

Milford

Food Assistance Resource Guide



Open to all

Department of Human Services

150 Gulf Street

Provides food vouchers to all Milford residents in need. Emergency food gift cards + referrals to resources. Senior Farmers Market Nutrition Program & Bridgeport Hospital vouchers. Assistance with SNAP, WIC, and other benefits. Call 203-783-3253

Milford Regional Pop-Up Pantry

Cornerstone Christian Center, Kingdom Life Church, and the CT Food Bank

Third Thursday of the month at 3:30pm. Check the Milford Patch and CT Food Bank Website for location details.

Saint Gabriel Church

26 Broadway

Provides food, including frozen meat, to Milford residents. Service is by appointment only. **Call M-W:**

8am-6pm to schedule an appointment. Food distribution by appointment only on Th: 10am until food is all gone.
203-878-3075

First United Church of Christ

34 West Main Street

Food pantry on Tuesdays once per month. Mostly shelf staple items with limited dairy/produce.
Call 203-877-4277 for an appointment.

Milford Senior Center

9 Jepson Drive

Milford Food Bank

Call 203-877-5131 to schedule pick-up. Limited pre-packaged boxes for individuals and families.

Monday-Thursday

9:00am-2:00pm

By appointment only

Saint Mary's Church

70 Gulf Street

John Rigley Food Pantry--

Monthly food pantry. Contact Department of Human Services for referral.

203-783-3253

Milford Christian Church

989 New Haven Ave

Appointment only.

Call 203-874-1233

Purple Pantry Boxes

17 purple **Food Pantry** boxes located throughout Milford that are stocked with staple items

<https://purplepantryboxes.com>

The Storehouse Project

49 Wheelers Farms Road

The food pantry is **operated twice weekly on Thursday and Saturday.** To make an appointment please call 203-490-6674 on Tuesdays and Thursdays from 4 - 6 PM.

Food Delivery Programs

First United Church of Christ

Provides weekend meals to approx. 160 Milford youth in schools and Boys & Girls Village.

The Storehouse Project

Truck delivers groceries to residents of housing projects and students on college campuses.

Milford Senior Center- Meals on Wheels

Hot meals delivered 5 days a week. Contact Marie Vaughn at 203-877-5131

Farmers Markets

Summer + Fall

Downtown Milford Market

90 West Main St.

Saturdays 8:30am - 12:30pm

Walnut Beach Market

Walnut Beach Pavilion

Thursdays 4:00pm - 7:00pm

Devon Village Market

120 Bridgeport Ave

Sundays 9:00am - 2:00pm

Milford Daily Meal Resources

Monday

Milford Senior Center **9 Jepson Drive**

Indoor & outdoor Mini Lunch Program. Seatings at 11:30am or 12:30pm. Meals are \$3.00.

Beth El Center, Inc. **90 New Haven Ave**

Meals to go daily & on weekends. Pickup between 11:30am-1pm. Please check our website for the food calendar for the days dinner is served in the evening.

The Storehouse Project **349 Wheelers Farms Road**

Weekly meals To Go 80 meals at the door + 170 shuttle meals.

Tuesday

Milford Senior Center **9 Jepson Drive**

Indoor & outdoor Mini Lunch Program. Seatings at 11:30am or 12:30pm. Meals are \$3.00.

Beth El Center, Inc. **90 New Haven Ave**

Meals to go daily & on weekends. Pickup between 11:30am-1pm. Please check our website for the food calendar for the days dinner is served in the evening.

Wednesday

Milford Senior Center **9 Jepson Drive**

Indoor & outdoor Mini Lunch Program. Seatings at 11:30am or 12:30pm. Meals are \$3.00.

Beth El Center, Inc. **90 New Haven Ave**

Meals to go daily & on weekends. Pickup between 11:30am-1pm. Please check our website for the food calendar for the days dinner is served in the evening.

Thursday

Milford Senior Center **9 Jepson Drive**

Indoor & outdoor Mini Lunch Program. Seatings at 11:30am or 12:30pm. Meals are \$3.00.

Beth El Center, Inc. **90 New Haven Ave**

Meals to go daily & on weekends. Pickup between 11:30am-1pm. Please check our website for the food calendar for the days dinner is served in the evening.

Mary Taylor Memorial Methodist United Church **168-176 S. Broad Street**

Monthly community supper on the 4th Thursday of the month for approx. 40-50 people on a walk in basis. Served as to go 5:30pm - 6:30pm.

Friday

Milford Senior Center **9 Jepson Drive**

Indoor & outdoor Mini Lunch Program. Seatings at 11:30am or 12:30pm. Meals are \$3.00.

Beth El Center, Inc. **90 New Haven Ave**

Meals to go daily & on weekends. Pickup between 11:30am-1pm. Please check our website for the food calendar for the days dinner is served in the evening.

Saturday/Sunday

Beth El Center, Inc. **90 New Haven Ave**

Meals to go daily & on weekends. Pickup between 11:30am-1pm. Please check our website for the food calendar for the days dinner is served in the evening.

Resources

Connecticut Food Share: Mobile food distributions at various locations each month. Get the food pantry schedule when you need it by texting the word "foodshare" to **85511**.

United Way 2-1-1: You can visit the [2-1-1 website](#) or call to be connected to local food pantries/distributions

SNAP Benefits: Access to SNAP and food benefits, visit: <https://www.ctfoodbank.org/get-help/snap-food-stamps211/> OR call: 860-856-HELP (4357)

Fridgeport: An open access community refrigerator and pantry that is open 24/7, located at Kingdom Builders Impact Ministries, 219 James Street in Bridgeport

End Hunger CT: Meals at sites around the state from June-August, serving of breakfast, lunch, dinner, and snacks. Meals are free to any child age 18-and-under To find a site near you visit: <https://www.endhungerct.org/services/summer-meals/>

CT Food Bank: For healthy food, recipes and nutrition tips, visit <https://www.ctfoodbank.org/get-help/nutrition-tips/>