

MANCHESTER FOOD RESOURCE GUIDE 2025-2026



City of Manchester
Health Department

1528 Elm Street, Manchester, NH 03101 ♦ 603-624-6466

www.manchesternh.gov/Departments/Health



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PURPOSE

The purpose of this Food Resource Guide is to provide residents, community organizations, and City Departments with contact information for agencies that are providing food assistance and related resources for individuals and families in need. This Food Resource Guide is not intended to be an exhaustive list of services but rather a quick reference to complement other resource information available from other local, city, or state sources.

This is a working document. The goal is to update the Food Resource Guide annually with new, updated, or previously unlisted services. The Guide will be posted on the Manchester Health Department's website at <http://www.manchesternh.gov/health>.

To add resources or for more information, please contact:

City of Manchester Health Department
1528 Elm St, Manchester, New Hampshire 03101
Phone: 603-624-6466

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FOOD ASSISTANCE

CITY OF MANCHESTER NH WELFARE DEPARTMENT

Address: 1528 Elm Street, Manchester, NH 03101

Phone: 603-624-8648

Website: <https://www.manchesternh.gov/Departments/Welfare>

Services: Provides emergency assistance with basic need expenses such as food to those households experiencing a financial hardship. Eligibility for assistance is determined through written application and the completion of an in person interview.

COMMUNITY ACTION PARTNERSHIP HILLSBOROUGH & ROCKINGHAM COUNTIES (CAPHR) (FORMERLY SOUTHERN NEW HAMPSHIRE SERVICES)

Women, Infants & Children (WIC)

Address: 40 Pine St., Manchester, NH 03103

Phone: Toll Free: 1-800-322-1073 Local: 603-668-8010 Hearing Impaired: 1-800-877-8339

Address: 130 Silver St., Manchester, NH 03103

Phone: 603-647-4470

Website: <https://www.caphr.org/services/women-infants-children-wic>

Services: The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides nutrition education, breastfeeding support, and nutritious foods to help keep pregnant women, new mothers, infants and children up to age 5 healthy and strong, making sure families have what they need to live a healthy life.

FOOD FOR CHILDREN, INC.

Address: Beech Street School playground, 333 Beech Street, Manchester, NH 03103

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

Services: Food distribution to families and individuals in need every Saturday beginning at 9:30 am. Start lining up for a ticket at around 9:00 AM, start going through the line at 10:00 AM. The line moves quickly and they are usually done between 11:00 and 11:30. During bad weather, anticipate an earlier start time.

FUELED BY KIDS

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

Services: Weekend food bag distribution to students every Friday. Families can contact their school social worker for more information.

GIRLS INC. FUEL HER FIRE NUTRITION PROGRAM

Address: 340 Varney St, Manchester, NH 03102

Website: <https://girlsincnh.org/programs>

Services: Girls Inc. provides meals to attendees and their families through the Fuel her Fire Nutrition Program. The meals are prepared daily out of our commercial kitchens, ensuring no girl goes home hungry. During the school year, participants eat dinner and snacks before going home in the evening. In the summer Girls Inc. provides breakfast, lunch, dinner, and snacks.

MAST RD COMMUNITY MARKET – MEAL KIT PROGRAM

Address: 712 Mast Rd, Pinardville (Jacques Flower Shop)

Email: MastRdCM@gmail.com

Website: <https://mrcm-nh.com/meal-kit-program>

Services: No pre-registration is required; Participants will need to complete a brief registration form at the distribution event. No requirements to participate. If you are in need of a meal, please come and collect a meal kit. Meal distribution once or twice a month. Distribution dates posted on social media pages. Delivery available if you cannot attend the distribution event. Email for more information.

MERRIMACK VALLEY ASSISTANCE PROGRAM (MVAP)

Address: 170 Lowell Street, Manchester, NH 03104

Phone: 603-623-0710

Hours: Monday-Thursday, 8 am-5 pm; Friday, 8 am-11:30 am

Website: www.mvap.org/

Services: Provides a variety of supportive services and housing assistance to persons infected with HIV/AIDS and their dependents.

NH FOOD BANK

Address: 700 East Industrial Park Drive, Manchester, NH 03109

Phone: 603-669-9725

Website: www.nhfoodbank.org

Services: Distributes nutritious food to more than 400 partner agencies who, in turn, distribute to food pantries, homeless shelters, soup kitchens, children's programs, senior centers and more. Visit the website to identify a local food pantry near you or to see the Mobile Food Pantry schedule.

For SNAP Application Assistance, call the NH Food Bank Helpline at 1-877-347-7627 (SNAP).

