



## Could you use a nutritious meal or help with groceries?

**The following programs in the Food Bank of Western Massachusetts Food Assistance Network may be able to help.**

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**Food Bank of Western Massachusetts**

25 Carew Street

Chicopee, MA 01020

**(413)247-9738**

[www.foodbankwma.org](http://www.foodbankwma.org)

### HAMPDEN COUNTY (Updated: 01/06/2026)

CITY	TYPE	PROGRAM & ADDRESS	PHONE	HOURS	SUN	MON	TUE	WED	THU	FRI	SAT
Agawam	Food Pantry	Bethany Assembly of God Church: Best Life Food Ministry, 580 Main Street	(413)789-2930	Mon & Fri 12:30-2:00pm. Closed Holidays.		MON				FRI	
Brimfield	Food Pantry	Wales Community Pantry: Wales Community Pantry, 172 Palmer Road	(413)245-0055	M-T 9:00am-1:00pm, Thurs 4:00pm-7:00pm, deliveries on Wed		MON	TUE		THU		
Chicopee	Food Pantry	First Central Bible Church: The Lord's Food Pantry, 50 Broadway Street	(413)592-5353	1st/3rd/4th Tue: 9-11a; 2nd Tue: 6-8p (One visit/month. Closed on snow days and voting days.)			TUE				
Chicopee	Food Pantry	First Congregational Church of Chicopee: Regina's Pantry, 306 Chicopee Street	(413)592-0396	Sun: 5:00-6:30pm	SUN						
Chicopee	Food Pantry	House of Refuge International, Inc.: Project Hope Pantry, 292 New Ludlow Road	(413)437-8600	2nd and 4th Saturdays from 2:00 - 4:30pm							SAT
Chicopee	Food Pantry	La Iglesia De Dios Incorporada: La Iglesia De Dios Food Pantry, 200 Exchange St.	(413)314-9067	Tue. & Thu: 9am- noon & 1pm-5pm			TUE		THU		
Chicopee	Food Pantry	Lorraine's Soup Kitchen and Pantry: Lorraine's Food Pantry, 170 Pendexter Avenue	(413)592-9528	M-F: 10am-2pm. Mobile Pantry 4-6 pm Mon - Fri		MON	TUE	WED	THU	FRI	
Chicopee	Food Pantry	Mission Center New Jerusalem: One Way Outreach Pantry, 625 Front Street	(413)534-8103	Thu: 5:30-7p					THU		
Chicopee	Food Pantry	Our Father's House: Dream Center Day, 938 Chicopee St	(413)437-8071	4th Sat: 9:45-10:30am							SAT
Chicopee	Meal Program	First Congregational Church of Chicopee: Breaking Bread with Community, 306 Chicopee Street	(413)592-0396	1st & 3rd Sun: 5-6:30pm	SUN						
Chicopee	Meal Program	Lorraine's Soup Kitchen and Pantry: Lorraine's Soup Kitchen, 170 Pendexter Avenue	(413)592-9528	Mon-Fri: 4-6pm		MON	TUE	WED	THU	FRI	
Chicopee	Mobile Market	Food Bank's Mobile Food Bank: Chicopee, 50 Broadway Street	(413)419-0079	2nd & 4th Mon. of each month: 10:00 - 11:00am [VERIFICATIONS: None; please bring empty shopping bag.]		MON					
East Longmeadow	Food Pantry	East Longmeadow Senior Friendship Club: Pantry Distribution, 328 North Main Street	(413)525-5436	This pantry provides emergency distributions only; call (413) 525-5436 before visiting.		MON	TUE	WED	THU	FRI	

In accordance with federal civil rights law and USDA civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English. To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](https://www.usda.gov/how-to-file-a-program-discrimination-complaint) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

