



Community Food Resource Guide

Food Pantry: Free groceries including milk, eggs, produce, meat and canned goods. (I.D. required)

Monday:	10:00 to 5:00	6:00 to 7:00	Thursday:	10:00 to 4:00	6:00 to 7:00
Tuesday:	10:00 to 5:00		Friday:	10:00 to NOON	3:00 to 5:00
Wednesday:	10:00 to 4:00	6:00 to 7:00	Emerson Market every Friday from 12:30 to 1:30		

Community Meals: Monday, Wednesday, Thursday, and Saturday meals served from 5:00 p.m. to 6:00 p.m. Sunday served from 4:00 p.m. to 5:00 p.m. Free ride in Gloucester. Call to reserve a ride at 978-283-6776, ext. 204 before 4:00 p.m. on weekdays and 3:00 p.m. on weekends.

Emerson Market: A selection of bread and produce arranged in a market-style. Offered every Friday afternoon from 12:30 p.m. to 1:30 p.m.

Mobile Market: A free farmers' market for residents of public housing neighborhoods and parents with children at Pathways for Children. Call 978-283-6776 for sites, dates and eligibility details.

Senior Market: Groceries for seniors aged 60+:

- Rockport Senior Center: Last Thursday of the month (10:15 to 11:15)
- Rose Baker Senior Center: Last Friday of the month (10:15 to 11:15)

Food Stamp Assistance: By appointment on Tuesday, Thursday & Friday 10:00 to 4:00 p.m.

Summer Lunch: Free lunch for kids during the summer. Call 978-283-6776 for sites and details.

SERVE New England: A food co-op providing a monthly discounted food package.

Other food resources...

- **Cape Ann Interfaith Harvest Meals Dinner Program**
 - ❖ Tuesday: 5:00 to 6:00 p.m. (St. John's Episcopal Church, 48 Middle Street, Gloucester)
 - ❖ Friday: 5:00 to 6:00 p.m. (Trinity Congregational Church, 70 Middle Street, Gloucester)
- **Project Bread Food Source Hotline:** 1-800-645-8333, or www.gettingfoodstamps.org
- **SeniorCare:** 978-281-1750 for Meals on Wheels or Senior Lunch sites
- **WIC (Women, Infants, and Children Nutrition Program):** 1-800-WIC-1007

Directions to the Food Pantry from 128/ Grant Circle...

Take Washington St. towards downtown Gloucester. Take a right on Centennial Ave. at George's Coffee Shop. After approximately .03 miles, take a right onto Emerson Ave. Immediately after Lincoln Park Garden Apartments and the Veteran's Center (on your left), take a left into the driveway in front of the concrete retaining wall. Our parking lot is at the end of the driveway on the right. Enter the building through the back door at the top of the hill.

For more helpful resources, please refer to our resource guide at: www.capeannfoodpantry.org