

Ascutney Union Church Food  
Cupboard  
5243 Route 5  
Ascutney, VT 05030

Serving residents of Ascutney,  
Weathersfield, Amsden, Perkinsville,  
Greenbush, Weathersfield Center/Bow  
and Windsor. Saturdays 9-10 a.m.  
674-2484

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Great Falls Community Kitchen  
20 Church Street  
Bellows Falls, VT 05101  
Tel: 603.835.6762

Our Place Drop-In Center  
6 Island Street  
Bellows Falls, VT 05101  
Tel: 802.463.2217

Chester-Andover Family Center  
908 Route 103  
South Chester, Vermont 05143  
Tel: 802-875-3236

Black River Good Neighbor  
37B Main Street  
Ludlow, VT 05149  
Tel: 802.228.3663

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Reading-West Windsor Food Shelf  
3456 Tyson Road  
South Reading, VT 05153  
Tel: 802.484.7410

Monday, 2-4 p.m., Thursday, 4-6 p.m.  
484-9792

Weathersfield Food Shelf  
4261 Route 106  
Perkinsville, VT 05151  
Tel: 802-674-2626

Open every Thursday from 2:00PM -  
3:00PM / Location: Route 106 at the  
old Perkinsville Elementary School

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Springfield Family Center  
365 Summer Street  
Springfield, VT 05156  
Tel: 802.885.3646

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Trinity Evangelical Free Church  
Community Food Shelf  
44 North Main Street  
Windsor, VT 05089  
802-674-6781

Tuesday and Thursday, 5-6 p.m.;  
Wednesday, 10:30 a.m. – 12:30 p.m.  
Closed the first week of each month.  
674-6781 [trinitypam4him@gmail.com](mailto:trinitypam4him@gmail.com)

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Upper Valley Haven  
713 Hartford Avenue  
White River Junction  
295-6500  
[www.uppervalleyhaven.org](http://www.uppervalleyhaven.org)

Monday, 8:30 a.m. – 6:00 p.m.;  
Tuesday-Friday, 8:30 a.m. – 4:00 p.m.

Most information from Vermont  
Foodbank, [www.vtfoodbank.org](http://www.vtfoodbank.org)

## Helpful Items for Food Pantries

Want to help a local food pantry restock its shelves? Shelter managers suggest the following food items:

- canned meat and fish
- coffee, tea
- dried fruit
- dry beans
- flour, pancake and baking mixes
- honey, sugar
- hot or cold cereals
- juice
- macaroni and cheese, pasta, rice
- nuts
- peanut butter, jelly
- soup
- spices

Many pantries also welcome personal hygiene items, including:

- combs, shampoo
- deodorant
- laundry detergent
- soap
- tissues
- toilet paper
- toothbrushes and toothpaste

Some also collect food for dogs and cats.