

## Other Food Resources

### Got Lunch

**Access:** Contact your child's school for more information

**Description:** Got Lunch is a volunteer-run program that provides free, nutritious meals to kids during the summer months. The program is run by community volunteers and funded through donations and charitable grants.

### Summer Food Service Program

**Access:** School Meal Summer Sites are announced in June and can be found at:

<https://nhfoodbank.org/what-we-do/summer-food-service-program/>

**Description:** A federally-funded, state-administered program which provides kids and teens with access to tasty, nutritious meals during the summer months. Operated under the US Department of Agriculture (USDA), this program distributes breakfast and lunch to kids at safe, supervised, accessible sites such as libraries and schools.

### Supplemental Nutrition Assistance Program (SNAP)

**Access:** Online applications available at: <https://nheasy.nh.gov/#/>

**Description:** The Supplemental Nutrition Assistance Program (SNAP) provides nutrition benefits to eligible low-income individuals and families so they can purchase healthy food and move towards self-sufficiency. <https://www.fns.usda.gov/fns-101-nslp>

### National School Lunch Program

**Access:** Contact your child's school for application materials

**Description:** The National School Lunch Program (NSLP) is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day. <https://www.fns.usda.gov/fns-101-nslp>

### Commodity Supplemental Food Program (CSFP)

**Access:** Lakes Region families seeking additional information should contact the community Action Program Belknap-Merrimack Counties, inc. at 603-225-2050/1-800-578-2050.

**Description:** CSFP provides nutritious foods to income eligible seniors 60 years of age or older to supplement food budgets. This program services Belknap, Merrimack, Coos, Grant, Carroll and Stratford counties. <https://www.dhhs.nh.gov/programs-services/adult-aging-care/supplemental-food-older-adults>

### NH Senior Farmer's Market Nutrition Program

**Access:** From July-September, participants receive at their CSFP appointment, will receive fresh, local produce.

**Description:** The Senior Farmers Market Nutrition Program (SFMNP) provides fresh produce to seniors enrolled in the Commodity Supplemental Food Program (CSFP). The program supports New Hampshire farmers and all produce is locally grown. Seniors receive nutrition education, information about storing and cooking their produce, and information on local farmer's markets.

### Women, Infant & Children Nutrition Program

**Access:** Use the pre-application tool: <https://prod.nhwic.com/WebPortals/ProdNH/PreAppPortal>, or call 603-225-2050, 1-800-578-2050 to schedule an appointment

**Description:** The New Hampshire Women, Infants and Children Nutrition Program (WIC) provides nutrition education and nutritious foods to help keep pregnant women, new mothers, infants and preschool children healthy and strong. <https://www.dhhs.nh.gov/programs-services/population-health/women-infants-children-nutrition-program> or 1-800-942-4321



# Central NH Area Food Access Guide

*Food access is a fundamental human right*

*This guide provides resources for those that are currently in need*

**Sometimes we need help  
Sometimes we can give help**



*Donation information inside*

*Have a resource to add?*

*Please let us know!*

*info@cadyinc.org*

*(603) 536-9793*

*94 Highland St, Plymouth*



**Central  
New Hampshire**  
Health  
Partnership

**Ashland Food Pantry**

Address: 12 Highland St. Ashland, NH

Phone: 603.968.9698

Accessible to: Ashland, Holderness, New Hampton

Hours: Thursdays and Fridays 4:00pm-6:00pm

Donations: Drop off during open hours

**Bridge House**

Address: 260 Highland St. Plymouth, NH

Phone: 603.536.7631

Accessible to: All

Hours: 9:00 - 4:00 Mon - Friday

Donations: Call first, or drop off for smaller donations

**Bristol Community Service Food Pantry**

Address: 24 Pleasant St Bristol, NH

Phone: 603.744.2222

Accessible to: Alexandria, Bristol, Bridgewater, Hebron, Groton

Hours: Monday, Wednesday and Friday

9:00am -12:00 pm & 12:30pm - 1:30pm

Donations: Drop off directly or call

**Byron G Merrill Library- Stone Soup Food Pantry**

Address: 10 Buffalo Rd Rumney, NH

Phone: 603.786.9520

Accessible to: All

Hours: Mondays 10:00-1:00 & 3:00-5:30; Wednesdays 1:00-5:30; Saturdays 10:00-1:00

Donations: Katy Gautsch, katy@rumneylibrary.org

**Holderness Free Library**

Address: 866 US Rt. 3, Holderness, NH

Phone: 603.968.7066

Accessible to: All

Hours: Mondays, Tuesdays, Wednesdays, Fridays: 9:00am - 5:00pm; Saturdays: 9:00am - 2:00pm

Donations: Drop off during open hours

**Lincoln-Woodstock Food Pantry**

Address: 194 Pollard Rd, Lincoln, NH

Phone: 603.745.8958

Accessible to: Lincoln, Woodstock

Hours: Tuesdays 10:30am -1:30pm

Donations: Call to set up appointment (Bryanna Fairbrother) or use drop box outside of building

**Mid-State Health Center**

Address: 101 Boulder Point Drive. Plymouth, NH; 100 Robie Rd, Bristol, NH; 6 S Mountain Dr, Lincoln, NH, 28 Main St., Plymouth, NH

Phone: 603.536.4000

Accessible to: Mid-State patients

Hours: During regular clinic hours (see website)

Donations: Food collection bin at Plymouth Market Basket, Monetary donations can be submitted at <https://www.midstatehealth.org/giving/>

**Plymouth Area Community Closet Food Pantry**

Address: 5 S Main St Plymouth, NH

Phone: 603.536.9889

Accessible to: Alexandria, Ashland, Bridgewater, Campton, Dorchester, Ellsworth, Groton, Hebron, Holderness, Plymouth, Rumney, Thorton, Warren, Waterville, Wentworth

Hours: Tuesday and Thursday 8:00am - 10:00am

Donations: Drop off during open hours, or contact Dawn to schedule a time

**Pease Public Library**

Address: 1 Russell St Plymouth, NH

Phone: 603.536.2616

Accessible to: All

Hours: Monday, Tuesday & Wednesday 10:00-8:00; Thursday & Friday 10:00-5:00; Saturday 10:00-2:00; Sunday - Closed

Donations: Drop off during open hours

**Plymouth Regional Senior Center**

Address: 8 Depot St Plymouth, NH

Phone: 603.536.1204

Accessible to: Local area seniors

Hours: Monday - Friday 7:00am - 3:00pm

Donations: Drop off during open hours

**Plymouth State University**

Address: Hartman Union Building at PSU, 17 High Street, PE Center and Lamson Library

Phone: 603.535.5000

Accessible to: PSU students

Hours: Monday-Friday from 7am-midnight, and Saturday-Sunday 9am-midnight

Donations: <https://www.plymouth.edu/student-life/community-impact/student-support-foundation>

**Warren/Wentworth Food Pantry**

Address: 446 Mt. Moosilaukee Hwy Warren, NH

Phone: 603.470.3203

Accessible to: Warren, Wentworth

Hours: Friday 1:00am - 3:00pm

Donations: Contact Don Bagley. Can drop off at regular hours or schedule another time.

