



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.

Food Bank of Western Massachusetts
25 Carew Street
Chicopee, MA 01020
(413)247-9738
www.foodbankwma.org

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

SPRINGFIELD (Updated: 06/03/2026)

CITY	TYPE	PROGRAM & ADDRESS	PHONE	HOURS	SUN	MON	TUE	WED	THU	FRI	SAT
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 Food Bank	FBWM - Mobile Food Bank - Indian Orchard: 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		
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				
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	Freedom House of God: Community Lifeline Pantry, 563 Union Street	(413)351-0664	Sat. 10:30am-12:30pm							SAT
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

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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;
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Springfield	Food Pantry	Independent Housing I Inc.: Seniority House Food Pantry, 307 Chestnut St.	(413)317-7691	Every other Wed. 10am-2pm. Pop up distribution at 1475 Roosevelt Ave, 3rd Tuesdays 1-3pm			TUE	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	Pioneer Valley Workers Center: People's Pantry/Dispensa del Pueblo, 20 Maple St	(413)570-3060	4th Sunday, 5-6:30pm.	SUN						
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 Cristiano 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		

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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)372-5652	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
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 Food Bank	FBWM - Mobile Food Bank - Allen Street: 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 Food Bank	FBWM - Mobile Food Bank - Brightwood: 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 Food Bank	FBWM - Mobile Food Bank - Dakin: 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 Food Bank	FBWM - Mobile Food Bank - Dunbar: Dunbar Center, 33 Oak Street	(413)419-0079	4th Fri. of each month: 1:00 - 2:00pm						FRI	
Springfield	Mobile Food Bank	FBWM - Mobile Food Bank - Home City Housing: 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		

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Springfield	Mobile Food Bank	FBWM - Mobile Food Bank - MLK: 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 Food Bank	FBWM - Mobile Food Bank - Springfield North End: 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 Food Bank	FBWM - Mobile Food Bank - Third Baptist Church: 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	
Springfield	Mobile Food Bank	FBWM - Mobile Food Bank - Trinity Church: 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			

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