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# FOOD PANTRIES AND MEAL SITES IN RHODE ISLAND'S EAST BAY

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An initiative of the  
Food Systems Working Group  
for Bristol, Warren and East Providence HEZs

Questions? Call the East Bay HEZs at  
401-431-9870 ext. 1635 or email  
[eprovehz@ebcap.org](mailto:eprovehz@ebcap.org)



# FOOD PANTRIES BY DAY

See pages 5-7 for additional details about sites.

Monday	<p>EBCAP – Bullock’s Point Food Pantry (12:30pm-4:30pm)            EBCAP – Newport Food Pantry (10am-2pm)            Tap In – Barrington (9am-12pm)            Good Neighbors Meal Site (11am-1pm)</p>
Tuesday	<p>EBCAP – Tiverton Food Pantry (9am-2pm)            Tap In – Barrington (9am-12pm)            St. Mary of the Bay Food Pantry - Warren (3pm-6pm)            Good Neighbors Pantry - Riverside (3<sup>rd</sup> Tuesday of the month 5pm-7pm)            Good Neighbors Meal Site (11am-1pm)            Good Neighbors - Rumford (2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month 5pm-7pm)</p>
Wednesday	<p>East Bay Food Pantry - Bristol (10am-6:30pm)            EBCAP – Bullock’s Point Food Pantry (12:30pm-4:30pm)            EBCAP – Tiverton Food Pantry (9am-4pm)            Tap In – Barrington (9am-12pm)            St. Mary of the Bay Food Pantry – Warren (9am-11am)            Good Neighbors Pantry - Riverside (9am-12pm)            Good Neighbors Meal Site (11am-1pm)</p>
Thursday	<p>EBCAP – Bullock’s Point Food Pantry (12:30pm-4:30pm)            EBCAP – Newport Food Pantry (9am-2pm)            Tap In – Barrington (9am-12pm, and 4pm-7pm)            Gates of Hope Mobile Pantry – Warren (Last Thurs. 2pm-5pm)            Good Neighbors Meal Site (11am-1pm)</p>
Friday	<p>East Bay Food Pantry - Bristol (10am-3pm)            Tap In – Barrington (9am-12pm)            Good Neighbors Meal Site: Dine In or To Go (9:30am-1pm)</p>
Weekends	<p>Saturdays - Open Hands at Barrington Baptist Church -            (9:30am- while supplies last)            Saturdays - United Methodist Church Soup Kitchen in Warren            (11am-1pm)            Last Saturday of the month - Good Neighbors Pantry - Riverside (10am-12pm)  <b><u>Visit RI Community Food Bank website to Find Food Assistance Near You (<a href="http://rifoodbank.org">rifoodbank.org</a>) and click “Find Food”</u></b></p>

# MEAL SITES AND SERVICES

See pages 5-7 for additional details about sites.

<p><b>Kid's Food</b></p>	<p>School-Based &amp; Summer Meals Programs: Check with your school's front office to learn how to connect to food programs.</p> <p>Free/Reduced Lunch and Classroom Pantries exist in some public schools.</p>	<p><b>St. Mary of the Bay Food Pantry</b>- Warren: Children's food and snacks during Tuesday and Wednesday operating hours.</p> <p><b>East Bay Food Pantry</b> - Bristol: Food4Kids, Supplemental meals for children, Fridays 10am-12pm</p>
<p><b>Senior Food</b></p>	<p><b>Warren Senior Center:</b> Prepared Lunch at 11:30am, Monday-Friday. Advanced registration required</p> <p><b>St. Mary of the Bay Food Pantry - Warren:</b> CSFP boxes for qualifying seniors. Distributed first three weeks of the month during operating hours. See front desk for application.</p>	<p><b>Bristol Senior Center:</b> Prepared Lunch at 11:30am, Monday-Friday, advanced registration required</p> <p><b>East Bay Food Pantry-Bristol:</b> 1st Friday monthly, 1pm-3pm, CSFP boxes, advance registration required</p> <p><b>East Providence Senior Center</b> Monday-Friday at 12pm. \$3.00 suggested donation. Call 2 days in advance to make your reservation. 401-270-1814.</p>
<p><b>Fresh Produce</b></p>	<p><b>St. Mary of the Bay Food Pantry-Warren:</b> Produce offered at all pantry hours.</p> <p><b>TAP IN Pantry in Barrington</b> Produce offered at all pantry hours.</p>	<p>All <b>EBCAP</b> Sites (see below)</p> <p><b>Good Neighbors Food Pantry</b> in East Providence Produce offered at all pantry hours.</p> <p><b>East Bay Food Pantry</b> - Bristol: "Fresh Food" Produce offered at all pantry hours.</p>

# SPECIAL PROGRAMS AND SERVICES

See pages 5-7 for additional details about sites.

