

**FOOD PANTRY AND MEALS SCHEDULE** \*Pantry and Meal hours are subject to change. Call for more information\*

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<p><b>MEALS</b>  <b>Lowell Transitional Living Center</b>                      Breakfast 6:45 –8am                      Dinner 5:45-6:45pm                      189 Middlesex St.                      978-458-9888  <b>Pathfinders</b> 8am, 12p,                      5pm daily meals for homeless adults                      94 Rock St.                      978-459-3387  <b>Community Table</b>                      1-3pm                      35 YMCA Drive                      978-454-7825  <b>Lowell Senior Center</b>                      11am \$2 per day (senior citizens)                      276 Broadway  <b>Salvation Army</b>                      Dinner @ 6pm                      150 Appleton St.                      978-458-3396</p>	<p><b>MEALS</b>  <b>Lowell Transitional Living Center</b>                      SAME AS SUNDAY                      189 Middlesex St.                      978-458-9888  <b>Pathfinders</b>                      SAME AS SUNDAY                      94 Rock St. 978-459-3387  <b>St. Paul’s Kitchen at Elliot Presbyterian Church</b>                      Dinner 5-6pm                      273 Summer St.  <b>Salvation Army</b>                      Breakfast 8:30-10am (55+ only)                      Lunch 10:30-11:30am (\$2 donation)                      150 Appleton St.                      978-458-3396  <b>FOOD PANTRIES</b>  <b>Merrimack Valley Catholic Charities</b>                      1-3:30pm                      70 Lawrence St.                      978-454-9946  <b>Open Pantry of Greater Lowell</b>                      9am-12pm                      200 Central St.                      978-453-6693  <b>Westford Food Pantry</b>                      20 Pleasant Street  <b>Call for hours</b>                      978-692-5523</p>	<p><b>MEALS</b>  <b>Lowell Transitional Living Center</b>                      SAME AS SUNDAY                      189 Middlesex St.                      978-458-9888  <b>Pathfinders</b>                      SAME AS SUNDAY                      94 Rock St.                      978-459-3387  <b>St. Paul’s Kitchen at Elliot Presbyterian Church</b>                      Dinner 5-6pm                      273 Summer St.  <b>Salvation Army</b>                      Breakfast 8:30-10am (55+ only)                      Lunch 10:30-11:30am (\$2 donation)                      150 Appleton St.                      978-458-3396  <b>FOOD PANTRIES</b>  <b>Central Food Ministry</b> 10am-1pm                      370 W. Sixth St.                      978-454-7445  <b>Merrimack Valley Catholic Charities</b>                      4:30-6pm                      70 Lawrence St.                      978-454-9946  <b>Open Pantry of Greater Lowell</b>                      9am-12pm                      200 Central St.                      978-453-6693  <b>Tewksbury Community Food Pantry</b>                      999 Whipple Road  <b>Call for hours</b>                      978-858-2273</p>	<p><b>MEALS</b>  <b>Lowell Transitional Living Center</b>                      SAME AS SUNDAY                      189 Middlesex St.                      978-458-9888  <b>Pathfinders</b>                      SAME AS SUNDAY                      94 Rock St.                      978-459-3387  <b>St. Paul’s Kitchen at Elliot Presbyterian Church</b>                      Dinner 5-6pm                      273 Summer St.  <b>Salvation Army</b>                      Breakfast 8:30-10am (55+ only)                      Lunch 10:30-11:30am (\$2 donation)                      150 Appleton St.                      978-458-3396  <b>FOOD PANTRIES</b>  <b>Central Food Ministry</b> 10am-1pm                      370 W. Sixth St.                      978-454-7445  <b>Merrimack Valley Catholic Charities</b>                      1-3:30pm                      70 Lawrence St.                      978-454-9946  <b>Open Pantry of Greater Lowell</b>                      9am-12pm, 5:30 – 7:30pm                      200 Central St.                      978-453-6693  <b>Salvation Army</b>                      9-11am                      150 Appleton St.                      978-458-3396</p>	<p><b>MEALS</b>  <b>Lowell Transitional Living Center</b>                      SAME AS SUNDAY                      189 Middlesex St.                      978-458-9888  <b>Pathfinders</b>                      SAME AS SUNDAY                      94 Rock St.                      978-459-3387  <b>St. Paul’s Kitchen at Elliot Presbyterian Church</b>                      Dinner 5-6pm                      273 Summer St.  <b>Salvation Army</b>                      Breakfast 8:30-10am (55+ only)                      Lunch 10:30-11:30am (\$2 donation)                      150 Appleton St.                      978-458-3396  <b>FOOD PANTRIES</b>  <b>Central Food Ministry</b> 10am-1pm and 7-8pm                      370 W. Sixth St. 978-454-7445  <b>Chelmsford Comm. Exchange</b> 2am-4pm                      1 North Rd.                      Chelmsford                      978-250-3818  <b>Merrimack Valley Catholic Charities</b>                      1-3:30pm                      70 Lawrence St.                      978-454-9946  <b>Open Pantry of Greater Lowell</b>                      9am-12pm                      200 Central St.                      978-453-6693  <b>Salvation Army</b>                      9-11am                      150 Appleton St.                      978-458-3396</p>	<p><b>MEALS</b>  <b>Lowell Transitional Living Center</b>                      SAME AS SUNDAY                      189 Middlesex St.                      978-458-9888  <b>Pathfinders</b>                      SAME AS SUNDAY                      94 Rock St.                      978-459-3387  <b>Salvation Army</b>                      Breakfast 8:30-10am (55+ only)                      Lunch 10:30-11:30am (\$2 donation)                      150 Appleton St.                      978-458-3396  <b>St. Paul’s Kitchen at Elliot Presbyterian Church</b>                      Dinner 5-6pm                      273 Summer St.  <b>FOOD PANTRIES</b>  <b>Chelmsford Comm. Exchange</b>                      6:30pm-8:00pm                      Old Town Hall                      1 North Rd.                      Chelmsford                      978-250-3818  <b>Christ Jubilee Food Pantry</b>                      1am –3pm                      101 Smith St.                      978-452-9976  <b>Salvation Army</b>                      9-11am                      150 Appleton St.                      978-458-3396  <b>Farmers’ Market</b>                      2 – 7pm (in season)                      City Hall Plaza</p>	<p><b>MEALS</b>  <b>Lowell Transitional Living Center</b>                      SAME AS SUNDAY                      189 Middlesex St.                      978-458-9888  <b>Pathfinders</b>                      SAME AS SUNDAY                      94 Rock St.                      978-459-3387  <b>Community Table</b>                      35 YMCA Drive                      1-3pm                      978-454-7825  <b>Lowell Senior Center</b>                      11am \$2 per day (senior citizens)                      276 Broadway  <b>FOOD PANTRIES</b>  <b>Central St. (Near Espresso Pizza)</b>                      Free Food 10am-12pm  <b>Chelmsford Community Exchange</b>                      12-1:30pm                      Old Town Hall                      1 North Rd.                      Chelmsford                      978-250-3818                      978-454-7272  <b>SHARE- Self Help and Resource Exchange</b> –Terry                      Dubois 978-256-8554                      122 Andrews St.                      (former Sacred heart school)</p>

**Project Bread FoodSource Hotline** 1-800-645-8333 (M-F 8am-7pm & Sat. 10am-2pm)  
**SNAP (Food Stamps)** 978-446-2400, 131 Davidson St., Lowell (M-F 7am-5pm)  
**Lowell WIC Program** 978-454-6397, 45 Kirk St., Lowell – Nutrition program for pregnant women and children under 5.

**Mobile Food Pantry** 978-454-7174 homebound seniors and disabled-by referral only.  
**Meals on Wheels** 1-800-882-2003 – Seniors age 60 and older.