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# FOOD PANTRIES AND MEAL SITES IN BRISTOL, WARREN AND THE EAST BAY AREA

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List prepared by the Bristol and Warren  
Health Equity Zones

¿Hablas español?  
Falas Português?

Questions? Email [warrenhez@ebcap.org](mailto:warrenhez@ebcap.org)  
or Call Us at 401-431-9870 ext. 1635



# FOOD PANTRIES BY DAY

See pages 5-7 for additional details about sites.

Monday	<p>EBCAP – Bullock’s Point Food Pantry (12:30pm-4:30pm)  EBCAP – Newport Food Pantry (12pm-4pm)  Tap In- Barrington (9am-12pm)  Main Street Meals – Check for Locations (9am-5pm)</p>
Tuesday	<p>EBCAP – Tiverton Food Pantry (9am-2pm)  Tap In- Barrington (9am-12pm)  St. Mary of the Bay Food Pantry - Warren (3pm-5pm)  Main Street Meals – Check for Locations (9am-5pm)</p>
Wednesday	<p>East Bay Food Pantry - Bristol (10am-6:30pm)  EBCAP – Bullock’s Point Food Pantry (12:30pm-4:30pm)  EBCAP – Tiverton Food Pantry (9am-4pm)  Tap In- Barrington (9am-12pm)  St. Mary of the Bay Food Pantry – Warren (9am-11am)  Main Street Meals – Check for Locations (9am-5pm)</p>
Thursday	<p>EBCAP – Bullock’s Point Food Pantry (12:30pm-4:30pm)  EBCAP – Newport Food Pantry (9am-2pm)  Tap In- Barrington (9am-12pm, and 4pm-7pm)  Gates of Hope Mobile Pantry – Warren (Last Thurs. 2pm-5pm)  Main Street Meals – Check for Locations (9am-5pm)</p>
Friday	<p>East Bay Food Pantry - Bristol (10am-3pm)  Tap In- Barrington (9am-12pm)  Main Street Meals – Check for Locations (9am-5pm)</p>
Weekends	<p><u><a href="#">Visit RI Community Food Bank website to Find Food Assistance Near You (rifoodbank.org)</a></u>  and click “Find Food”</p>

# SPECIAL PROGRAMS AND SERVICES

See pages 5-7 for additional details about sites.

<p><b>Kids' Food</b></p>	<p>School-Based &amp; Summer Meals Programs: Check with your school's front office to learn how to connect to food programs. Free/Reduced Lunch and Classroom Pantries exist in some public schools.</p>	<p>East Bay Food Pantry - Bristol: Food4Kids, Supplemental meals for children, Fridays 10am-12pm</p>
<p><b>Senior Food</b></p>	<p>Warren Senior Center: Prepared Lunch at 11:30 am, advance registration required</p>	<p>East Bay Food Pantry-Bristol: 1st Friday monthly, 1pm-3pm, CSFP boxes, advance registration required Tuesday - Friday</p>
<p><b>Fresh Produce</b></p>	<p>St. Mary of the Bay- Warren: Tues. 3pm-6pm; Wed. 9am-11am</p>	<p>East Bay Food Pantry - Bristol: Fridays, 10am-3pm</p>
<p><b>Fresh Produce at Farmer's Markets</b></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>Hope &amp; Main - Warren: Wednesdays, monthly in winter season and weekly in the summer.</p> <p>Mount Hope Farmer's Market - Bristol: Saturday mornings, 9am-12:30pm.</p>

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See pages 5-7 for additional details about sites.