ROCA KIDZ CLUB

Addresses: 222 Cedar Street, Manchester, NH 03103

140 Wilson Street, Manchester, NH 03103

130 Conant Street, Manchester, NH 03102

Website: <http://www.rocakidzclub.com/>

Services: Faith based after school program that offers a free meal for kids of all ages on Thursdays 6-7:30 pm. Also provides homework help, games, activities, mentoring, and youth development.

SALVATION ARMY KIDS CAFÉ

Address: 121 Cedar Street, Manchester, NH 03101

Phone: 603-627-7013

Website: <https://nne.salvationarmy.org/manchester/kids-cafe>

Services: Provides evening meals four nights a week, but also structured recreational activities, interaction with caring adults and a place where children and teens can learn and grow with the support of others. Call for hours and additional information.

SNAP/FOOD STAMPS/EBT

Phone: 603-271-9700

Website: <https://www.dhhs.nh.gov/programs-services/food-meals-assistance/supplemental-nutrition-assistance-program-snap>

Services: The Food Stamp Program is about good nutrition and health. It provides eligible individuals and households with benefits to buy food items in person and online at grocery stores and food retailers.

For SNAP Application Assistance, call the NH Food Bank Helpline at 1-877-347-7627 (SNAP).

GRANITE STATE MARKET MATCH & DOUBLE-UP FOOD BUCKS

Website: <https://granitestatemarketmatch.org/about-us/>
<https://granitestatemarketmatch.org/double-up-food-bucks/>

Services: Granite State Market Match doubles SNAP/EBT benefits for fruits and vegetables at participating farmer's markets, farm stands, and CSAs. Double Up Food Bucks gives 50% off fresh fruits and vegetables at participating retail locations. These programs help households purchase more fresh fruits and vegetables all while supporting local farmers. Granite State Market Match and Double Up Food Bucks can both be used to purchase or receive a discount on fresh fruit, vegetables, herbs, seeds, and seedlings.

PARTICIPATING MANCHESTER STORES AND MARKETS:

FRESH START MARKET

150 Spruce Street, Manchester, NH 03103

<https://www.freshstartfarmsnh.com/>

603-606-2663

FRESH START FARMS MOBILE MARKET

<https://www.freshstartfarmsnh.com/mobile-market/>

603-732-0749

e-mail: freshstartfarms@refugeesuccess.org

Check the website for schedule and locations of the market from May to October.

R&E GROCERY

304 Merrimack Street, Manchester, NH 03103

603-232-5790

USDA SUN MEALS (SUMMER FOOD SERVICE) PROGRAMS

Website: <https://www.fns.usda.gov/summer/sunmeals>

Services: **FREE** summer meals and snacks available to any child through age 18 at schools, parks, and other neighborhood locations. No application or other information needed. To find meal locations, please check the website!

FOOD ASSISTANCE FOR SENIORS / DISABLED / HOMEBOUND

*** Identifies a NH Food Bank partner agency

THE CAREGIVERS CARING CUPBOARD ***

Address: 700 East Industrial Park Drive, Manchester, NH 03109

Phone: 603-622-4948

Website: www.caregiversnh.org/services/caring-cupboard/

Services: Personalized mobile food pantry program providing and delivering free groceries to eligible neighbors in need. Delivery only on the 1st and 3rd Thursday of the month.

SPECIAL REQUIREMENTS: Application required and must be a senior citizen or disabled. Contact the Caregivers for an application.

COMMUNITY ACTION PARTNERSHIP HILLSBOROUGH & ROCKINGHAM COUNTIES (CAPHR) (FORMERLY SOUTHERN NEW HAMPSHIRE SERVICES)

COMMODITY SUPPLEMENTAL FOOD PROGRAM AND SENIOR FARMERS' MARKET NUTRITION PROGRAM

Address: 40 Pine Street, Manchester, NH 03103

Phone: Toll Free: 1-800-256-9880 Local: 603-668-8010

Website: <https://www.caphr.org/services/senior-food-program-csfp>

Services: Provides nutritious food resources to *income eligible adults 60 years of age or older* to supplement participants' monthly nutritional needs. Packages include items such as dry beans, cheese, juices, dry milk, cereals, rice or pasta, canned fruits and vegetables and meats. Pick up pre-packages once a month from resource centers including Manchester and Nashua, at one of our satellite sites, or residents of participating housing communities may pick up from that housing delivery drop-site.

MEALS ON WHEELS OF HILLSBOROUGH COUNTY ***

Address: Main Office, 46 Milford Street, Manchester, NH 03102

Phone: 603-424-9967

Hours: Monday-Friday, 8:30am-4:30 pm.

