

**Together, we get results that no
one could accomplish alone.
That's the United Way.**



2008 GUIDE TO AREA FOOD PANTRIES & SOUP KITCHENS

**This guide was created as a community service by
United Way of the Greater Seacoast, serving
Rockingham & Strafford Counties, NH and Kittery/Eliot, ME.**

**Use this guide to locate services,
donate food items, or volunteer to help.
Please contact the organization prior to delivering donations
to check on specific guidelines, needs and storage space.**



**To Give, Advocate or Volunteer visit United Way of the Greater Seacoast at
www.uwgs.org.**

Barrington

Barrington Community Food Pantry
41 Province Lane
Program Days and Times:
Thursday, 6 – 7:30pm
Contact: Carolyn Berrymant
(603) 664-9007
selectman@metrocast.net
Mailing Address:
Barrington Community Food Pantry
41 Province Lane, Barrington, NH 03825

Brentwood

Pilgrim UCC Food Pantry
197 Middle Road
Program Days and Times:
Tuesday – Friday, By Appointment
Contact: Kim McKerley
(603) 778-3189
pilgrimucc@pilgrimucc-mh.org
Mailing Address:
Pilgrim United Church of Christ
Brentwood/Kingston
197 Middle Road, Brentwood, NH 03833

Meals on Wheels
106 North Road
Program Days and Times:
Monday – Friday, Site Specific
Contact: Debra Perrou
(603) 679-2201
inoble@rnmow.org
Mailing Address:
Rockingham Nutrition
106 North Road, Brentwood, NH 03833

Danville

Danville Food Pantry
210 Main Street
Program Days and Times:
Monday – Friday, By Appointment
Contact: Doreen Moore
(603) 382-8253
townclerk@townofdanville.org
Mailing Address:
Town of Danville
PO Box 11, Danville, NH 03819

Deerfield

The Deerfield Food Pantry
11 Old Center Road
Program Days and Times:
Last Friday of the Month, 10am – 12pm
Contact: Faith Barry
(603) 463-7800
faithnorsefarm@msn.com
Mailing Address:
Deerfield Community Church
PO Box 120, Deerfield, NH 03037

Dover

Dover Food Pantry
1 Silver Street
Program Days and Times:
Thursday, 9am – 12pm
Contact: JoAnn Gorman
(603) 742-2929
Mailing Address:
First Parish Congregational Church
1 Silver Street, Dover, NH 03820

Dover Friendly Kitchen
5 Hale Street
Program Days and Times:
Tuesday & Thursday, 5 – 6pm
Contact: Marguerite Ferrer
Mailing Address:
St. Thomas Episcopal Church
5 Hale Street, Dover, NH 03820

Food Pantry at St Joseph Church
150 Central Avenue
Program Days and Times:
Monday – Wednesday, 9am – 12pm, 5 – 7pm
Contact: Sheila Cronin
(603) 742-4837
Mailing Address:
St. Joseph Church
150 Central Avenue, Dover, NH 03820

Seymour Osman Center Snack Program
40 Hampshire Circle
Program Days and Times:
Monday – Friday, 3 – 8pm
Contact: Cindi Wiggins
(603) 749-6692
cwiggins@doverhousingauthority.org
Mailing Address:
Seymour Osman Community Center
40 Hampshire Circle, Dover, NH 03820

Durham

Cornucopia Food Pantry
15 Mill Road
Program Days and Times:
Wednesday 4 – 5:30pm, Friday 12 – 5pm
Contact: Larry Brickner-Wood
(603) 862-1165
Waysmeet@comcast.net
Mailing Address:
Waysmeet Center of the United Campus Ministry to UNH
15 Mill Road, Durham, NH 03824

St. Thomas More Church Food Pantry
6 Madbury Road
Program Days and Times:
Thursday, 4 – 6pm
Contact: Cindy Racic
(603) 868-2666
cynth95419@aol.com
Mailing Address:
St. Thomas More Church
PO Box 620, Durham, NH 03824

