

Food Pantries and Meal Sites by Day

Monday	EBCAP – Bullock’s Point Food Pantry (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 Food Pantry (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 – Bullock’s Point 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 – Warren (9am-11am) Nourish our Neighbors – Check for Locations (9am-5pm)
Thursday	EBCAP – Bullock’s Point Food Pantry (12:30pm-4:30pm) EBCAP – Newport Food Pantry (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 – Bullock’s Point Food Pantry (8am-12pm) Gates of Hope Mobile Food Pantry – Fall River (2pm-5pm) Nourish our Neighbors – Check for Locations (9am-5pm)
Weekends	Visit RI Community Food Bank website to Find Food Assistance Near You (rifoodbank.org)

Special Programs and Services

Kids' Food	School-Based & 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 most Bristol Warren public schools.
	East Bay Food Pantry - Bristol	Food4Kids - Supplemental meals for children, Fridays 10am-12pm
Senior Food	Warren Senior Center & East Bay Food Pantry - Bristol	1 st Friday monthly, 1pm-3pm, CSFP boxes, advance registration required
	Warren Senior Center on Libby Lane	Tuesday – Friday, Prepared Lunch at 11:30 am, advance registration required
Fresh Produce	East Bay Food Pantry – Bristol	Fridays, 10am-3pm
Fresh Produce at Farmer's Markets	Hope & Main - Warren	Wednesdays once a month in the winter season and weekly in the summer.
	Mount Hope Farmer's Market - Bristol	Saturday mornings, 9am-12:30pm Thanks to a grant from Farm Fresh RI, EBT and SNAP participants can double their dollars to purchase fresh fruits and vegetables.
Food Delivery	East Bay Food Pantry - Bristol	Wednesdays, Thursdays, Fridays, call 401-396-9490 ext. 1 to arrange in advance -- This program is only available to the homebound and those without reliable transportation.
	St. Mary of the Bay - Warren	Tuesdays & Wednesdays, call 401-245-7000 ext. 19 to arrange in advance
	EBCAP – AmeriCorps Senior Portable Pantry	Call 401-435-7876 ext. 1137 to arrange in advance – This program is only available to ages 55+.
	Tap In - Barrington	Call 401-247-1444 to arrange in advance
Online Orders	East Bay Food Pantry - Bristol	Order at www.eastbayfoodpantry.org/order-food For pick-up on Wednesdays and Fridays
	Gates of Hope Mobile Food Pantry	Find a schedule at www.gatesofhopeinc.org
Frozen Meals	Nourish our Neighbors – Various Locations	Weekdays 9am-5pm Pick-Up Hours vary based on location. Please call for up to date information. 401.247.7400
Thrift Shop	East Bay Food Pantry & Thrift Shop	Mondays, Tuesdays, Saturdays, 10am-4pm
	St. Mary of the Bay	Tuesdays, 3pm-5pm; Wednesdays, 9am-11am

The Health, Equity, & Nutrition Working Group, with support from the Warren Health Equity Zone and Bristol Health Equity Zone, maintains a list of free/low-cost food and meal sites in our area. This is for our neighbors, friends, and partners to use and share. If you would like to suggest additional information or updates, please contact warrenhez@ebcap.org.

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

¿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>

Food Pantry and Meal Sites Directory

Gates of Hope Mobile Food Pantry: WARREN or FALL RIVER, MA

Pop Up Location: East Bay Recovery Center- 31 Railroad Ave, Warren, RI 02885

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

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

Primary Location: 112 Flint St, Fall River, MA 02723

Hours: Weekdays 2pm-4:30pm

Contact: 508-837-1962

Nourish Our Neighbors, 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

Website: <http://makefoodyourbusiness.org>

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

Call for other Nourish our Neighbors pickup locations.

Contact: 401-245-7400

Last updated: 7/10/2024

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: Tuesdays 3pm–5pm, Wednesdays 9am–11am

Thrift Store Hours: Tuesdays 3pm–5pm, Wednesdays 9am–11am

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 11:30am

Contact: Director Kyra Little Phone: 401-247-1930, Email: klittle@townofwarren-ri.gov

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

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: Phone: 401-247-1444, Email: info@tapin.org

EBCAP- Dennis Roy Building, BULLOCKS POINT/EAST PROVIDENCE/RIVERSIDE

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

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

Hours: Mondays, Wednesdays, Thursdays 12:30pm–4:30pm, Fridays 8am–12pm

Contact: 401-848-6697, ext. 1140

EBCAP-Jean E. Hicks Center Food Pantry: NEWPORT

Last updated: 7/10/2024

Location: 19 Broadway, Newport, RI 02840

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

Hours: Tuesdays 9am–2pm, Wednesdays 9am–4pm

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

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

Hours: Monday through Friday 8am–4:30pm

Delivery Program only. Call to sign up.

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

Contact: 401-435-7876 ext. 1137

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/>