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Holland	Meal Program	Wales Community Pantry: Holland Community Center, 40 Brimfield Rd.	(413)245-3163	Mon. & Wed.: pick-up at 11:45 by appt.; meal at noon, call to reserve		MON		WED			
Holyoke	Food Pantry	Christian Pentecostal Church: Holyoke Food Pantry, 96 Cabot Street	(413)532-6192	Thu: 10a-1p (12 visits/year)					THU		
Holyoke	Food Pantry	Community Builders, Inc.: Lyman Terrace Food Pantry, 17 Hampden Street	(413)887-6642	2nd and 4th Wednesdays of every month. 12-2pm.				WED			
Holyoke	Food Pantry	Iglesia De Dios Levantando Al Caido Inc.: Food Pantry, 104 Suffolk St.,	(413)322-8632	Mon. and Thurs. 10am-1pm		MON		WED			
Holyoke	Food Pantry	Pa'lante Transformative Justice: Pa'lante's Gabinete, 220 Linden St.	(413)200-0624	1st & 3rd Tues. 3:30-5:00pm			TUE				
Holyoke	Food Pantry	Pentecostal Church Ebenezer Assemblies of God, Inc.: Ebenezer Food Pantry, 200 Main Street	(413)536-0630	Third Wednesday of the month when 4 Wednesdays. Fourth Wednesday of the month when 5 Wednesday. 8am-12pm.				WED			
Holyoke	Food Pantry	Providence Ministries: Margaret's Pantry, 56 Cabot Street	(413)538-8026	One visit/month. M-F: 10:30a-12:00p, or by appt. between 8a-4p. Mobile Pantry at Holyoke High School, 500 Beech St. every 4th Saturday from 12:30-2:00pm.		MON	TUE	WED	THU	FRI	SAT
Holyoke	Food Pantry	The Salvation Army operating through its Holyoke Corps: CES Emergency Food Pantry, 512 Pleasant Street	(413)532-6312	Tuesday, Wednesday, Thursday 9:30-12. (T & Th 11am for baked goods and vegetables.)		MON	TUE	WED	THU		
Holyoke	Food Pantry	United Way of Pioneer Valley: Holyoke Community Cupboard, 164 Race St.	(413)302-3871	Thurs. 2:30-5:30. One visit/month.					THU		
Holyoke	Meal Program	Bethlehem Baptist Community Church: Soup Kitchen, 304 Elm Street	(413)533-4590	2nd & last Thurs: 11:30AM-1:30PM					THU		
Holyoke	Meal Program	Blessed Sacrament Parish: Take and Eat, 1945 Northampton Street	(413)532-0713	HOMEBOUND SENIORS ONLY: 2nd Sunday Home Delivery (Registraton required)	SUN						
Holyoke	Meal Program	Providence Ministries: Kate's Kitchen, 51 Hamilton Street	(413)538-8026	Open for lunch M-F 12pm-1pm, Dinner M-F 5pm-6pm, Saturday & Sunday 12-1pm, to-go bagged lunch.	SUN	MON	TUE	WED	THU	FRI	SAT
Holyoke	Meal Program	The Salvation Army operating through its Holyoke Corps: Feeding Program, 512 Pleasant Street	(413)532-6312	Thursdays from 2:00pm-4:00pm. (bagged food at door)		MON	TUE	WED	THU		

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### HAMPDEN COUNTY (Updated: 01/06/2026)

CITY	TYPE	PROGRAM & ADDRESS	PHONE	HOURS	SUN	MON	TUE	WED	THU	FRI	SAT
Holyoke	Mobile Market	Food Bank's Mobile Food Bank: Beaudoin Village/Yoerg Circle, 40 Leary Drive	(413)419-0079	1st Mon. of each month: 11:00 - 11:45am [VERIFICATIONS: None. Please bring empty shopping bag.]		MON					
Holyoke	Mobile Market	Food Bank's Mobile Food Bank: One Holyoke CDC, 70 North Bridge Street	(413)419-0079	2nd & 4th Fri. of each month: 1:00 - 1:45pm [VERIFICATIONS: None. Please bring empty shopping bag.]						FRI	
Holyoke	Mobile Market	Food Bank's Mobile Food Bank: St. Paul's Episcopal Church, 485 Appleton Street	(413)419-0079	2nd & 4th Tues., 11a-12p			TUE				
Indian Orchard	Food Pantry	Community Survival Center: Food Pantry, 240 Main Street	(413)543-3930	Mon-Th: 9:30am-4:15pm (6 visits/year).		MON	TUE	WED	THU		
Indian Orchard	Food Pantry	International Christian Center Inc.: Food Pantry, 2071 Page Blvd.	(413)246-0797	Sunday 9am-1pm, Wednesday 7pm-9pm, Saturday 9am-noon, and by appt.	SUN			WED			SAT
Indian Orchard	Mobile Market	Food Bank's Mobile Food Bank: Springfield Housing Authority, 29 Moxon Street	(413)419-0079	1st & 3rd Thurs. of each month: 1:00 - 2:00pm [VERIFICATIONS: None. Please bring empty shopping bag.]					THU		
Longmeadow	Food Pantry	Friends of Longmeadow Older Citizens Association: Pantry, 211 Maple Road	(413)565-4150	Thurs. 2-4pm and by appt.					THU		
Longmeadow	Food Pantry	JGS Lifecare Corp.: JGS Food Pantry, 770 Converse Street	(413)935-1770	Fri. 7am-4pm. Closed 7/25/25 until further notice.						FRI	
Ludlow	Food Pantry	One Call Away, Inc.: Ludlow Veterans Services, 487 Holyoke St	(413)707-5050	Mon. 2-5pm & Thurs. 2-5pm		MON			THU		
Monson	Food Pantry	Monson Community Cupboard Inc.: Monson Community Cupboard, 24 Green St.	(413)544-1555	Tue. 3-7pm, Fri 12-4pm, Sat. 9am-1pm, and by appt.			TUE			FRI	SAT
Palmer	Food Pantry	Palmer Food Share, Inc.: Palmer Food Share, 39 Walnut Street	(413)283-3614	Tue/Fri: 9:30-11:15a			TUE			FRI	
Southwick	Food Pantry	Our Community Food Pantry, Inc.: Our Community Food Pantry, 222 College Highway	(413)569-9876	Mon: 2-4p; Tue, Wed: 10a-12p; Thu: 4-6p		MON	TUE	WED	THU		
Springfield	Food Pantry	All Nation Church of God: Food Pantry, 70 Leete St	(413)736-9775	2nd Sat AND 4th Sat 9am-1pm.							SAT
Springfield	Food Pantry	Born Free Outreach Services Inc.: Born Free Foods, 235 Hancock St.	(413)327-2669	Tues. 10am-1pm and by appointment			TUE				