Epping

Epping Bible Baptist Church Food Pantry
243 Route 27
Program Days and Times:
2nd & 3rd Friday of the Month, 1 – 2:30pm
Contact: Tori Freeman
(603) 778-3748
Mailing Address:
Epping Bible Baptist Church
243 Route 27, Epping, NH 03042

Exeter

Exeter Congregational Church Food Pantry
21 Front Street
Program Days and Times:
Tuesday, 10 am – 12 pm
Contact: Sue Bowman
(603) 772-4216
office@exetercongrchurch
Mailing Address:
Exeter Congregational Church
PO Box 97, Exeter, NH 03833

St. Vincent de Paul Food Pantry
11 Linden Street
Program Days and Times:
Monday, Tuesday & Thursday 7 – 8 pm,
Wednesday 1 – 2 pm
Contact: Leah Grant
(603) 772-3916 x 12
leahstmichael@comcast.net
Mailing Address:
St. Michael's Church
11 Linden Street, Exeter, NH 03833

Farmington

Interfaith Food Pantry
400 Main Street
Program Days and Times:
Last Saturday of the Month, 9:30 – 10:30 am
Contact: Donald Marble
(603) 755-4816
firstcongofarmington@verizon.net
Mailing Address:
First Congregational Church
400 Main Street, Farmington, NH 03835

**Strafford CAP Farmington Outreach
Food Pantry**
527 Main Street
Program Days and Times:
Monday – Friday, 9 am – 12 pm, 5 – 7 pm
Contact: Janette Plaisted
(603) 755-9305
jplaisted@metrocast.net
Mailing Address:
Strafford CAP Farmington
527 Main Street, Farmington, 03835

Fremont

Fremont Food Pantry
295 Main Street
Contact: Kathy Arsenaault
(603) 895-1162
katharsenaault@hotmail.com
Mailing Address:
Welfare Department, Fremont
PO Box 97, Fremont, NH 03044

Greenland

**Greenland Community Church Food
Pantry**
42 Post Road
Program Days and Times:
Wednesday, 10 am – 1 pm
Contact: Donna Lewis
(603) 431-8961
greenlanducc@verizon.net
Mailing Address:
Greenland Community Church
PO Box 128, Greenland, NH 03840

Hampton

First Baptist Church Food Pantry
366 Winnacunnet Road
Program Days and Times:
Monday, 9 am – 12 pm, 5 – 7 pm
Contact: Viola Lamprey
(603) 926-3200
smiles0719@hotmail.com
Mailing Address:
First Baptist Church
36 Winnacunnet Road, Hampton, NH
03842

**Hampton Community Coalition Food
Pantry**
200 High Street
Program Days and Times:
Tuesday & Thursday January – June &
September – December only (not open
during school holidays),
10 am – 12 pm
Contact: Nita Niemczyk
(603) 926-4936
maxopete@yahoo.com
Mailing Address:
Trinity Church
200 High Street, Hampton, NH 03842

Hampton Food Pantry
100 Winnacunnet Road
Program Days and Times:
Monday – Friday, 9 am – 4:30 pm
Contact: Michelle Kinglesy
(603) 926-5948
Mailing Address:
Welfare Department, Hampton
100 Winnacunnet Road, Hampton, NH
03842

**Salvation Army Food Pantry –
Hampton**
418 Lafayette Road
Program Days and Times:
Monday – Friday, By Appointment
Contact: Donna Marie Reed
(603) 929-1729
DonnaMarie_Reed@use.salvationarmy.org
Mailing Address:
Salvation Army, Hampton Corps
PO Box 2086, Hampton, NH 03843-2086

St. Vincent de Paul Food Pantry
289 Lafayette Road
Program Days and Times:
Monday, Tuesday, Thursday, Friday,
10:30 am – 12:30 pm
Contact: Phil Fili
(603) 929-4427
Mailing Address:
Our Lady of the Miraculous Medal Parish
289 Lafayette Road, Hampton, NH 03842

