

2022

Manchester Winter Food Resource Guide



Food Pantries

NH Food Access Map

Use this link to view map!
<https://bit.ly/NHFoodMap>

Waypoint Youth / Young Adult Resource Center

326 Lincoln Street
Manchester, NH 03103
603 518-4170



The Families in Transition

Address: 176 Lake Ave, Manchester, NH 03103
PN; 603-641-9441 x 221
Hours: Monday: 1-4 pm, Tuesday-Friday: 10 am -12 pm and 1 pm – 4 pm
Any resident of Manchester is eligible

Food for Children, Inc

Address: JFK Coliseum Parking Lot, Beech Street/Valley Street, Manchester, NH 03102
Website: <https://www.foodfc.org/>
Hours: Food distribution every Saturday.

NH Food Bank

Address: 700 East Industrial Park Drive, Manchester, NH 03109
PN: 603-669-9725
Website: www.nhfoodbank.org
Services: Visit the website to identify a local food pantry near you

Roca Kidz Club

Address: 222 Cedar Street, Manchester, NH 03103
Address: 140 Wilson Street, Manchester, NH 03103
Website: www.rocakidzclub.com
Hours: Offers a free meal for kids of all ages on Thursdays at 6pm.

Food Stamps/EBT/SNAP

Phone: 603-271-9700
Website: www.dhhs.nh.gov/dfa/foodstamps/index.htm
Services: The Food Stamp Program is about good nutrition Call for more info.



Salvation Army Kids Café

Address: 121 Cedar Street, Manchester, NH 03101
Phone: 603-627-7013
Website: nne.salvationarmy.org/manchester/kids-cafe
Hours: Call for hours

UNH Cooperative Extension Nutrition Connection Program

Phone: 603-536-3720
Website: <https://extension.unh.edu/health-well-being/nutrition-education/nutrition-connections>
Services: Offers no-cost, hands-on nutrition education programs

Women, Infants & Children (WIC)

Address: Southern NH Services, 40 Pine Street, Manchester, NH 03108
Phone: 1-800-256-9880
Website: snhs.org/programs/health-food-nutrition/women-infants-and-children-wic/
Hours: Call for hours

Commodity Supplemental Food Program For Seniors

Address: 40 Pine Street, Manchester, NH 03103
Phone: 1-800-256-9880
Website: www.snhs.org/programs/health-food-nutrition/commodity-supplemental-food-program
Hours: Call for hours

Meals on Wheels Food Delivery For Seniors

Address: Main Office, 395 Daniel Webster Highway, Merrimack, NH 03054
Phone: 603-424-9967
Website: www.mealsonwheelsnh.org/services-programs-1
Hours: Call for hours or fill out online application

Salvation Army

Address: 121 Cedar Street, Manchester, NH 03101
Phone: 603-627-7013 x123
Website: nne.salvationarmy.org/manchester
Hours: Every third Thursday from 9am-2pm.
Note: Participants must bring ID and proof of residence. Smaller food bags/snacks also available anytime upon request.



Blessed Sacrament Church

Address: 14 Elm St, Manchester, NH 03103
Phone: 603-622-5445
Hours: Wednesdays, 1pm-3pm.
Website: blessedsacramentnh.org

First United Methodist Church

Address: 961 Valley Street, Manchester, NH 03103
Phone: 603-622-8863
Hours: Tuesdays, 9am-11:30am.
Website: fumcmanchester.org
Note: Doors open at 8am. Please bring proof of NH residency.

Friends of St. Vincent de Paul

Address: 575 Candia Road, Manchester, NH 03109
Phone: 603-622-6510
Hours: Please call to schedule an appointment.
Website: saintpiusxnh.org/

Manchester Church of God

Address: 230 Mooresville Road, Manchester, NH 03103
Phone: 603-289-3428
Hours: First and third Friday of the month. Please call before!
Website: mcognh.com/food-ministry/



Parish of Transfiguration

Address: 107 Alsace Street, Manchester, NH 03102
Phone: 603-628-6859
Hours: Tuesdays & Fridays, 1pm-3pm.
Please call to schedule!
Note: This pantry serves the West Side (03102 zip code) residents.

St. Raphael Parish

Address: 103 Walker Street, Manchester, NH 03102
Phone: 603-623-2604
Hours: Mondays, 6pm-7pm
Website: st-raphaelparish.org/food-pantry-hope-chest/
Note: A client intake form and proof of residence are required.

