

The Upper Room Food Pantry

36 Tsienneto Rd
Derry, NH - 03038
603-437-8477
<http://www.urteachers.org>

Our pantry is open on Mondays
11am - 1pm. We are open every
Monday unless there is a snow day
for the Derry School District or it is a
Monday Holiday (for example
Memorial Day).

Patrons are allowed to use the
pantry twice per calendar month.

We serve everyone who comes
through our doors, no matter where
they live. We do require photo
identification each time you come
in. Please use the dirt driveway and
come in Door #1, the walkway is
right off the dirt parking area. If you
have reusable or fabric bags,
please bring them.

St Anne Ecumenical Pantry

26 Emerson Ave
Hampstead, NH - 03841
603-329-5886
<http://www.saintannechurchnh.org>

Provides: Food pantry.
Serves Atkinson, Hampstead,
Danville and Sandown Pantry

Thursday 10:00am - 12:00pm

St Thomas Aquinas Food Pantry

26 Crystal Avenue
Derry, NH - 03038
603-432-5000
<http://www.stthomasderry.org>

Provides: Food pantry.
Serves Rockingham

Wednesdays and Thursdays
1:00 pm - 3:30 pm

Patrons are allowed to use the
pantry once per calendar month.

Londonderry United Methodist Church

258 Mammoth Rd.
Londonderry, NH 03053
603-432-7083
<https://www.londonderryumc.org/ministries/food>

Provides a food pantry.

Tuesday mornings
By appointment

St Luke's United Methodist Church

63 East Broadway
Derry, NH - 3038
(603) 434-4767
<http://www.stlukesumcnh.org>

Provides a food pantry.

Thursday
10:00am - 1:00pm
By appointment

First Baptist Church Food Pantry

4 Crystal Avenue
Derry, NH - 03038
603-421-1897
<http://fbcderry.com/default.aspx>

Provides a food pantry.
Patrons are allowed to use the
pantry twice per calendar month.
Documentation Required: Photo ID

Tuesdays: 10am-2pm

Derry Seventh Day Adventist Food Pantry

7 Brook Street
Derry, NH - 03038
603-537-0624

Provides a food pantry.

Triumphant Cross Lutheran Church

171 Zion Hill Road
Salem, NH - 3079
(603) 893-0305
<http://www.triumphantcross.org>

Provides a food pantry.
Documentation Required: Photo ID

Monday: 10 am - 12 pm and
Thursday evenings

St Jude Roman Catholic Parish

435 Mammoth Road
Londonderry, NH - 3053
(603) 434-1827

Provides a food pantry.

Shepherd's Pantry Windham

1 Church Street
Windham, NH - 03087
603-432-2150
<http://shepherdspantry.net>

Provides a food pantry.
Documentation Required: Photo ID
or other proof of NH residency .
Serves: Windham residents ONLY

Hours: Monday
9:30 am - 11:00 am.

Food donations may be dropped off
at the Church Hall any Monday
morning between 7:30 am and
11:00 am.

Chester Congregational Baptist Church

4 Chester Street
Chester, NH - 3036
<http://www.chesterchurch.org/>

Provides a food pantry. Serves
Chester and Auburn, NH

4th Saturday of month: 9 am - 12
pm

Raymond Food Pantry

55 Prescott Road
Raymond, NH - 03077
603 895-2303
<http://www.rcaction.org>

Provides a food pantry.
Patrons are allowed to use the
pantry once per calendar month.

Mondays through Fridays 9 am - 11
am and 1 pm - 3:30 pm.

Operated by Rockingham
Community Action

Salem Food Pantry

85 Stiles Rd
Salem, NH - 03079
603 893-9172
603-458-6392
<http://www.rcaction.org>

Provides a food pantry.
Patrons are allowed to use the
pantry once per calendar month.

Hours: Mondays through
Thursdays 9 am - 11 am and 1 pm -
3:30 pm

**St Joseph Roman Catholic
Church**

33 Main Street
Salem, NH - 3079
(603) 898-4933
<http://www.stjosephsalemnh.org>

Provides a food pantry.

Friday: 12 pm - 1 pm

**Pleasant Street United Methodist
Food Pantry**

8 Pleasant Street
Salem, NH - 03079
603 898-2501
<http://www.pleasantstreetumc.org>

Provides a food pantry. Serves
Residents of Salem. Documentation
Required: 2 items of proof of
residency, Photo ID and Proof of
income

Wednesdays 10 am - 12 pm

St Jude Parish Food Pantry

46 Holstein Avenue
Londonderry, NH - 03053
603 434-1827

Provides a food pantry.

**Sandown Community Food
Pantry**

Hampstead Road
Sandown, NH - 3873

603-887-3453

Provides a food pantry.