St. Vincent de Paul Soup Kitchen
Ashworth Avenue
Program Days and Times:
Monday – Thursday / October 15 –
May 15, 5 – 7 pm
Contact: Phil Fili
(603) 929-4427
Mailing Address:
Our Lady of the Miraculous Medal Parish
Ashworth Avenue
Hampton Beach, NH 03842

United Methodist Church Food Pantry
525 Lafayette Road
Program Days and Times:
Wednesday & Friday, 9:30 – 11:30 am
Contact: Laurie Dufour
(603) 926-2702
hamptonumc@verizon.net
Mailing Address:
United Methodist Church
525 Lafayette Road, Hampton, NH 03842

Kingston

Kingston Food Pantry
PO Box 230
Program Days and Times:
Monday – Friday, By Appointment
(603) 642-3342 x5
Mailing Address:
Welfare Department, Kingston
Town Hall, 163 Main Street
Kingston, NH 03848

Kittery

Footprints Food Pantry
37 Old Post Road
Program Days and Times:
Wednesday, 10 am – 1 pm
Contact: Barbara Fernald
(207) 439-4673
footprints@msn.com
Mailing Address:
Footprints, Inc.
PO Box 246, Kittery, ME 03904

Lee

Wilkinson Food Pantry
17 Mast Road
Program Days and Times:
1st & 3rd Monday of the Month,
6 – 7 pm
Contact: Helen Wilcox
(603) 659-2861
mazimaom@comcast.net
Mailing Address:
Lee Church Congregational Church
17 Mast Road, Lee, NH 03824

Milton

Milton Food Pantry
60 Charles Street
Program Days and Times:
Monday – Friday, 9 am – 4 pm
Contact: Lynda Lee Dow
(603) 652-9893
sccacmilton@metrocast.net
Mailing Address:
Milton Community Services
PO Box 223, Milton, NH 03851

New Durham

New Durham Food Pantry
174 Valley Road
Program Days and Times:
1st & 3rd Saturday of the Month,
12 – 1 pm
Contact: Betsy Booth
(603) 608-9236
Mailing Address:
New Durham Food Pantry
PO Box 156, New Durham, NH 03855

Newmarket

Newmarket Community Church Food Pantry

10 N. Main Street

Program Days and Times:

Friday, 9 am – 12 pm, 5 – 7 pm

Contact: Glenda Michalchuk

(603) 659-3892

nmkcomchurch@verizon.net

Mailing Address:

Newmarket Community Church

10 N. Main Street, Newmarket, NH 03857

Newton

Mary Mother of the Church Food Pantry

3 New Boston Road, Kingston

Program Days and Times:

Every Wednesday, 10 am – 12 pm, and

Every Thursday, 6 – 7 pm

Contact: David Coddling

(603) 382-6566

Mailing Address:

Mary Mother of the Church

12 Amesbury Road, Newton, NH 03858

Newton Food Pantry

Town Hall, Main Street

Program Days and Times:

Monday – Friday, By Appointment

Contact: Tina O'Rourke

(603) 382-0398

newtonselect@adelphia.net

Mailing Address:

Welfare Department, Newton

Town Hall, Main Street, Newton, NH

03858

Northwood

Northwood Food Pantry

Town Hall

Program Days and Times:

Monday – Friday, By Appointment

Contact: Pat Jacobsmeyer

(603) 942-8912

Mailing Address:

Town of Northwood

PO Box 7, Northwood, NH 03261

Nottingham

Liberty Baptist Church Food Pantry

60 Freeman Hall Road

Program Days and Times:

Tuesday, 6:30 pm

Contact: Jessie Killingsworth

(603) 942-9237

Mailing Address:

Liberty Baptist Church

PO Box 78, West Nottingham, NH 03291

Nottingham Food Pantry

Route 152 & Nottingham Stage Road

Program Days and Times:

3rd Thursday of the Month, 6 – 7 pm

Contact: Chelli Tennis

(603) 679-5209

chellitennis@comcast.net

Mailing Address:

Nottingham Food Pantry

PO Box 209, Nottingham, NH 03290

Portsmouth

A Safe Place

Call for Nearest Location

Program Days and Times:

Service Users Only / Monday – Friday,

10 am – 6 pm

Contact: Joan Sergio

(603) 436-4619 x13

joans@asafeplacenh.org

Mailing Address:

A Safe Place

6 Greenleaf Woods Suite 101

Portsmouth, NH 03801

AIDS Response Seacoast Food Pantry

1 Junkins Avenue

Program Days and Times:

Members Only / Monday – Friday,

By Appointment

Contact: Beth

(603) 433-5377

ekolanach@aidsresponse.org

Mailing Address:

AIDS Response Seacoast

1 Junkins Avenue, Portsmouth, NH 03801

Common Table

101 Chapel Street

Program Days and Times:

Thursday, 12 – 1 pm

Contact: Judy Roberts

(603) 778-2357

adminstator@stjohnsnh.org

Mailing Address:

St. John Episcopal Church

101 Chapel Street, Portsmouth, NH 03801

Connie's Soup Kitchen

397 Lafayette Road

Program Days and Times:

Tuesday, 12 – 12:30 pm

Contact: Connie Cooper

(603) 436-8623

Mailing Address:

Seacoast Community Church

397 Lafayette Road, Portsmouth, NH

03801

Cross Roads House

600 Lafayette Road

Program Days and Times:

Daily for Residents Only

Contact: Heather Hahn

(603) 436-2218

heather@crossroadhouse.org

Mailing Address:

Cross Roads House

600 Lafayette Road, Portsmouth, NH

03801

Emergency Food Pantry

600A Lafayette Road

Program Days and Times:

Monday, Thursday, Friday, 10 am – 4 pm

Contact: Rachel Sparkowich

(603) 430-8561

operationblessing@comcast.net

Mailing Address:

Operation Blessing

PO Box 4069, Portsmouth, NH 03801

Salvation Army Food Pantry – Portsmouth

15 Middle Street

Program Days and Times:

Monday – Thursday, 10 am – 3 pm

Contact: Chester Emmons

(603) 436-2606

chester_emmons@use.salvationarmy.org

laura_p_o'brien@use.salvationarmy.org

Mailing Address:

Salvation Army, Portsmouth Corps

PO Box 6534, Portsmouth, NH 03802-

6534

Salvation Army Soup Kitchen

15 Middle Street

Program Days and Times:

Monday – Sunday, 5 – 6 pm

Contact: Chester Emmons

(603) 436-2606

chester_emmons@use.salvationarmy.org

laura_p_o'brien@use.salvationarmy.org

Mailing Address:

Salvation Army, Portsmouth Corps

PO Box 6534, Portsmouth, NH 03802-

6534

Seacoast Consumer Alliance

544 Islington Street

Program Days and Times:

Friday, 10 am – 3 pm

Contact: Charlotte or Kathy

(603) 427-6966

SCAllian@aol.com

Mailing Address:

Seacoast Consumer Alliance

544 Islington Street, Portsmouth, NH

03801

Seacoast Family Food Pantry
7 Junkins Avenue
Program Days and Times:
Tuesday – Friday, 10 am – 2 pm,
Friday 4 pm -6 pm by appointment
Contact: Ellen Garrity
(603) 436-0641
info@sffpnh.org
Mailing Address:
Seacoast Family Food Pantry
7 Junkins Avenue, Portsmouth, NH 03801

Raymond

New Life Assembly of God Food Pantry
84 Nottingham Road
Program Days and Times:
Sunday, 8:30 – 10 am
Contact: Hazel & Keith Tilton
(603) 895-6041
dsmith@newliferaymond.org
Mailing Address:
New Life Assembly of God
84 Nottingham Road, Raymond, NH 03077