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Springfield	Food Pantry	Casa De Oracion Emmanuel: COE Food Pantry, 111 D Mill St.	(413)486-0550	2nd and 4th Sat. 10am-12pm and by appt.							SAT
Springfield	Food Pantry	Christina's House, Inc.: Christina's House Food Pantry, 367 Union St.	(413)317-7855	Last Friday of month 12pm-2pm						FRI	
Springfield	Food Pantry	Deeper Life Bible Church of Springfield: Pantry, 67-69 Kenyon Street	(860)372-6170	2nd & 4th Sunday: 1-3pm	SUN						
Springfield	Food Pantry	Ebenezer Missionary Baptist Church: Ebenezer Missionary Food Pantry, 44 Dearborn St.	(413)781-3177	11am-2pm, 1st and 3rd Thurs.					THU		
Springfield	Food Pantry	First Pioneer Valley Dream Center: DC Food Pantry, 133 Main St.	(413)636-6316	Wed. 10am - noon				WED			
Springfield	Food Pantry	Gethsemane Church of Jesus Christ, Inc.: Food Pantry, 47 Harvey Street	(413)783-8255	Open for pre-packed bags. 3rd Sat of every month, 10a - 12p							SAT
Springfield	Food Pantry	Gray House, Inc.: Emergency Services Pantry, 22 Sheldon Street	(413)734-6696	Drive-Through Pickup: Thur 9:00 - 12:00pm; 2nd and 4th Fri 3:30-5:00pm; 2nd Friday 2-3:30pm for veterans & seniors (55+)					THU	FRI	
Springfield	Food Pantry	Holy Redeemer Cathedral: Holy Redeemer Food Pantry, 44 Prospect Street	(413)218-2347	2nd/4th Wed: 9-11:30am 2nd/4th Sat 9-11:30am				WED			SAT
Springfield	Food Pantry	Independent Housing I Inc.: Seniority House Food Pantry, 307 Chestnut St.	(413)317-7691	Every other Wed. 10am-2pm				WED			
Springfield	Food Pantry	Macedonia Church of God in Christ: Macedonia Church Food Pantry, 215 Tinkham Rd.	(413)596-3587	Sun. 2-4pm, Wed. noon-2pm.	SUN			WED			
Springfield	Food Pantry	Martin Luther King Jr. Family Services: Food Pantry, 3 Rutland Street	(413)746-3655	Thursdays 8am-12pm.					THU		
Springfield	Food Pantry	Mission Church of The Living God: Reaping the Harvest, 20 Bowdoin Terrace	(413)858-8111	2nd and 4th Wed. 9am-12pm				WED			
Springfield	Food Pantry	Pioneer Valley Workers Center: People's Pantry/Dispensa del Pueblo, 380 Plainfield St	(413)570-3060	4th Sunday, 5-6:30pm.	SUN						