<p><b>Online Orders</b></p>	<p>East Bay Food Pantry - Bristol: Order at <a href="http://www.eastbayfoodpantry.org/order-food">www.eastbayfoodpantry.org/order-food</a> For pick-up on Wednesdays and Fridays.</p>	
<p><b>Frozen Meals</b></p>	<p>Main Street Meals - Various Locations: Weekdays 9am-5pm. Pick-Up Hours vary based on location. Please call for up to date information. 401.247.7400</p>	
<p><b>Food Delivery</b></p>	<p>St. Mary of the Bay - Warren: Tuesdays &amp; Wednesdays, call 401-245-7000 ext. 19 to arrange in advance.</p> <p>EBCAP AmeriCorps Senior Portable Pantry: Call 401-435-7876 ext. 1137 to arrange in advance This program is only available to ages 55+ and in Warren or EP</p>	<p>Tap In - Barrington: Call 401-247-1444 to arrange delivery.</p> <p>East Bay Food Pantry - Bristol: Wednesdays, Thursdays, Fridays, call 401-396-9490 ext. 1 to arrange in advance -- Only available to the homebound and those without reliable transportation.</p>
<p><b>Thrift Shop</b></p>	<p>St. Mary of the Bay- Warren: Tuesdays, 3pm-5pm; Wednesdays, 9am-11am</p>	<p>East Bay Food Pantry &amp; Thrift Shop-Bristol: Mondays, Tuesdays, Saturdays, 10am-4pm</p>

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# DIRECTORY OF SITES

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**Gates of Hope Mobile Food Pantry: WARREN** 

**Pop Up Location:** East Bay Recovery Center- [31 Railroad Ave, Warren, RI 02885](https://www.ebcap.org/programs/east-bay-recovery-center/)

**Website:** <https://www.ebcap.org/programs/east-bay-recovery-center/>

**Hours:** Comes once per month, last Thursday of every month 3:30pm to 4:30pm

**Contact:** 508-837-1962

**Main Street Meals, Hope & Main's Meal Share Program: WARREN** 

Free frozen chef prepared meals for anyone who asks! No registration or ID required.

**Location:** [Hope & Main- 691 Main St, Warren, RI 02885](https://www.makefoodyourbusiness.org/main-street-meals/)

**Website:** <https://www.makefoodyourbusiness.org/main-street-meals/>

**Hours:** Monday-Friday, 9am-5pm.

Call for other Main Street Meal pickup locations.

**Contact:** 401-245-7400

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

**Location:** [645 Main Street, Warren, RI 02885](https://stmaryofthebay.org/smb-serves/)

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

**Pantry Hours:** Tuesdays 3pm-6pm, Wednesdays 9am-11am

**Thrift Store Hours:** Tuesdays 3pm-6pm, Wednesdays 9am-11am

**Contact:** Phone: 401-245-7000, ext. 19

**Email:** [smbfoodpantry@gmail.com](mailto:smbfoodpantry@gmail.com)

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**Warren Senior Center: WARREN** 

**Location:** 20 Libby Lane Warren, RI

**Website:** [https://www.townofwarren-ri.gov/town\\_government/departments/senior\\_center/index.php](https://www.townofwarren-ri.gov/town_government/departments/senior_center/index.php)

**Senior Lunch Hours:** Monday through Friday 11:30am. (Must pre-order)

(Café opens at 11:15am, and meal is served at 11:30am. Lunch must be ordered no later than 10:30am the day prior. Monday, orders must be made on Fridays.)

**Lunch Line:** 401-255-3338 Kitchen Manager: Ann Primiano

**East Bay Food Pantry: BRISTOL** 

**Location:** [532 Wood Street, Bristol, Rhode Island 02809](#)

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

**Food Distribution Hours:** Wednesdays 10am-6:30pm, Fridays 10am-3pm

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

**Thrift Store Hours:** Mondays, Tuesdays, Saturdays 10am-4pm

**Contact:** Phone: 401-396-9490, Email: [info@eastbayfoodpantry.org](mailto:info@eastbayfoodpantry.org)

**Tap-In Food Pantry & Furniture: BARRINGTON** 

**Location:** [281 County Road Barrington, RI 02806](#)

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

**Pantry Hours:** Monday through Friday 9am-12pm, Thursdays 4pm-7pm.

Delivery by request. Call to schedule.