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

Services: Serving healthy meals to older and disabled adults, Meals on Wheels delivers a daily meal to your front door. Drivers also conduct daily contact and safety checks and provide information on other health and social service programs. Call the phone number or fill out the application online to request meals.

FOOD PANTRY LOCATIONS

*** Identifies a NH Food Bank partner agency

1269 CAFÉ FOOD PANTRY ***

Address: 456 Union Street, Manchester, NH 03102

Phone: 603-512-1571

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

Hours: Wednesdays, Thursdays, and Sunday 10:00am – 12:00pm.

AMOSKEAG HEALTH FOOD PANTRY

Addresses: 1245 Elm Street, Manchester, NH 03101

145 Hollis Street, Manchester, NH 03101

184 Tarrytown Road, Manchester, NH 03103

Phone: 603-626-9500

Website: www.amoskeaghealth.org

Services: Provide emergency groceries to Amoskeag Health patients in need.

BETHANY CHAPEL FOOD PANTRY ***

Address: 54 Newbury Road, Manchester, NH 03103

Phone: 603-645-6399

Website: <https://www.bethanychapel.net/>

Hours: Tuesdays, 3-5pm. Free community dinner every Thursday at 6pm.

BLESSED SACRAMENT CHURCH FOOD PANTRY ***

Address: 14 Elm St, Manchester, NH 03103

Phone: 603-622-5445

Website: www.blessedsacramentnh.org

Hours: Wednesdays, 1-3pm. (serves zip codes 03101 & 03103) ID is required for **all** individuals (license, birth certificate, healthy kids card, school IDs) and a utility bill (no regular mail) or a rental agreement that shows the correct address/zip code.

COMMUNITY ENGAGEMENT TRAINING CENTER

Address: 40 Massabesic Street, Manchester, NH

Phone: 603-557-6358

Website: www.nhcete.org

Services: Provides non-perishable bag of food to community members in need.

Hours: Monday through Friday 12-6pm, Sunday 10am-2pm. Please call to access services outside of this schedule.

FAMILIES IN TRANSITION FOOD PANTRY ***

Address: 176 Lake Ave, Manchester, NH, 03103

Phone: 603-641-9441

Website: <https://www.fitnh.org/food-programs/food-pantry/>

Services: Families and individuals can do one full pantry shop every 30 days. Choices of fresh fruits, vegetables, meats, and bakery items are available while supplies last. Walk-ins are welcome. Bringing your own bags is highly encouraged.

SPECIAL REQUIREMENTS: Available for Manchester residents. First-time pantry visitors please bring a current photo ID and proof of residence in Manchester. Proof of residence can be a piece of mail, vehicle registration, online bill, etc.

Hours: Mondays, 1-4pm; Tuesdays through Fridays, 10-4 pm.

FIRST UNITED METHODIST CHURCH FOOD PANTRY ***

Address: 961 Valley Street, Manchester, NH 03103

Phone: 603-622-8863

Website: www.fumcmanchester.org/ministries

Services: Available to Manchester residents. Please bring NH driver's license with current address and a current utility bill to register.

Hours: Tuesdays, 8-11:30am.

FRIENDS OF ST. VINCENT DE PAUL FOOD PANTRY ***

Address: 575 Candia Road, Manchester, NH 03109

Phone: 603-625-6775

Website: http://saintpiusxnh.org/?page_id=1229

Services: BY APPOINTMENT ONLY on Saturdays, 9-9:30am. Call to schedule an appointment and request food by Thursday at 12:00PM.

HOPE CITY CHURCH FOOD PANTRY ***

Address: 222 Cedar Street, Manchester, NH 03103

Phone: 603-624-4673

Website: <https://www.hopcitynh.org/our-ministries>

Services: Provide food and other essentials to the unhoused population in the community.

Hours: Thursdays and Fridays, 8-10am.

LIBERTY HOUSE

Address: 221 Orange Street, Manchester, NH 03104.

Phone: 603-669-0761

Website: www.libertyhousenh.org/

Services: Specific to Veterans. Must show proof of military status at registration.

Hours: Mondays-Fridays, 10am-4pm; Saturdays, 10am-2pm.

MANCHESTER CHURCH OF GOD FOOD PANTRY ***

Address: 230 Mooresville Road, Manchester, NH 03103

Phone: 603-289-3428

Website: <https://mcognh.com/food-ministry/>

Hours: BY APPOINTMENT ONLY. First and third Fridays of each month, 7-10am. Must call ahead to participate.