Sacred Heart Church

Address: 247 South Main Street, Manchester, NH 03102
Phone: 603-668-4004
Hours: Please call to schedule an appointment.
Website: www.sacredheartchurch-nh.com/food-pantry

Shiloh Community Church (items sold at extremely low prices)

Address: 461 Straw Rd, Manchester
Phone: 603-627-7729
Hours: Fridays, 6-8pm.
shilohcommunity.church/food-pantry

2022

Recursos Alimentarios de Invierno en Manchester



Despensas de Alimentos

Mapa de acceso a alimentos de NH

Utilice este enlace para ver el mapa.
<https://bit.ly/NHFoodMap>

Waypoint Centro de recursos para jóvenes / adultos jóvenes

326 Lincoln Street
Manchester, NH 03103
603 518-4170



Las Familias en Transición

176 Lake Ave, Manchester, NH 03103
603-641-9441 x 221
Horas: Lunes: 1-4 pm, Martes-Viernes:
10 am -12 pm and 1 pm – 4 pm
Cualquier residente de Manchester es elegible

Alimentos para Niños, Inc

JFK Coliseum Estacionamiento, Beech Street/Valley Street, Manchester, NH 03102 | www.foodfc.org/
Horario: Distribución de alimentos todos los sábados.

NH Banco de Comida

700 East Industrial Park Drive, Manchester, NH 03109
603-669-9725
www.nhfoodbank.org
Servicio: Visite el sitio web para identificar un punto de comida local cerca de usted

Roca Club de Niños

222 Cedar Street, Manchester, NH 03103
140 Wilson Street, Manchester, NH 03103
www.rocakidzclub.com
Horario: Ofrece una comida gratis para niños de todas las edades los jueves a las 6 pm.

Cupones/EBT/SNAP

603-271-9700
www.dhhs.nh.gov/dfa/foodstamps/index.htm
Servicios: El Programa de Cupones para Alimentos se trata de una buena nutrición. Llame para obtener más información.



Café para Niños del Ejército de Salvación (Salvation Army)

121 Cedar Street, Manchester, NH 03101 | 603-627-7013
nne.salvationarmy.org/manchester/kids-cafe
Horario: Llama para las horas

Programa de Conexión de Nutrición de Extensión Cooperativa de la UNH

603-536-3720
<https://extension.unh.edu/health-well-being/nutrition-education/nutrition-connections>
Servicios: Ofrece programas gratis de educación nutricional prácticos

Programa WIC (Mujeres, Infantes y Niños)

Southern NH Services, 40 Pine Street, Manchester, NH 03108
1-800-256-9880
snhs.org/programs/health-food-nutrition/women-infants-and-children-wic/
Horario: Llama para las horas



Programa de Alimentos Complementarios de Productos Básicos para Personas Mayores

40 Pine Street, Manchester, NH 03103
1-800-256-9880
www.snhs.org/programs/health-food-nutrition/commodity-supplemental-food-program
Horario: Llama para las horas

Meals on Wheels (Entrega de comida para personas mayores)

Main Office, 395 Daniel Webster Highway, Merrimack, NH 03054
603-424-9967
www.mealsonwheelshh.org/services-programs-1
Horario: Llama para las horas o entrega una aplicación en línea

Ejército de Salvación (Salvation Army)

121 Cedar Street, Manchester, NH 03101 | 603-627-7013 x123
nne.salvationarmy.org/manchester
Horario: El tercer jueves del mes de 9am-2pm
Nota: Los participantes deben traer identificación y comprobante de residencia. Bolsas de comida / bocadillos más pequeños también disponibles en cualquier momento a pedido.

Iglesia del Santísimo Sacramento

14 Elm St, Manchester, NH 03103
603-622-5445
Horario: Miercoles, 1pm-3pm.
www.blessedsacramentnh.org

Primera Iglesia Metodista Unida

961 Valley Street, Manchester, NH 03103 | 603-622-8863
Horario: Martes, 9am-11:30am.
www.fumcmanchester.org
Nota: Las puertas se abren a las 8 a. M. Por favor traiga prueba de residencia en NH.

Amigos de San Vicente de Paúl

575 Candia Road, Manchester, NH 03109
603-622-6510
Horario: Por favor llama para hacer una cita.
www.saintpiusnh.org/

Manchester Iglesia de Dios

230 Mooresville Road, Manchester, NH 03103 | 603-289-3428
Horario: Primer y tercer viernes del mes. Por Favor Llama Antes!
mcognh.com/food-ministry/

Parish of Transfiguration

107 Alsace Street, Manchester, NH 03102 | 603-628-6859
Horario: Martes y Viernes, 1pm-3pm.
Por favor llame para hacer una cita!
Nota: Esta braga sirve a los residentes de West Side (código postal 03102).

Parroquia de San Rafael

103 Walker Street, Manchester, NH 03102 | 603-623-2604
Horario: Lunes, 6pm-7pm
st-raphaelparish.org/food-pantry-hope-chest/
Nota: Se requiere un formulario de admisión del cliente y un comprobante de residencia.

Iglesia sagrado corazon

247 South Main Street, Manchester, NH 03102
Phone: 603-668-4004
Hours: Por favor llame para hacer una cita!
www.sacredheartchurch-nh.com/food-pantry



Iglesia de la comunidad de Shiloh (artículos vendidos a precios extremadamente bajos)

461 Straw Rd, Manchester | 603-627-7729
Viernes, 6-8pm.
shilohcommunity.church/food-pantry