Raymond Food Pantry
55 Prescott Road
Program Days and Times:
Monday – Friday, 9 am – 4 pm
Contact: Cathy Sloane
(603) 895-2303
csloane@reaction
Mailing Address:
Rockingham Community Action
55 Prescott Road, Raymond, NH 03077

Rochester

Gerry's Food Pantry
150 Wakefield Street
Program Days and Times:
Monday & Wednesday 1 – 3 pm,
Friday 10 am – 3 pm
Contact: Anne Ackerman
(603) 330-3468
hrhelp@metrocast.net
Mailing Address:
SHARE Fund
150 Wakefield Street, Rochester, NH 03867

Grace Community Church Food Pantry
159 Rochester Hill Road
Program Days and Times:
By Appointment Only
Contact: Paula Young
(603) 332-9689
paula@graceplace.com
Grace Community Church
Mailing Address:
159 Rochester Hill Road
Rochester, NH 03867

Salvation Army Food Pantry – Rochester
10 Old Farm Lane
Program Days and Times:
Monday, Wednesday, Friday, 9 am – 2 pm
Contact: John Rogan
(603) 332-2623
john_rogan@use.salvationarmy.org
Mailing Address:
Salvation Army, Rochester Corps
PO Box 1029, Rochester, NH 03866-1029

Salvation Army Soup Kitchen
10 Old Farm Lane
Program Days and Times:
Monday, Wednesday, Friday, 12 – 1 pm
Contact: John Rogan
(603) 332-2623
john_rogan@use.salvationarmy.org
Mailing Address:
Salvation Army, Rochester Corps
PO Box 1029, Rochester, NH 03866-1029

Seabrook

Seabrook Church of Christ Food Pantry
867 Lafayette Road
Program Days and Times:
Wednesday, 9 – 11 am
Contact: Bruce Pierce
(603) 474-2660
bpmoxie@msn.com
Mailing Address:
Seabrook Church of Christ
PO Box 1357, Seabrook, NH 03874-1357

Seacoast Community Action Food Pantry
683 Lafayette Road
Program Days and Times:
Monday – Friday, 9 am – 4:30 pm
Contact: Steve Thompson
(603) 474-3507
dhutchins@reaction.org
sthompson@reaction.org
Mailing Address:
Seacoast Community Action Center
683 Lafayette Road, Seabrook, NH 03874

Somersworth

Meals on Wheels
9 Bartlett Avenue
Program Days and Times:
Monday – Friday, 11:30 am
Contact: Bridget Krueger
(603) 692-4211
bkrueger@somersworthhousing.org
Mailing Address:
Strafford Nutrition
PO Box 31, Somersworth, NH 03878

The Community Food Pantry
176 West High Street
Program Days and Times:
Monday 10 am – 12 pm, Wednesday 6 – 8 pm, Thursday 3 – 5 pm
Contact: Tom Brown
(603) 692-2669
Mailing Address:
First Parish Church
PO Box 228, Somersworth, NH 03878

Strafford

Third Baptist Church Pantry
Junction Route 202A & Route 126,
Strafford Education Building
Program Days and Times:
Thursday, 8 – 10 am
Contact: Ida Scribner
(603) 664-7729
Mailing Address:
Third Baptist Church
Junction Route 202A & Route 126
Center Strafford Education Bldg.
Strafford, NH 03815

Wakefield

Greater Wakefield Food Pantry
132 Meadow Street
Program Days and Times:
Wednesday, 9 am – 12 pm, 5 – 7 pm
Contact: Janet Miller
(603) 522-6752
janet@millernh.com
Mailing Address:
Town of Wakefield
PO Box, East Wakefield, NH 03830

This Guide was originally produced in August 2007 and updated in April 2008.
For additions or corrections, please contact Seacoast Family Food Pantry at info@sffpnh.org or (603) 436-6161.