<p><b>Online Orders</b></p>	<p><b>East Bay Food Pantry - Bristol:</b> Order at <a href="http://www.eastbayfoodpantry.org/order-food">www.eastbayfoodpantry.org/order-food</a> For pick-up on Wednesdays and Fridays.</p>	
<p><b>Food Delivery</b></p>	<p><b>St. Mary of the Bay Food Pantry- Warren:</b> Weekly delivery in Warren for the homebound. Delivery is on Wednesday mornings.</p> <p><b>EBCAP AmeriCorps Seniors Portable Pantry:</b> Call 401-435-7876 ext. 1137 to arrange in advance This program is only available to ages 55+ and in Warren or EP.</p>	<p><b>Tap In - Barrington:</b> Call 401-247-1444 to arrange delivery.</p> <p><b>East Bay Food Pantry - Bristol:</b> Wednesdays, Thursdays, Fridays, call 401-396-9490 ext. 1 to arrange in advance -- Only available to the homebound and those without reliable transportation.</p>
<p><b>Fresh Produce at Farmer's Markets</b></p>	<p>*Thanks to a grant from Farm Fresh RI, EBT and SNAP participants can double their dollars to purchase fresh fruits and vegetables.</p>	<p><b>Hope &amp; Main - Warren:</b> Wednesdays, monthly in winter season and weekly in the summer.</p> <p><b>Mount Hope Farmer's Market - Bristol:</b> Saturday mornings, 9am-12:30pm.</p>
<p><b>Reduced Cost Groceries</b></p>	<p><b>FeedRI - Hope Market - Rumford:</b> Mon: 3pm-6pm; Tues: 12pm-3pm; Wed: 3pm-6pm; Thurs (ages 55+): 12pm-1pm; Thurs (regular hours): 1pm-3pm; Sat: 8am-12pm</p>	

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# DIRECTORY OF SITES

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List is alphabetical by town. Please contact pantries directly with any questions.

**Tap-In Food Pantry & Furniture: BARRINGTON** 

**Location:** 281 County Road Barrington, RI 02806

**Website:** <https://www.tapinri.org/>

**Pantry Hours:** Monday through Friday 9am-12pm, Thursdays 4pm-7pm.

Delivery by request. Call to schedule.

**Contact** Information for Pantry and to Request Furniture:

Phone: 401-247-1444, Email: info@tapin.org

**Open Hands Food Pantry: Barrington Baptist Church- BARRINGTON** 

**Location:** 25 Old County Road Barrington RI

**Website:** <https://www.bbcri.org/give>

**Pantry Hours:** Saturdays, 9:30am as supplies last

**Contact Info:** 401-246-0188

**Benjamin Church Senior Center: BRISTOL** 

**Location:** 1020 Hope St Bristol, RI

**Website:** <https://www.bristolseiorcenter.com/>

**Senior Lunch Hours:** Monday through Friday 11:30am-12:30pm. (Must pre-order by calling the phone number the day before. Monday orders must be made on Fridays. Suggested \$3 donation).

**Call Ahead:** (401) 253-8458


**East Bay Food Pantry: BRISTOL** 

**Location:** 532 Wood Street, Bristol, Rhode Island 02809

**Website:** <https://eastbayfoodpantry.org/>

**Food Distribution Hours:** Wednesdays 10am-6:30pm, Fridays 10am-3pm

Delivery Program on Wednesdays, Thursdays, and Fridays. Call to sign up.

 (\*TEMP Location 655 Metacom Ave, Bristol) \***Thrift Store Hours:** Mon., Tues. Sat. 10am-4pm

**Contact:** Phone: 401-396-9490, Email: info@eastbayfoodpantry.org

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List is alphabetical by town. Please contact pantries directly with any questions.

**EBCAP - Dennis Roy Building: EAST PROVIDENCE** 

**Location:** 100 Bullocks Point Ave., East Providence, RI 02915

**Website:** [www.ebcap.org/programs/food-pantries/](http://www.ebcap.org/programs/food-pantries/)

**Hours:** Mondays, Wednesdays, Thursdays 12:30pm-4:30pm

**Contact:** 401-848-6697, ext. 1140

**EAST PROVIDENCE FOOD RESOURCE FLYER: EAST PROVIDENCE** 

The East Providence Health Equity Zone (HEZ) has compiled a list of food resources in the East Providence area. It is updated quarterly.