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Springfield	Food Pantry	Shiloh Seventh-day Adventist Church: Shiloh ACS Food Pantry, 797 State Street	(413)746-3103	2nd & 4th Tue & Wed. 4-5 pm. 2nd & 4th Sunday 10am-12pm  Hours will change after the winter months.	SUN		TUE	WED			
Springfield	Food Pantry	South Middlesex Opportunity Council: Open Pantry Emergency Food Pantry, 2460 Main St.	(413)737-5353	M-W, F 9-3; one visit/month per household.		MON	TUE	WED		FRI	
Springfield	Food Pantry	Spring Meadow Association of Responsible Tenants: S.M.A.R.T. Food Pantry, 30 Canon Circle	(413)426-9718	Th: 5-6:30pm					THU		
Springfield	Food Pantry	Spring of Hope Church Of God In Christ: Food Pantry, 35 Alden Street	(413)733-1032	Emergencies only. Call for appointment.			TUE		THU		
Springfield	Food Pantry	St. John's Congregational Church: Friend's Place Food Pantry, 643 Union Street	(413)734-2283	Wed: 11:00am-3:00pm (1 visit/week); SENIOR distribution - Mon: 10:00am - 2:00pm.		MON		WED			
Springfield	Food Pantry	Straitway To Heaven, COGIC: Food for the Souls Pantry, 4 Garfield Steet	(413)785-1626	2nd & 4th Sat: 12-2pm							SAT
Springfield	Food Pantry	Tabernaculo Christiano Misionero: TCM Food Pantry, 32 Hancock St.	(413)342-0898	Tues. 10am-noon			TUE				
Springfield	Food Pantry	The Salvation Army operating through its Springfield Corps: Family Services Pantry, 170 Pearl Street	(413)733-1518	Tue/Wed/Thur 9a-12p (1 Visit/30 day period + perishables daily)			TUE	WED	THU		
Springfield	Food Pantry	Trinity United Methodist Church: Parkside Pantry, 361 Sumner Avenue	(413)271-7508	4th Wed.: 5:30-6:30pm				WED			
Springfield	Food Pantry	United Way of Pioneer Valley: Springfield Cupboard, 1441 Main Street, Suite 147	(413)737-2691	Tue. 1:30-5:30pm.			TUE				
Springfield	Food Pantry	Western Mass Training Consortium: Wildflower Alliance Bowen Center Pantry, 147 Magazine St.	(413)378-5652	Tues.-Fri. 9am-1pm, Sat. 10am-1pm			TUE	WED	THU	FRI	SAT
Springfield	Meal Program	Behavioral Health Network: The Living Room, 21 Warwick St Entrance L	(413)310-3312	Open every day from 7:30am - 7:00pm. After hours with Crisis Supervision only.	SUN	MON	TUE	WED	THU	FRI	SAT
Springfield	Meal Program	Clinical & Support Options, Inc.: Friends of the Homeless, 755 Worthington Street	(413)732-3069	EVERY DAY. Breakfast: 8-9a; Lunch: 12-1p; Supper: 4:30-5:30p	SUN	MON	TUE	WED	THU	FRI	SAT

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Springfield	Meal Program	Shiloh Seventh-day Adventist Church: Shiloh ACS Soup Kitchen, 797 State St.	(413)734-0103	2nd & 4th Sunday 10am - 12pm  (Pantry available during these hours)	SUN						
Springfield	Meal Program	South Middlesex Opportunity Council: Open Pantry Loaves & Fishes Kitchen, 35 Chestnut St.	(413)731-5668	Mon/Tue/Thu/Fri/Sat 12-5pm at South Cong. Church, 45 Maple St., Springfield. Wed 12&5pm at Christ Church Cathedral, 35 Chestnut St., Springfield		MON	TUE	WED	THU	FRI	SAT
Springfield	Meal Program	St. John's Congregational Church: Friend's Place Meals, 643 Union Street	(413)734-2283	Wed: 3:30-4:00p (Takeout)				WED			
Springfield	Mobile Market	Food Bank's Mobile Food Bank: Allen Street, 1602 Allen Street	(413)419-0079	2nd Weds. of each month: 10:00 - 11:00am [VERIFICATIONS: None. Please bring empty shopping bag.]				WED			
Springfield	Mobile Market	Food Bank's Mobile Food Bank: Dunbar Center, 33 Oak Street	(413)419-0079	4th Fri. of each month: 1:00 - 2:00pm						FRI	
Springfield	Mobile Market	Food Bank's Mobile Food Bank: Home City Housing, 7 Halsey Street	(413)419-0079	2nd & 4th Thurs. of each month: 1:00 - 1:45pm [VERIFICATIONS: None. Please bring empty shopping bag.]					THU		
Springfield	Mobile Market	Food Bank's Mobile Food Bank: Martin Luther King, Jr. Fam. Svcs., 3 Rutland Street	(413)419-0079	2nd & 4th Thurs. of each month: 1:00 - 2:00pm [VERIFICATIONS: None. Please bring empty shopping bag.]					THU		
Springfield	Mobile Market	Food Bank's Mobile Food Bank: North End, 40 Waverly Street	(413)419-0079	1st & 3rd Tues. of each month: 10:30 - 11:30am [VERIFICATIONS: None. Please bring empty shopping bag.]			TUE				
Springfield	Mobile Market	Food Bank's Mobile Food Bank: Springfield Brightwood, 82 Division Street	(413)419-0079	1st & 3rd Fri. of each month: 1:00 - 2:00pm [VERIFICATIONS: None. Please bring empty shopping bag.]						FRI	
Springfield	Mobile Market	Food Bank's Mobile Food Bank: Springfield South End - Dakin, 171 Union Street	(413)419-0079	2nd & 4th Mon. of each month: 1:00 - 2:00pm [VERIFICATIONS: None. Please bring empty shopping bag.]		MON					
Springfield	Mobile Market	Food Bank's Mobile Food Bank: Third Baptist Church, 149 Walnut Street	(413)419-0079	2nd Fri. of each month: 1:00 - 2:00pm [VERIFICATIONS: None. Please bring empty shopping bag.]						FRI	

