

## **MALDEN FOOD PANTRIES:**

### **Bread of Life**

109 Madison Street, Malden  
781-397-0404  
Wednesdays 4-6, Fridays 2-4  
1 visit every 4 weeks

### **Emmanuel Baptist Church**

20 Hillside Ave., Malden  
Mon, Wed, Friday, 10-11:30am

### **Freedom Hill Community Church**

77 Kennedy Drive, Malden  
781-321-2121  
Tuesdays 6:30-8pm, 1 visit per month  
Need ID with address

### **Haitian Nazarene Church**

12 Thatcher St., Malden  
781-324-2692  
Saturdays 8am-2pm

### **Imani Temple**

264 Salem St., Malden  
781-324-3378  
3<sup>rd</sup> Saturdays 10am-1pm

### **Mobile Food Market**

Melrose Wakefield Healthcare/North  
Suburban WIC  
239 Commercial St., Malden  
2<sup>nd</sup> Saturdays 1-2pm. Pre-registration  
required by calling 781-338-7568

### **Malden YMCA Market**

125 Mountain Ave.  
Mon, Tu, Wed, Thur, Fri 11am-1pm,  
Sat 10am-12pm

### **Philadelphie SDA Church**

575 Main Street, Malden  
781-397-9143  
1<sup>st</sup> Sundays 10am-12pm

## **MEDFORD FOOD PANTRIES:**

### **Holiness Food Pantry & Multi Services**

362 Salem Street, Medford  
781-395-4100 or in case of emergency,  
Call 857-247-3218  
Last Saturday of month 3-6pm

### **Friends of Francis**

441 Fellsway West, Medford  
781-396-3400  
Thursdays 3-4:30pm  
Require picture ID and utility bill  
1 visit per month

### **Mystic Community Market**

291 Mystic Ave., Medford  
Mon, Tu, Wed, Thur, Fri 3:30-6:30pm  
Sat 9am-2pm

### **Shiloh Baptist Church**

Corner of Holton & Bower Streets.  
Medford – 781-483-8850  
2<sup>nd</sup> Tuesdays 6-7pm  
3<sup>rd</sup> Saturdays 10-11am  
MEDFORD RESIDENTS ONLY

### **St. Raphael's Church**

38 Boston Ave., Medford  
781-488-5444  
Tuesdays 10am-12pm  
MEDFORD RESIDENTS ONLY

### **Unitarian Universalist Church – Community Cupboard Food Pantry**

147 High Street, Medford  
781-396-4549  
Thursdays 6-7:30pm

## **EVERETT FOOD PANTRIES:**

### **Bread of Life Mobile Market**

Lafayette School, 117 Edith St., Everett  
Thursdays 3:30-6pm  
EVERETT RESIDENTS ONLY

### **Bread of Life @ The Family Church**

1691 Revere Beach Pkwy, Everett  
Mondays 5-8 pm

### **Eliot Community Human Services Food Pantry**

548 Broadway, Everett  
Tuesdays and Fridays 9-11am

### **Everett Grace Food Pantry & Outreach First Baptist Church**

50 Church St., Everett  
617-386-6978  
3<sup>rd</sup> Sundays 7-11am  
Residents of all cities welcome.

### **Immaculate Conception Parish / St. Vincent de Paul Society**

489 Broadway, Everett  
617-389-5660  
1<sup>st</sup> and 2<sup>nd</sup> Wednesdays 6:30-7:30pm

## MELROSE FOOD PANTRIES:

### Servant's Heart Food Pantry

Faith Evangelical Church  
200 Franklin Street, Melrose  
Fridays 10-11:30am, 3<sup>rd</sup> Fridays 5-6pm  
You can go to pantry twice a month.

### Pantry of Hope

First Baptist, 561 Main Street, Melrose  
781-665-4470  
Tuesdays 3-5pm  
You can go to pantry every other week.  
ID required. Do not have to live in Melrose.

## COMMUNITY MEALS:

### Bread of Life

First Baptist Church  
493 Main Street, Malden  
Tu, Wed, Thurs, Fri: 5:30-6:30pm

### Philadelphie SDA Church

575 Main Street, Malden  
781-397-9143  
Wednesdays 12-2pm

### Servant's Heart

Faith Evangelical Church  
200 Franklin Street, Melrose  
781-662-8226  
3<sup>rd</sup> Fridays 6pm

### Mayor's Community Dinner

Milano Family Senior Center  
201 West Foster St., Melrose  
Tuesdays 5:30-6:30pm  
MELROSE RESIDENTS ONLY

Must sign up for the dinner ahead of time by calling Melrose Senior Center @781-662-6886 by 3pm on Fridays

## OTHER RESOURCES:

### WIC

This program provides nutritious food to low and moderate income pregnant or breastfeeding women and to children under five. Call 781-338-7578 for assistance.

### Supplemental Nutrition Assistance Program (SNAP)

This program provides a spending allotment provided for food purchases at grocery stores. For nearest qualifying headquarters call the Department of Transitional Assistance at 781-388-7300.

### Food Source Hotline

Provides SNAP (formerly Food Stamps) screenings and referrals to other free and low-cost resources in you community.  
Call 1-800-645-8333.

### MA Dept. of Food & Agriculture

Provides information and maintains list of local farmers' markets, roadside stands and pick-your own farms.  
Call 1-617-626-1700

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# Free Food and Community Meals

Malden  
Everett  
Medford  
Melrose

