

LOCAL FOOD RESOURCES

Note: *Call ahead to confirm hours before headed out to any of these pantries.*

SALEM:

Food for the Hungry Food Pantry

Open 1st & 3rd Wednesdays, 10:00 AM – noon

6 Pleasant Street, Salem, NH 03079

603-898-2501

[Food for the Hungry Pantry Website](#)

Saints Mary & Joseph Parish Food Pantry

Open Fridays, 10:30 AM – 12:30 PM

40 Main Street, Salem, NH 03079

603-893-8661

[Saints Mary & Joseph Pantry Website](#)

Rockingham Christian Church Food Pantry

Hours not specified

2 Keewaydin Drive, Salem, NH 03079

603-894-5228

[Rockingham Christian Church Pantry Website](#)

We Care Charity Food Pantry

Open Tuesdays, 9:00 AM – 11:30 AM

224 North Broadway, Unit 14 D10, Salem Market Place, Salem, NH 03079

603-560-1471

[We Care Charity Pantry Website](#)

Bread of Life Food Pantry

Open Mondays, 10:00 AM – noon

Open Thursdays as a drive-thru 6 - 7 pm

171 Zion Hill Road, Salem, NH 03079

603-893-0305

[Bread of Life Pantry Website](#)

Community Action Food Pantry

*Pantry is open 4 days week M-Th. ~ **Friday for emergency, call to make an appt.***

83 Stiles Road, Suite 103, Salem, NH 03079

603-893-9172

[Community Action Pantry Website](#)

Isaiah 58 NH

Open Monday, 4 - 7 PM

Open Wednesdays, 9:00 AM – noon

Outside those hours, please text and appts can be arranged.

68 North Broadway, Salem, NH 03079

603-234-1982

[Isaiah 58 Website, Hampstead Location](#)

PELHAM:**Saint Patrick Parish Food Pantry of Pelham**

Hours not specified

12 Main Street, Pelham, NH 03076

603-635-7592

[Saint Patrick Parish Pantry Website](#)

WINDHAM:**The Shepherd's Pantry**

Hours not specified

1 Church Road, Windham, NH 03087

603-581-3088

[Shepherd's Pantry Website](#)

PLAISTOW:

Saint Luke the Evangelist Food Pantry

Hours not specified

8 Atkinson Depot Road, Plaistow, NH 03865

603-819-4949

website not provided

DERRY:

First Baptist Church Community Food Bank

Open Tuesdays 10am-2pm

4 Crystal Avenue, Derry, NH, 03038

603-421-1897

[First Baptist Church Community Food Bank Website](#)

Sonshine Soup Kitchen

Open for meals Monday-Friday 4:30pm-5pm

**Delivery available in special circumstances; call for more details*

6 Crystal Avenue, Derry, NH, 03038

603-437-2833

[Sonshine Soup Kitchen Website](#)

The Upper Room Food Pantry

Mondays 11am-1pm (closed for Monday holidays)

36 Tsienetto Road, Derry, NH, 03038

603-437-8477

[The Upper Room Food Pantry Website](#)

HAMPSTEAD:

St. Anne Parish Food Pantry

Thursdays 10am-12pm and 5pm-6:30pm, and Saturdays 8am-9:30am

**Delivery available in special circumstances; call for more details*

26 Emerson Avenue, Hampstead, NH

603-339-3731

[St. Anne Parish Food Pantry Website](#)

Heaven's Pantry

*Tuesdays and Thursdays *if you have travel limitations, please call for support*

Emerson Village, Hampstead, NH • 9:45am

East Hampstead Village/Lewis Lane, Hampstead, NH • 10am-10:30am

Leach Library, Londonderry, NH • 11:15am-11:45am

Abbot Court, Derry, NH • 12pm-12:30pm

Fairway Apartments, Derry, NH • 12:45-1:15PM

603-339-3731

[Heaven's Pantry Website](#)

PORTSMOUTH:

Gather Food Pantry

125 Heritage Avenue, Unit 3, Portsmouth, NH

(603) 436-0641

Food pantry and mobile pantry

Pantry Hours M- TH 10 – 5; Friday 10 - 2

[Gather Food Pantry Website](#)

SEABROOK:

Community Action (CAPHR) Food Pantry

146 Lafayette Road, Seabrook, NH 03874

(603) 474-3507

Call to make an appointment.

Seabrook Food Pantry at SNH Services

146 Lafayette Road, Seabrook

603-474-3507

HAMPTON:

Hampton United Methodist Church Food Pantry

603-926-2702

Trinity Episcopal Church

200 High Street, Hampton

St. Vincent de Paul

Hampton

community kitchen, clothes closet, and food pantry

603-929-4427

The NH Food Bank - Find Food Map

<https://nhfoodbank.org/find-food/food-map/>