

food pantries despensas de alimentos



Monday/lunes		
1pm - 3pm	58 Newbury St Lawrence	Bread and Roses
Tuesday/martes		
7am - 10:30am*	N. Andover North Parish 190 Academy Rd. North Andover	The People's Pantry
9am - 10:30am	198 S. Broadway Lawrence	Neighbors in Need
5:30pm - 6:30pm	First Church Methuen 26 Pleasant St. Methuen	Neighbors in Need
Wednesday/miercoles		
9am-11am	516 Essex St. Lawrence	Food for the World
9am - 2pm	242 Hampshire St. Lawrence	Lazarus House
9am - 10:30am	Neil Playstead 188 Lawrence St. Methuen	Neighbors in Need
1pm - 3pm	58 Newbury St. Lawrence	Bread and Roses
Thursday/jueves		
9am - 10:30am	Lawrence Boys & Girls Club 136 Water St. Lawrence	Neighbors in Need
4pm - 5pm	Andover Senior Center 30 Whittier Ct. Andover	Neighbors in Need
Friday/viernes		
9am - 10:30am	96 E Haverhill St. Lawrence	Neighbors in Need
1pm - 3pm	35 Common St. Lawrence	Food for the World

*2nd & 4th Tuesdays / cada dos martes

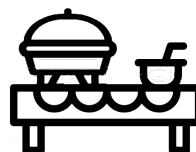
MV YMCA Mobile Food Pantry Truck

For hours and locations,
contact: whernandez@mvyymca.org



Village Food Hub Locker Program

Online ordering 24/7 - Pick up in Andover
For info visit: <http://villagefoodhub.org/>



community meals comidas preparadas

every day todos los días	6am-8am	Cor Unum 118 S Broadway Lawrence
every day todos los días	8:30am-9:30am	Lazarus House 260 Park 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
every day todos los días	11:30am-1pm	Lazarus House 260 Park St, Lawrence
Monday-Thursday lunes-jueves	4pm - 6pm	Bread & Roses 58 Newbury St Lawrence
every day todos los días	4:30 - 6:30pm	Cor Unum 118 S Broadway Lawrence

*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://servings.org/meal-delivery/>

Provides home-delivered, medically-tailored meals to individuals and families living with critical and chronic illnesses.



Meals on Wheels

<https://Lawrencemow.org/> - (785) 830-8844

Residents of Lawrence who are homebound and require certain dietary requirements as prescribed by a doctor may be eligible.

State/Federal Programs for Food Assistance

www.mass.gov/info-details/november-2025-snap-updates

Due to the government shutdown, and President Trump's refusal to fund it, SNAP/food stamps will not be re-filled in November. However, SNAP members will still have access to HIP (\$40-60-80 depending on household size, can only be used for produce at local farmstands and farmers markets). But you must have at least 1¢ left on your SNAP account to use it.

Places you can use HIP:

Groundwork Lawrence Farmers Market

50 Island St Entrance B on 11/8, 11/22 @ 10am-4pm

Farmer Dave's

Farmstand open daily 8am-8pm - 437 Parker Road Dracut

HIP CSA Pickup Program @ Andover/N. Andover YMCA

Sign up: farm@farmerdaves.net / (978) 454-3434

Navigating Immediate Hunger:

Speak with a counselor and receive aid information
Project Bread's FoodSource Hotline: (800) 645-8333
Monday-Friday 8am - 7pm and Saturday 10am - 2pm.

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

email: lawrencefridge@riseup.net

cashapp: \$LawrenceFridge

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The Village Food Hub

Community Pantry & Fridge

23 clark rd. in andover
always open / siempre abierto

website: <https://villagefoodhub.org/>



*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.*



other resources to check out

<https://lawrencefridge.neocities.org/everythingisfree>

WE ARE LAWRENCE/SOMOS LAWRENCE

ENG: www.wearelawrence.org/ ESP: www.somoslawrence.org/
*resources, updated community events calendar, and 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!

CRAIGSLIST FREE SECTION

<https://boston.craigslist.org/>

online classified ads with a section of free items people are giving away. There is also a section to request what you are looking for, under "wanted."

LITTLE FREE LIBRARY

<https://littlefreelibrary.org/>

little free libraries book-sharing boxes placed outside and open seven days a week, 24 hours a day. Anyone can leave or take books as they need. the website above provides a map to help you find where they are located.

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.

the most recent version of this zine + a Spanish-language version can be found at lawrencefridge.org in the librarysection



Lawrencefridge@riseup.net



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

EVERYBODY EATS

FREE FOOD IN LAWRENCE MA

toma lo que quieras
toma lo que necesites
hay de todo para todos
todo es gratis



this zine started in summer 2022.
lawrencefridge@riseup.net | lawrencefridge.org



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