

Last updated: 1/18/2024

In Spring 2023 the members of the “Warren Food Systems Working Group”, with support from the Warren Health Equity Zone, created a list of where to find healthy food or low-cost meal sites in our area. This is for our neighbors, friends and partners to use and share. If you would like to see something more or different presented here, please contact warrenhez@ebcap.org.

*Shoppers and diners do not need to be from the city or town in order to access these sites and programs.

Food Pantries and Meal Sites by Day

Monday	EBCAP – East Providence, Bullock’s Ave. Food Pantry (8am-12pm, 12:30pm-4:30pm) EBCAP – Newport Food Pantry (12pm-4pm) Gates of Hope Mobile Food Pantry – Fall River (2pm-5pm) Nourish our Neighbors – Check for Locations (9am-5pm)
Tuesday	EBCAP – Tiverton location (9am-2pm) Gates of Hope Mobile Food Pantry – Fall River (2pm-5pm) St. Mary of the Bay Food Pantry, Warren (3pm-5pm) Nourish our Neighbors – Check for Locations (9am-5pm)
Wednesday	East Bay Food Pantry, Bristol (10am-6:30pm) EBCAP – East Providence/Bullock’s Ave. Food Pantry (12:30pm-4:30pm) EBCAP – Tiverton Food Pantry (9am-4pm) Gates of Hope Mobile Food Pantry – Fall River (2pm-5pm) St. Mary of the Bay Food Pantry (9am-11am) Nourish our Neighbors – Check for Locations (9am-5pm)
Thursday	EBCAP – East Providence (12:30pm-4:30pm) EBCAP – Newport location (9am-2pm) Gates of Hope Mobile Food Pantry – Fall River (2pm-5pm) Gates of Hope Mobile Food Pantry – Warren (Last Thurs. monthly, 2pm-5pm) Nourish our Neighbors – Check for Locations (9am-5pm)
Friday	East Bay Food Pantry, BRISTOL (10am-3pm) EBCAP – East Providence (8am-12pm) Gates of Hope Mobile Food Pantry – Fall River (2pm-5pm) Nourish our Neighbors – Check for Locations (9am-5pm)
Weekends	Visit RI Food Bank to Find Food Assistance Near You (rifoodbank.org)

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Food Pantry and Meal Sites Directory

Gates of Hope Mobile Food Pantry: WARREN

Mobile Pantry Site: East Bay Recovery Center- 31 Railroad Ave, Warren, RI 02885

Comes once per month, last Thursday of every month

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

Hours: Weekdays 2pm- 5pm. Schedule pick up online.

Contact: 508-837-1962

Nourish Our Neighbors, Hope & Main's Meal Share Program: WARREN

Free frozen chef prepared meals for anyone who asks! Pick up at Hope & Main between 4pm and 6pm no registration or ID required.

Hope & Main- 691 Main St, Warren, RI 02885; <http://makefoodyourbusiness.org>

Hours: **Wednesdays from 4pm-6pm at Hope & Main.**

Call 401-245-7400 for other Nourish Our Neighbors pickup locations.

St. Mary of the Bay Food Pantry & Thrift Shop: WARREN

Location: 645 Main Street, Warren, RI 02885

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

Pantry Hours: Tuesday: 3:00 pm – 5:00 pm, Wednesday: 9:00 am – 11:00 am

Thrift Store- Tuesday: 3:00 pm – 5:00 pm, Wednesday: 9:00 am – 11:00 am

Contact: Phone: 401.245.7000, ext. 19, Email: smbfoodpantry@gmail.com

Warren Senior Center: WARREN

Location: 20 Libby Lane Warren, RI

Website: https://www.townofwarren-ri.gov/town_government/departments/senior_center/index.php

Senior Lunch Hours: Tuesday through Friday at 11:30am

Contact: contact Director Kyra Little by telephone at 401-247-1930 or by email at klittle@townofwarren-ri.gov

East Bay Food Pantry: BRISTOL

Location: 532 Wood Street, Bristol, Rhode Island 02809

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

Hours: Food Distribution- Wednesday: 10:00 am - 6.30 pm, Fridays: 10:00 am – 3:00 pm

Thrift Store- Monday, Tuesday, Saturday 10:00 am – 4:00 pm

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

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

Tap-In Food Pantry & Furniture: BARRINGTON

Location: 281 County Road Barrington, RI 02806

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

Contact: 401-247-1444 info@tapin.org

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Pantry Hours: Monday-Friday, 9:00 am-12 Noon; Thursdays, 4:00pm-7:00pm.

Does Delivery by request. Call to schedule.