**Contact Information for Pantry and to Request Furniture:**

Phone: 401-247-1444, Email: [info@tapin.org](mailto:info@tapin.org)

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**EBCAP - Dennis Roy Building: EAST PROVIDENCE** 

**Location:** [100 Bullocks Point Ave., East Providence, RI 02915](#)

**Website:** [www.ebcap.org/programs/food-pantries/](http://www.ebcap.org/programs/food-pantries/)

**Hours:** Mondays, Wednesdays, Thursdays 12:30pm-4:30pm

**Contact:** 401-848-6697, ext. 1140

**EAST PROVIDENCE FOOD RESOURCE FLYER: EAST PROVIDENCE** 

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

**Website:** [https://www.ebcap.org/wp-content/uploads/2025/01/EPHEZ\\_FoodPantryResources-updated-1-3-2025.pdf](https://www.ebcap.org/wp-content/uploads/2025/01/EPHEZ_FoodPantryResources-updated-1-3-2025.pdf)

**EBCAP- AmeriCorps Senior Portable Pantry: Serves Warren and East Providence** 

**Location:** Delivers to the Doorstep, office in East Providence

**Website:** [www.ebcap.org/programs/east-bay-retired-senior-volunteer-program/](http://www.ebcap.org/programs/east-bay-retired-senior-volunteer-program/)

**Hours:** Monday through Friday 8am-4:30pm Delivery Program only.

**Who Qualifies:** Difficulty leaving home, homebound, transit challenged and 55+.

**Call to Sign Up:** 401-435-7876 ext. 1137

**EBCAP-Jean E. Hicks Center Food Pantry: NEWPORT** 

**Location:** [19 Broadway, Newport, RI 02840](#)

**Website:** [www.ebcap.org/programs/food-pantries/](http://www.ebcap.org/programs/food-pantries/)

**Hours:** Mondays 12pm-4pm, Thursdays 9am-2pm

**Contact:** 401-848-6697, ext. 1534

**EBCAP-Tiverton Center Pantry: TIVERTON** 

**Location:** [1048 Stafford Rd, Tiverton, RI 02878](#)

**Website:** [www.ebcap.org/programs/food-pantries/](http://www.ebcap.org/programs/food-pantries/)

**Hours:** Tuesdays 9am-2pm, Wednesdays 9am-4pm

**Contact:** 401-625-5134, ext. 2302

# SNAP, WIC, AND OTHER PROGRAMS

## What is SNAP (Supplemental Nutrition Assistance Program)?



According to RI DHS Website, "SNAP, formerly called food stamps, is the nation's largest program for fighting domestic hunger. Federally funded and state administered through our Department, we are committed to providing low-income individuals and families with resources to purchase food."

See more information about how to apply, what you can buy, and where to shop on the [DHS Website here](#).

## What is WIC (Women Infants and Children)?



According to the RI Department of Health, "WIC is a public health program that improves birth outcomes and children's long term health outcomes. WIC does not ask immigration status and is not a part of Public Charge. WIC benefits provide you and your child with one-on-one nutrition counseling, referrals with services you may need, and a food prescription to meet your needs, and your child's specific needs. As long as you are in the WIC program, we will meet with you to celebrate the steps in your child's growth and learning. Women who apply early in their pregnancy are more likely to have a healthy baby. Children who stay on WIC until the age of five, are better prepared and more likely to succeed in school."

[Read more by clicking here](#). To enroll, contact [East Bay Community Action Program's Local WIC Site](#): 150 Franklin St Bristol RI 02809. Phone: 401-253-7577

## What is Reduced School Lunch?

According to the RI Department of Education, "Children need healthy meals to learn. All public schools and many private schools in RI offer healthy meals every school day. The cost of breakfast and lunch varies by school, but regardless of the cost, your children may qualify for free meals or for reduced-price meals."

[Apply or Learn More by Clicking Here](#).

## Need Help?

**Speak with the Warren HEZ at 401-847-7821, ext. 1635 or email [warrenhez@ebcap.org](mailto:warrenhez@ebcap.org) or call United Way of RI by dialing 2-11.**