

**Ascutney Union Church Food Cupboard**

5243 Route 5  
Ascutney, VT 05030

Serving residents of Ascutney, Weathersfield, Amsden, Perkinsville, Greenbush, Weathersfield Center/Bow and Windsor. 674-2484

[www.ascutneyunionchurch.org](http://www.ascutneyunionchurch.org)

**Great Falls Community Kitchen**

20 Church Street  
Bellows Falls, VT 05101  
603.835.6762

**Our Place Drop-In Center**

4 Island Street  
Bellows Falls, VT 05101  
463.2217

[www.ourplacefoodvt.com](http://www.ourplacefoodvt.com)

**Chester-Andover Family Center**

908 Route 103  
South Chester, Vermont 05143  
875-3236

[www.chester-andoverfamilycenter.org](http://www.chester-andoverfamilycenter.org)

**Black River Good Neighbors**

37B Main Street  
Ludlow, VT 05149  
228.3663

[www.brgn.org](http://www.brgn.org)

**Reading-West Windsor Food Shelf**

3456 Tyson Road  
South Reading, VT 05153  
484.7250

[www.rwwfoodshelf.org](http://www.rwwfoodshelf.org)

**Weathersfield Food Shelf**

4261 Route 106 (old Perkinsville Elementary School)  
Perkinsville, VT 05151  
674-2626

**Springfield Family Center**

Serving residents of Springfield, North Springfield, and Baltimore

365 Summer Street  
Springfield, VT 05156  
885.3646

[www.springfieldfamilycenter.com/services](http://www.springfieldfamilycenter.com/services)

**Trinity Evangelical Free Church Community Food Shelf**

44 North Main Street  
Windsor, VT 05089  
674-6781

[www.trinitywindsor.com/food-shelf](http://www.trinitywindsor.com/food-shelf)

**Upper Valley Haven**

713 Hartford Avenue  
White River Junction  
295-6500

[www.uppervalleyhaven.org](http://www.uppervalleyhaven.org)

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.