MERCY HILL CHURCH FOOD PANTRY ***

Address: 750 Pine Street, Manchester, NH 03104

Phone: 603-624-4080

Website: <https://mercyhillchurch.church/>

Services: Providing food and essential items to the unhoused and those in need in the community.

All are welcome.

Hours: Thursdays, 3:30-5pm.

PARISH OF TRANSFIGURATION FOOD PANTRY ***

Address: Youville Street (behind Church at 30 Kelley Street) Manchester, NH 03102

Phone: 603-628-6859

Services: Must live in the 03102 zip code area. Please call ahead.

Hours: BY APPOINTMENT ONLY. Please call to schedule an appointment. Tuesdays and Fridays, 1-3 pm.

SACRED HEART CHURCH FOOD PANTRY ***

Address: 247 S. Main St, Manchester, NH 03102

Phone: 603-668-4004

Website: <https://www.sacredheartchurch-nh.com/ministries>

Hours: Call ahead to let them know you are coming. Thursdays, 10am-11:30pm. Participants can access the pantry once a month. First time visitors need an ID showing name and address.

SALVATION ARMY FOOD PANTRY ***

Address: 121 Cedar Street, Manchester, NH 03101

Phone: 603-627-7013

Website: <http://nne.salvationarmy.org/manchester>

SPECIAL REQUIREMENTS: Participants must bring ID and proof of residence.

Hours: Monday through Friday (9am-3pm) snack bags available for unhoused. Breakfast served every Saturday and Sunday beginning at 6:30am. Third Thursdays of the month, 9am-1pm, for food pantry distribution.

SHILOH FOOD MINISTRY

Address: 461 Straw Rd, Manchester, NH 03102

Phone: 603-782-5015

Website: <https://shilohcommunity.church/shiloh-food-ministry/>

Services: Pantry selling greatly discounted items such as produce, frozen goods, breads, meats, dairy, and home supplies. No eligibility requirements. *(Items sold at extremely low prices)*

Hours: Fridays, 6-8pm.

ST. ANDREW'S CHURCH FOOD PANTRY

Address: 102 North Main St, Manchester, NH 03102

Phone: 603-622-8632

Services: Provides free food to feed families and individuals in need. Must be a resident of Manchester.

Hours: First and third Tuesdays of the month, 8:15-10am.

ST. JOSEPH'S CATHEDRAL PARISH FOOD PANTRY ***

Address: 145 Lowell St. Manchester, NH 03104

Phone: 603-622-6404

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

Services: BY APPOINTMENT ONLY. Call on Tuesday mornings between 9:00am – 10:00am to schedule an appointment.

ST. RAPHAEL PARISH FOOD PANTRY ***

Address: 103 Walker Street, Manchester, NH 03102

Phone: 603-623-2604

Website: <https://st-raphael-parish.org/food-pantry/>

SPECIAL REQUIREMENTS: Serving Manchester residents. A client intake form and proof of residence are required for new clients.

Hours: Mondays, 5:30-6:30pm. Located in the lower church.

SOCIETY OF ST. VINCENT DE PAUL MANCHESTER AT STE. MARIE CHURCH***

Address: 378 Notre Dame Ave., Manchester, NH 03102

Phone: 603-623-3649

Website: <https://svdpmanchester.com>

Services: Serving the west side of Manchester (03102). Please call and leave a message to schedule an appointment.

THE GRANITE YMCA OF DOWNTOWN MANCHESTER

Address: 30 Mechanic Street, Manchester, NH 03101

Phone: 603-232-8620

Website: www.graniteymca.org/food-pantry

Services: Open to YMCA of Downtown Manchester members and child care participants

Hours: Thursdays 4:00-6:00pm (closed on holidays).

WAYPOINT YOUTH RESOURCE CENTER FOOD PANTRY

Address: 298 Hanover Street, Manchester, NH 03103

Phone: 603-518-4170

Website: <https://waypointnh.org/programs/manchester-youth-drop-in-center/>

Services: The Youth Resource Center is open on a variable schedule. Please call for hours.

COMMUNITY GARDENS & FARM SHARE

BROOKSIDE COMMUNITY GARDEN

Address: 2013 Elm Street, Manchester, NH 03104

Organizer: Louise Popp, louise@brookside.org

Open to all. Contact organizer for application.

Plot Size: 10'x12'

Fee: \$25

CEDAR STREET FAMILY GARDEN

Address: 249 Cedar Street, Manchester, NH 03103

Organizer: Anzura Gakwaya agakwaya@nwsnh.org

Open to neighborhood residents. Contact organizer for more information.

