

food pantries
despensas de alimentos



community meals
comidas preparadas

Monday/lunes		
10am - 11am*	46-48 Fitz St. Lawrence	Food for the World
11am - 3pm	58 Newbury St Lawrence	Bread and Roses
Tuesday/martes		
8:30am -10:30am**	N. Andover North Parish 190 Academy Rd North Andover	The People's Pantry
9am-10:30am	198 South Broadway Lawrence	Neighbors in Need
11am-3pm	58 Newbury St. Lawrence	Bread and Roses
5:30pm -6:30pm	First Church Methuen 26 Pleasant St., Methuen	Neighbors in Need
Wednesday/miercoles		
9am-2pm	242 Hampshire St. Lawrence	Lazarus House
9am-11am	516 Essex St., Lawrence	Food for the World
9am-10:30am	Neil Playstead 188 Lawrence St. Methuen	Neighbors in Need
11am-3pm	58 Newbury St., Lawrence	Bread and Roses
Thursday/jueves		
9am-10:30am	Lawrence Boys & Girls Club 136 Water St, Lawrence	Neighbors in Need
11am-3pm	58 Newbury St., Lawrence	Bread and Roses
3pm-4pm	40 Lawrence St., Lawrence	Lawrence YMCA
4pm-5pm	South Church in Andover 41 Central St., Andover	Neighbors in Need
Friday/viernes		
9am-10:30am	96 E Haverhill St Lawrence	Neighbors in Need
1pm-2pm	35 Common St., Lawrence	Food for the World

every day todos los días	6am-8am	Cor Unum 118 South Broadway, Lawrence
every day todos los días	8:30am-9:30am	Lazarus House 412 Hampshire St, Lawrence
Monday-Friday lunes-viernes	9am-10am	House Of Mercy 85 Bay State Rd, Lawrence
Monday-Friday lunes-viernes	11:30am-1:30pm	House Of Mercy 85 Bay State Rd, Lawrence
every day todos los días	11:30am-1pm	Lazarus House 412 Hampshire St, Lawrence
Monday-Friday lunes-viernes	3pm-4:30pm	Lawrence YMCA 40 Lawrence Street, Lawrence
Monday-Thurs+Sat lunes-viernes+sábado	4pm - 6pm	Bread & Roses 58 Newbury St, Lawrence
every day todos los días	4:30 - 6:30pm	Cor Unum 118 South Broadway, Lawrence

*1st and 3rd Monday of each month

**alternating Tuesdays

*un calendario de despensas
de alimentos y comidas aquí:*

*A google calendar of food pantries
and community meals in greater
Lawrence can be found by scanning
this code or visiting:*



<http://tinyurl.com/everybodyeatscalendar>

meal delivery services

Community Servings

<https://www.servings.org/meal-delivery/>
Community Servings provides home-delivered, medically-tailored meals and nutrition services to individuals and families living with critical and chronic illnesses. Eligibility may vary. Visit website above to apply.



Meals on Wheels

<https://www.lawrencemow.org/> - (785) 830-8844
Residents of Lawrence who are homebound and require certain dietary requirements as prescribed by a doctor may be eligible. Learn more about specific requirements at the website above, or call to apply.

other resources to check out

WE ARE LAWRENCE/SOMOS LAWRENCE

ENG: www.wearelawrence.org/ ESP: www.somoslawrence.org/
Comprehensive collection of resources, updated community events calendar, emergency information not always found on the city's website

BUY NOTHING

<https://buynothingproject.org/>
Buy Nothing is a network of local gift economies. Gift economies offer people a way to give, receive, and lend items instead of buying from a store. You can get to know your neighbors, reduce consumption, and save money!

This page in particular is a work in progress!

Please email additional resources, projects, and information to share and I can add them to the next printing.

I am also looking for help translating more of the zine into Spanish!

 Lawrencecommunityfridge@gmail.com 

community fridges and other mutual aid

A community fridge is a fridge located in a public space to allow members of a community to share food with one another. Unlike traditional food pantries, people are encouraged to add to the fridge or take food out according to their individual needs. There are no limits imposed, no ID or paperwork required, and the fridges are typically open 24/7. Donations are provided by food relief programs, community members, businesses and farms with excess food, and anyone else who would like to help. Community fridges are organized by members of each community as an effort of mutual aid; in solidarity rather than charity.

Lawrence Community Fridge

163 east haverhill st. in lawrence
always open / siempre abierto

take what you need, give what you can
Agarra lo que necesitas, deja lo que no

updates: lawrencefridge.org
instagram: @lawrencecommunityfridge
cashapp: \$LawrenceFridge



The Village Food Hub Community Pantry & Fridge

23 clark rd. in andover
Always open / siempre abierto

more info: <https://bvuc.org/pantry>



scan for a list of other
community fridges across
Massachusetts!

Also check out:

The Really Really Free Market Gilbert St & S. Broadway in South Lawrence

Some food is shared there, as well as books, toys, and other random gifts. Same idea, and overlapping organizers with the Lawrence community fridge. But it's better to not leave perishable food here.



EVERYBODY EATS

FREE FOOD IN LAWRENCE MA

take what you want
take what you need
there is plenty to go around
everything is free

-George Metesky



this zine started in summer 2022.
submissions/feedback/translation help:
lawrencecommunityfridge@gmail.com



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