depends on financial and nonfinancial criteria.

<https://www.mass.gov/how-to/apply-for-snap-benefits-food-stamps>

Danvers People to People Food Pantry

12 Sylvan Street

Danvers, Massachusetts, 01923

Telephone number - (978) 739-4188

Provides meals and food, including Christmas and Thanksgiving assistance. There may be milk, canned meat, and other goods too, including free diapers.

<https://www.danverscommunitycouncil.com/danvers-people-to-people-food-pantry>

Jewish Family & Childrens Service Family Table of the North Shore

1 Community Rd

Marblehead, MA 01945

781-693-5593

Participants receive groceries including fresh produce, dairy, protein rich foods, personal hygiene products, and Jewish holiday and ritual items such as challah. Family Table of the North Shore strives to promote healthy eating and collaborates closely with JF&CS Nutrition Services. The program distributes food once a month. See website for times.

<http://www.jfcsboston.org/About/Upcoming-Events/Upcoming-Events/ArticleId/12/family-table-distribution-day-schedule>

Middleton Food Pantry

38 Maple St.

Middleton, MA 01949

978-766-1402

Fridays 1pm-3pm, 4:30pm-6:00pm

Please call for info

Middleton residents only.

Haven from Hunger

71 Wallis Street

Peabody, MA 01960

978-531-1530

<http://www.citizensinn.org/haven-from-hunger/>

Food Pantry

The Haven's Food Pantry is open Monday, Tuesday, Thursday, and Friday from 10:30 a.m. to 2:30 p.m.

Each client is asked to fill out a confidential registration form that helps the Haven track its resources. As proof of address, clients are asked to provide at each visit a photo ID and a piece of mail that has been delivered to them at their home address and is dated within the last 30 days.

Community Meals

Dinner is served on Monday, Tuesday, Thursday, and Friday 5:00 p.m.-6:00 p.m.

Doors open at 4 p.m. All are welcome. There are no eligibility requirements.

St. John the Baptist Food Pantry

17 Chestnut St.

Peabody, MA 01960

978-531-0002

Open the last Sunday of every month 9:00AM - 1:00PM

Catholic Charities North - Salem

280 Washington Street

Salem, MA 01970

978-740-6923

By appointment. Call to learn more.

The Salem Food Pantry

978-317-3738

The Salvation Army

Food Pantry

93 North Street

Salem, MA 01970

978-744-5181

<http://massachusetts.salvationarmy.org/MA/NOSneedhelp>

Provides those in need with enough food for three meals per day for three to five days for each person in the household. Clients may receive assistance once every thirty days.

Our Salem location serves Salem and Marblehead residents. The pantry is open Monday, Wednesday and Fridays from 9:00a.m.-11:00.m.

This information is provided as a resource referral, not as a recommendation. NSES cannot guarantee the quality of the provider or service.

Updated 10-12-2017