**Website:** <https://www.ebcap.org/east-providence-food-resources/>

**EBCAP- AmeriCorps Senior Portable Pantry: EAST PROVIDENCE/WARREN** 

**Location:** Delivers to the Doorstep, office in East Providence

**Website:** [www.ebcap.org/programs/east-bay-retired-senior-volunteer-program/](http://www.ebcap.org/programs/east-bay-retired-senior-volunteer-program/)

**Hours:** Monday through Friday 8am-4:30pm Delivery Program only.

**Who Qualifies:** Difficulty leaving home, homebound, transit challenged and 55+.

**Call to Sign Up:** 401-435-7876 ext. 1137

**Good Neighbors Food Pantry EAST PROVIDENCE** 

**Location:** 55 Turner Ave Riverside RI 02915

**Website:** <https://www.goodneighborsri.org/>

**Hours:** Wednesdays 9am-12pm, 3rd Tuesday of each month 5pm-7pm, and last Saturday of each month 10am-12pm; **Meal site is open Monday to Thursday from 11AM-1PM and Friday 9:30am-1pm for dine-in or to-go meals.**

**CONTACT:** 401- 433-0045; info@goodneighbors/org.

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**Rumford Pantry: EAST PROVIDENCE** 

**Location:** 100 Newman Ave Rumford RI 02916

**Hours:** The 2nd and 4th Tuesday of each month from 5pm-7pm.

**Contact:** 401-434-4742

**East Providence Senior Center Meal Site: EAST PROVIDENCE** 

**Location:** 610 Waterman Ave, East Providence, RI 02914

**Hours and Days:** Monday-Friday at 12pm.

The East Providence Senior Center is a congregate meal site that serves a hot lunch Monday-Friday at 12pm. \$3.00 suggested donation. Lunch menu is provided in their monthly newsletter, found on the City of East Providence's website. Call 2 days in advance to make your reservation. 401-270-1814. Residents do not need to be a member to only come for lunch.

**Website:** <https://eastprovidenceri.gov/departments/senior-center>

**Contact:** (401) 435-7800

**EBCAP-Jean E. Hicks Center Food Pantry: NEWPORT** 

**Location:** 19 Broadway, Newport, RI 02840

**Website:** [www.ebcap.org/programs/food-pantries/](http://www.ebcap.org/programs/food-pantries/)

**Hours:** Mondays, 10am-2pm and Thursdays, 9am-2pm

**Contact:** 401-848-6697, ext. 1534

**EBCAP-Tiverton Center Pantry: TIVERTON**

**Location:** 1048 Stafford Rd, Tiverton, RI 02878

**Website:** [www.ebcap.org/programs/food-pantries/](http://www.ebcap.org/programs/food-pantries/)

**Hours:** Tuesdays 9am-2pm, Wednesdays 9am-4pm

**Contact:** 401-625-5134, ext. 2302

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List is alphabetical by town. Please contact pantries directly with any questions.

**Gates of Hope Mobile Food Pantry: WARREN** 

**Pop Up Location:** East Bay Recovery Center- [31 Railroad Ave, Warren, RI 02885](#)

**Website:** <https://www.ebcap.org/programs/east-bay-recovery-center/>

**Hours:** Mobile pantry comes to Warren once per month, last Thursday of every month 3:30pm to 4:30pm. Please bring an ID and 1 piece of mail. Fall River Location is open Tuesday-Friday 2pm-4pm by appointment only. Call below to schedule.

**Contact:** 508-837-1962

**St. Mary of the Bay Food Pantry: WARREN** 

**Location:** 645 Main Street, Warren, RI 02885

**Website:** <https://stmaryofthebay.org/smb-serves/>

**Pantry Hours:** Tuesdays 3pm-6pm, Wednesdays 9am-11am

**Contact:** Phone: 401-245-7000, ext. 19

**Email:** smbfoodpantry@gmail.com

**Warren Senior Center: WARREN** 

**Location:** Andreozzi Hall, 20 Libby Lane Warren, RI

**Website:** [https://www.townofwarren-ri.gov/departments/senior\\_center.php](https://www.townofwarren-ri.gov/departments/senior_center.php)

**Prepared Senior Lunch Hours:** Monday-Friday 11:30am. (Must pre-order). (Café opens at 11:15am, and meal is served at 11:30am. Lunch must be ordered by 10:30am the day prior. Monday, orders must be made on Fridays.) Suggested \$3 donation.

Age 60+ and the differently abled community.

**Lunch Line:** 401-255-3338 Kitchen Manager: Ann Primiano

# NEED MORE HELP?

## RI Department of Human Services

Website: <https://dhs.ri.gov/>

Phone: 1-855-MY-RIDHS (1-855-697-4347)

## EBCAP Social Services and Family Center

Website: <https://ebcap.org/programs/social-services-family-centers/>

Phone: 401-437-1000, ext. 6604

## United Way 211

Website: <https://www.unitedwayri.org/>

Phone: Dial 211

Services and Translation are available, 24hrs per day, 7 days a week

## Want to Help?

Call any of the Food Pantries in this directory to donate food, money, or your time as a volunteer! For other ways to give back,

visit [rifoodbank.org/ways-to-give/](http://rifoodbank.org/ways-to-give/)

HEZs are an initiative of the Rhode Island Department of Health.

East Bay Community Action Program is the backbone agency for the Warren, Bristol, and East Providence HEZs.