The pantry is open on Tuesday
afternoons from 4:00-5:00 and on
Friday mornings from 9:00-10:00.

St Vincent de Paul - Sacred Heart

247 South Main Street
Manchester, NH - 03102
603 625-9525

Provides a food pantry.

By appointment

St Raphael's Church Food Pantry

103 Walker Street
Manchester, NH - 03102
603 623-2604
<http://www.geocities.com/straphaelc>
hurch

Provides a food pantry.
Documentation Required: Proof of
residency

Monday: 7 pm - 8 pm

St Pius X Church

575 Candia Road
Manchester, NH - 3109
(603) 622-6510
<http://www.stpiusxnh.org/>

Provides a food pantry.

St Andrew's Church Food Pantry

102 North Main Street
Manchester, NH - 03102
603 622-8632

<http://www.standrewsmanchester.co>
m

Provides a food pantry. Serves
West side of Manchester.
Documentation Required: Proof of
residency

1st and 3rd Tuesdays 8:45 am -
10:30 am

**Parish of the Transfiguration
Food Pantry**

107 Alsace Street
Manchester, NH - 03102
603-623-4715

Provides a food pantry. For more
information, please call.

County or Counties Served:
Hillsborough

New Horizons for NH Food Pantry

199 Manchester Street
Manchester, NH - 03105
603-668-1877
<http://www.newhorizonsformh.org>

Provides a food pantry.
Documentation Required: Proof of
residency, Photo ID with
Manchester address, Social
Security Card for all adults, Birth
certificates for all children, Proof of
income including pay stubs, any
form of assistance including food
stamps, disability, social security
etc)

Monday, Wednesdays and Fridays
12 pm - 1 pm and Thursday: 6 pm -
7 pm

Karen Angela Carter Food Pantry

336 Kelly Street
Manchester, NH - 03102
603-674-1623
<http://thearkchurch.us>

We are just upstairs from the Kelly
Street Laundromat.

The Food Pantry is open every
Tuesday between the hours of:
1:00PM and 5:00pm.

Also on the first and third Saturdays
of each month between the hours
of: 11:00AM until 1:00PM.

Please have proof of residency
when you come.

**First United Methodist Church
Food Pantry**

961 Valley Street

Manchester, NH - 03103
603 622-8863
Provides a food pantry.
<http://www.fumcmanchester.org>

Provides a food pantry.
Documentation Required: Photo ID

Tuesdays 9am-11:30pm

First Congregational Church and Manchester

<http://www.fccmanchesternh.com>
508 Union Street
Manchester, NH - 3104
(603) 625-5093

Our food pantry is open Monday through Friday from 9AM - Noon, year round.

Cedar Street Salvation Army

121 Cedar Street
Manchester, NH - 03101
603 627-7013
<http://www.use.salvationarmy.org/manchester>

The Salvation Army operates a food pantry as part of our Social Services department, on Thursdays ONLY, from 9AM to 2:00PM. To be enrolled, a photo ID is required showing residency in Manchester, Bedford, or Litchfield, NH. Like most places, a brief application is also needed, as well as supporting documents showing income/expenses/people in the home/etc.

County or Counties Served:
Hillsborough

Blessed Sacrament Food Pantry

146 E. Wolfe Street
Manchester, NH - 03103
603 622-5445
<http://www.blessedsacramentnh.org>
Provides a food pantry.

Wednesdays from 1-3 pm

St Vincent de Paul - Ste Marie's Church Food Pantry

133 Wayne Street

Manchester, NH - 03102
603-622-4615

Provides a food pantry.

Mondays through Fridays 9 am - 5 pm

New Life Assembly of God Food Pantry

84 Nottingham Road
Raymond, NH - 03097
603-895-6041
<http://www.newliferaymond.org>

Provides a food pantry.
Sunday: 8:30 - 10am

Pelham Good Neighbor Fund

12 Main Street
Pelham, NH - 3076
(603) 635-7592
<http://www.pelhamgoodneighborfund.org/foodpantry.htm>

Provides a food pantry.
Documentation Required: Proof of residency

New England Pentecostal Ministries Outreach Food Pantry

955 Bridge Street
Pelham, NH - 03076
603- 898-4637

Provides a food pantry.

Pelham Town Office

6 Village Green
Pelham, NH - 3076
(603) 635-8233

Provides a food pantry.

Provides a food pantry. Serves Pelham
Documentation Required: Proof of residency and photo ID

Fall Mountain Food Shelf- Baker Building

122 State Highway 12A
Alstead, NH - 03602
603 835-2283

Provides a food pantry. (Call for appointment)

Monday-Saturday: 9am - 4pm