

Manchester FOOD RESOURCE GUIDE

2024-2025



**City of Manchester
Health Department**



Public Health
Prevent. Promote. Protect.

1528 Elm Street, Manchester, NH 03101 ♦ 603-624-6466
www.manchesternh.gov/Departments/Health

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 www.manchesternh.gov/health.

To add resources or for more information, please contact:

City of Manchester Health Department
1528 Elm Street, 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: 130 Silver Street, Manchester, NH 03103

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

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.

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.

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 fruits, vegetables, herbs, seeds, and seedlings.

Participating Manchester Stores/Markets:

- Dollar Deluxe, 334 Union Street, Manchester, NH 03103
603-645-1155
- Fresh Start Market, 150 Spruce Street, Manchester, NH 03103
<https://www.freshstartfarmsh.com/>
603-606-2663
- La Bonne Semence, 229 Wilson Street, Manchester, NH 03103
<https://www.labonnenh.com/>
603-518-7947
- R&E Grocery, 304 Merrimack Street, Manchester, NH 03103
603-232-5790

- TMC Convenience, 77 Bremer Street, Manchester, NH 03102
<https://www.facebook.com/p/TMC-Convenience-100063787634501/>
603-518-5793
- Fresh Start Farms Mobile Market
<https://www.freshstartfarmsnh.com/mobile-market/>
603-606-2663

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

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 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 from at 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.

Easter Seals Seniors Count Food Pantry***

Address: 555 Auburn St, Manchester, NH 03103

Phone: 603-845-9318

Website: <https://www.easterseals.com/nh/our-programs/senior-services/>

Services: Provides food resources for participants in Easter Seals Senior Services programs. Call for more information and pantry hours.

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, 10:30am-12:30pm; Sundays, 11am-12:30pm

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.

Covenant of Promise Food Pantry***

Address: 62 Merrimack Street, Manchester, NH 03101

Phone: 603-897-9740

Services: Provides emergency groceries to residents in need.

Hours: Sundays, 1-2:30pm; Saturdays, 12:30-2:30pm

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: 563 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.

Hope City Church Food Pantry***

Address: 222 Cedar Street, Manchester, NH 03103

Phone: 603-624-4673

Website: <https://www.hopecitynh.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.

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. 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-12pm.

Salvation Army Food Pantry***

Address: 121 Cedar Street, Manchester, NH 03101

Phone: 603-627-7013 x123 (x112)

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

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

Hours: Third Thursdays of the month, 9am-2pm. Smaller food bags/snacks also available anytime upon request.

Shiloh Community Church Food Pantry (items sold at extremely low prices)

Address: 461 Straw Rd, Manchester, NH 03102

Phone: 603-627-7729

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

Services: Pantry selling greatly discounted items such as produce, frozen goods, breads, meats, dairy, and home supplies. No eligibility requirements.

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, 8-10am.

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. Tuesdays, 2:30-3:30. Call 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.

St. Vincent de Paul Food Pantry***

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

Phone: 603-623-3649

Website: <https://enterthenarrowgate.org/st-vincent-de-paul-society>

Services: Delivery Only. Mondays, Wednesdays, Fridays at 5pm. Participants should call the food pantry to request support directly.

Society of S. 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

Hours: Please give us a call or visit our website for food pantry details, including dates and hours.

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@brooksidecc.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.

Manchester Community College Garden

Address: 1066 Front Street, Manchester, NH 03102

Organizer: David Ouellette nhdo2010@gmail.com

Open to all. Contact Organizer for application.

Plot Size: Multiple plot sizes ranging from 6'x 10' to 37'x 40'

Fee: \$15

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

For more information, contact izopsm@gmail.com

Stark Farm Community Garden

Address: 650 River Road, Manchester, NH 03104

Organizer: Mike Gioia monopolybag@gmail.com

Farm-style collaborative garden.

Open to all. Contact Organizer for application.

Fee: Annual donations accepted.

*** For additional Manchester Community Garden information, follow **Manchester Grows** at:

<https://www.fuunevents.com/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

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 will be 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: 603-606-2663

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: 603-606-2663

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

Address: 859 Hanover Street, Manchester, NH 03103

Phone: 603-624-4442

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

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.