MANCHESTER COMMUNITY COLLEGE GARDEN

Address: 1066 Front Street, Manchester, NH 03102

Organizer: Anna Stout annabiron2012@gmail.com

Open to all. Contact Organizer for application.

Plot Size: 10'x12'

Fee: \$25

PARKSIDE COMMUNITY GARDEN

Address: 75 Parkside Avenue, Manchester, NH 03102

Organizer: Amanda Crespo amandacrespo730@gmail.com

Contact Organizer for information.

PINE STREET COMMUNITY GARDEN

Address: 187 Pine Street, Manchester, NH 03103

Organizer: UNH Cooperative Extension

For more information, contact izopsm@gmail.com.

STARK FARM COMMUNITY GARDEN

Address: 650 River Road, Manchester, NH 03104

Organizer: Tracy Jung starkfarmgarden@gmail.com

Contact organizer for more information.

PLAYBALL COMMUNITY GARDEN

Address: 486 Youville St., Manchester, NH 03102

Organizer: Mari Fontaine playball@manchestergrows.org

Contact organizer for more information.

*For additional Manchester Community Garden information, follow **Manchester Grows** at:
<https://manchestergrows.org/gardens/>.*

COMMUNITY ACTION PARTNERSHIP HILLSBOROUGH & ROCKINGHAM COUNTIES (CAPHR) (FORMERLY SOUTHERN NH SERVICES)

HILLSBOROUGH COUNTY COMMUNITY GARDENS

Address: 329 Mast Rd, Southwest Field, Goffstown, NH

Phone: 603-668-8010

E-mail: communitygardens@caphr.org

Website: <https://www.caphr.org/services/community-gardens>

Services: CAPHR has partnered with Hillsborough County for our Community Gardens Program in Goffstown which provides up to 50 garden plots available to all residents of Hillsborough County regardless of income. The growing season each year closes at the end of September.

Plot size: 25' x 25'

Fee: A minimum of 75% of all gardening space reserved for low-income applicants free of charge. The remaining plots will be made available to other interested community members for a donation of \$20.

FRESH START FARMS FARM SHARE PROGRAM

Address: 150 Spruce Street, Manchester, NH 03103

Phone: 603-732-0749

Website: <https://freshstart.localfoodmarketplace.com/>

Services: Locally grown food delivered to your door weekly or bi-weekly. Visit the website to learn more and sign up.

MOBILE MARKETS

FRESH START FARMS MOBILE MARKET

Address: 150 Spruce Street, Manchester, NH 03103

Phone: 603-732-0749

Website: <https://www.freshstartfarmsnh.com/mobile-market/>

Services: A mobile market with fresh produce and local products visits multiple locations throughout Manchester from May to October. Check the website for schedule and locations.

NUTRITION EDUCATION & DIET GUIDANCE

UNH COOPERATIVE EXTENSION NUTRITION CONNECTION PROGRAM

Website: <https://extension.unh.edu/health-well-being/programs/nutrition-connections>

Phone: 603-641-6060 or 877-398-4769

Services: Nutrition Connections offers no-cost, hands-on nutrition education programs that provide limited-resource families the knowledge and skills they need for better nutrition.

HANNAFORD SUPERMARKET DIETITIANS

Address: 201 John E Devine Drive,
Manchester, NH 03103

Phone: 603-626-4567

Website: <https://www.hannaford.com/health-wellness/dietitians>

Address: 859 Hanover Street, Manchester,
NH 03103

Phone: 603-624-4442

Services: **FREE** in-store tours, in-person and virtual classes and food demonstrations for community members. Heart Health and Diabetes, Food Allergies and Nutritious Foods for Less money, Food Label reading with Guiding Stars, Healthy Snacking with the Snack Pals, Grab and Go options. Call for details. Hannaford Dietitians hold monthly **FREE** virtual classes on a variety of topics from Heart Health to Meal Planning and more. For more information and to sign up, visit: hannafordnutrition.eventbrite.com

NH FOOD BANK – COOKING MATTERS

Address: 700 E Industrial Park Drive, Manchester, NH 03109

Phone: 603-669-9725

Website: <https://nhfoodbank.org/what-we-do/cooking-matters-nh/>

Services: A hands-on interactive nutrition education program. A variety of programs offered including one-off workshops, courses, and store tours. All programs offered free of charge to participants and offer incentives (\$10 gift card to a grocery store or a bag of groceries to recreate the recipe we demoed in class). These classes provided in partnership with UNH Cooperative Extension. Programming offered out in the community at food pantries, shelters, family resource centers, etc. See website for more details.