EBCAP- Dennis Roy Building, 100 Bullocks Pt. Avenue: EAST PROVIDENCE

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

Website: <https://www.ebcap.org/programs/food-pantries/>

Hours: Monday: 8:00 am – 4:30 pm.; closed 12:00-12:30 pm for lunch; Wednesday: 12:30 pm – 4:30 pm;

Thursday: 12:30 pm– 4:30 pm.; Friday: 8:00 am – 12:00 Noon.

Contact: 401-848-6697, ext. 1534

EBCAP-Jean E. Hicks Center Food Pantry: NEWPORT

Location: 19 Broadway, Newport, RI 02840

Website: <https://www.ebcap.org/programs/food-pantries/>

Hours: Monday: 12 Noon – 4:00 pm and Thursday: 9:00 am- 2:00 pm

Contact: 401-848-6697, ext. 1534

EBCAP-Tiverton Center Pantry: TIVERTON

Location: 1048 Stafford Rd, Tiverton, RI 02878

Website: <https://www.ebcap.org/programs/food-pantries/>

Pantry Hours: Tuesday: 9:00 am – 2:00 pm and Wednesday: 9:00 am – 4:00 pm

Contact: 401-625-5134, ext. 2302

EBCAP- AmeriCorps Senior Portable Pantry: Serves all of the East Bay

Location: Delivers to the Doorstep, office in East Providence

Who Qualifies: Difficulty leaving home or homebound, transit challenged or 55 or older

Website: <https://www.ebcap.org/programs/east-bay-retired-senior-volunteer-program/>

Hours: 8:00 am - 4:30 pm

Contact: 401-435-7876 ext. 1137

Delivery Program only. Call to sign up.

EAST PROVIDENCE FOOD RESOURCES

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

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

Special Programs and Services

<p>Kids' Food</p>	<p>School-Based & Summer Meals Programs</p> <p>Food4Kids at East Bay Food Pantry</p>	<p>Check with your school's front office to learn how to connect to food programs. Free & Reduced Lunch, and Classroom Pantries exist in most Bristol Warren public schools.</p> <p>Supplemental meals for children, Fridays from 10am - 12 noon"</p>
<p>Senior Food</p>	<p>Warren Senior Center & East Bay Food Pantry, BRISTOL</p> <p>Warren Senior Center on Libby Lane</p>	<p>1st Friday per monthly, 1:00 pm-3:00 pm, CSFP boxes, advance registration required</p> <p>Tuesday – Friday; Prepared Lunch at 11:30 am; advance registration required</p>
<p>Fresh Produce</p>	<p>East Bay Food Pantry, BRISTOL</p>	<p>Fridays, 10:00 am-3:00 pm</p>
<p>Fresh Produce at Farmer's Markets</p>	<p>Hope & Main, WARREN</p> <p>Mount Hope Farmer's Market, BRISTOL</p>	<p>Wednesdays once a month in the winter season and weekly in the Summer.</p> <p>Saturday mornings, 9:00 am – 12:30 pm.</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>Food Delivery</p>	<p>East Bay Food Pantry</p> <p>St. Mary's</p> <p>EBCAP – AmeriCorps Senior Portable Pantry</p> <p>Tap In: BARRINGTON</p>	<p>Wednesday, Thursday & Friday, call 401-396-9490 ext. 1 to arrange in advance -- This program is only available to the homebound and those without reliable transportation.</p> <p>Tuesday & Wednesday, call 401-245-7000 ext. 19 to arrange Call 401-435-7876 ext. 1137 to arrange (55+)</p> <p>Call 401 247 1444 to schedule with Tap-In</p>
<p>Online Orders</p>	<p>East Bay Food Pantry</p> <p>Gates of Hope Mobile Food Pantry</p>	<p>Order at www.eastbayfoodpantry.org/order-food</p> <p>Find a schedule at www.gatesofhopeinc.org</p>
<p>Frozen Meals</p>	<p>Nourish our Neighbors – Various Locations</p>	<p>Weekdays 9:00 am-5:00 pm Pick-Up Hours vary based on location. Please call for up to date information. 401.247.7400</p>

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Thrift Shop	East Bay Food Pantry & Thrift Shop St. Mary of the Bay	Monday, Tuesday and Saturday, 10:00 am-4:00 pm Tuesday, 3:00 pm-5:00 pm; Wednesday, 9:00 am-11:00 am
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¿Hablas español? / Falas Português? Se puede comunicar por e-mail warrenhez@ebcap.org

Need help signing up for Free & Reduced Lunch, Women, Infants and Children (WIC) or Supplemental Nutrition Assistance Program (SNAP)? Speak with a Warren HEZ Benefits Navigator at 401-847-7821, ext. 1635 or email warrenhez@ebcap.org. Check your eligibility at <https://dhs.ri.gov/programs-and-services/supplemental-nutrition-assistance-program-snap/supplemental-nutrition-0>