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1. **Mail:** U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;
2. **Fax:** (202) 690-7442; or
3. **Email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

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## Could you use a nutritious meal or help with groceries?

**The following programs in the Food Bank of Western Massachusetts Food Assistance Network may be able to help.**

Income, household size, address, and other verifications may be requested, but are never required.

**Food Bank of Western Massachusetts**

25 Carew Street  
Chicopee, MA 01020

**(413)247-9738**

[www.foodbankwma.org](http://www.foodbankwma.org)

### HAMPDEN COUNTY (Updated: 01/06/2026)

CITY	TYPE	PROGRAM & ADDRESS	PHONE	HOURS	SUN	MON	TUE	WED	THU	FRI	SAT
Springfield	Mobile Market	Food Bank's Mobile Food Bank: Trinity United Methodist Church, 361 Sumner Avenue	(413)419-0079	1st & 3rd Weds. of each month: 1:30 - 2:30pm [VERIFICATIONS: None. Please bring empty shopping bag.]				WED			
Wales	Meal Program	Wales Community Pantry: Wales Senior Center , 85 Main St.	(413)245-9683	Tues. & Thurs. 11:30am-12:30pm. call for monthly Wed. dates.			TUE		THU		
West Springfield	Food Pantry	Parish Cupboard, Inc.: Parish Cupboard Pantry, 738 Main Street	(413)734-7969	Mon-Fri: 9-11am (1 visit/month)		MON	TUE	WED	THU	FRI	
West Springfield	Food Pantry	Victory Temple COGIC: Victory Temple Food Pantry, 521 Union Street	(413)827-8088	Wed: 11a-1p; Fri: 6-8p by appointment only (2 visits/month); Saturdays 10:00am-1:00pm				WED			
West Springfield	Meal Program	Parish Cupboard, Inc.: Parish Cupboard Kitchen, 738 Main Street	(413)734-7969	Mon-Fri: 11:10a-12:20p (to-go meals distributed through kitchen window)		MON	TUE	WED	THU	FRI	
Westfield	Food Pantry	Greater Westfield Food Pantry: Food Pantry, 101 Meadow Street	(413)572-0802	Every M and TH from 10am-12pm, Fridays 5:00-6:00pm, and the 1st Saturday of every month from 10am-12pm.		MON			THU	FRI	SAT
Westfield	Food Pantry	Project New Hope, Inc.: Sully's Pantry, 1029 North Road, Suite 9	(413)485-7988	Mon, Tues Thurs: 8:30am-1:30pm		MON	TUE		THU		
Westfield	Food Pantry	St. Vincent de Paul Society - Westfield: Food Pantry , 86 Mechanic Street	(413)568-5619	Wed 3-4pm. Pre-packed bags. One visit/month per household.				WED			
Westfield	Food Pantry	Viability, Inc.: Forum House Pantry, 55 Broad Street	(413)461-3713	Tue & Thur: 10-2 by appointment only. Call to make an appointment.			TUE		THU		
Westfield	Mobile Market	Food Bank's Mobile Food Bank: Westfield, 60 Broad Street	(413)419-0079	1st & 3rd Mon. of each month: 10:00 - 11:00am [VERIFICATIONS: None; please bring shopping bag]		MON					
Wilbraham	Food Pantry	Evangel Assembly of God: Evangel Food Pantry, 348 Stony Hill Road	(413)599-1729	Every Wed: 1-3p; 2nd and 4th Wed: 5-7p (and by appt) (1 visit/month)				WED			

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