

Local Resources in the Lowell, MA Area

**Food Pantries**

Host	Address	Phone #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Central Food Ministry (Food Pickup only)	370 W, 6th St. Lowell, MA	(978) 454-7445		10AM-1PM	10AM-1PM	10AM-1PM 7-8PM			
Chelmsford Community Exchange	50 Rear Billerica Rd. Chelmsford, MA	978-250-3818			5PM - 8PM	2PM - 4PM	6:30PM - 8PM	Dec - April Noon - 1:30PM	
Christ Church United	1 Bartlett St. Lowell, MA	Call Ahead (978) 590-4512	Emergency pantry, food available by apointment only						
Christ Jubilee Food Pantry	101 Smith St. Lowell, MA	Call Ahead (978) 452-9976					1PM - 2PM		
Community Christian Fellowship	105 Princeton Blvd. Lowell, MA	Call Ahead (978) 934-9414 X117			10AM - 1:30PM 1st Wed. of Mo.				
Dharma Food Pantry	144 Merrimack St. Suite 401, Lowell MA	978-470-4775						3PM - 5PM	
Dracut Food Pantry	1934 Lakeview Ave. Dracut, MA	(978) 957-8600						9AM - Noon 4th Sat. of Mo.	
Dwelling House of Hope	125 Mt. Hope St. Lowell, MA	(866) 674-9988						10AM - Noon	
Hope Dove	117 Perry St. Lowell, MA	(978) 770-2406				11AM-1PM		9:30AM - 12:30PM	
Lowell Public Schools	43 Highland St. Lowell MA		<i>Selected</i>	<i>dates</i>	<i>throughout</i> 2:30 - 3:30PM	<i>the</i>	<i>school</i>	<i>year</i>	
Merrimack V. Catholic Charities	70 Lawrence St. Lowell, MA	(978) 452-9946	1PM - 3:30PM	1PM - 3:30PM	1PM - 3:30PM	1PM - 3:30PM			
Open Pantry Greater Lowell	13 Hurd St. Lowell, MA	(978) 453-6693	9AM - 12PM	9AM - 12PM	9AM - 12PM 5:30PM - 7PM	9AM - 12PM	9AM - 12PM		
Salvation Army	150 Appleton St. Lowell MA	978-458-3396	9AM - 11AM		9AM - 11AM		9AM - 11AM		
Tewksbury Community Food Pantry	999 Whipple Rd. Tewksbury MA	978-858-2273	Call for Hours						
Westford Food Pantry	20 Pleasant St. Westford MA	978-692-5523	Call for hours						

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Drop-in Spaces & Walk-in Support

Host	Address	Phone #	Description	Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
Living Waters Center of Hope	10 Kirk St. Lowell, MA	(978) 323-4673	Open to anyone		9AM - 1:30PM		9AM - 1:30PM	9AM - 1:30PM	SAT: 9AM - 1PM (2nd and 3rd Sat. of month)
Lowell Senior Center	276 Broadway St. Lowell, MA	(978) 674-1172	Open to seniors ages 60+.	6AM - 4PM	6AM - 4PM	6AM - 4PM	6AM - 4PM	6AM - 4PM	SAT & SUN: 7AM - Noon
Matador	291 Summer St. Lowell, MA	(978) 856-1265	Drop-in Recovery Support Group for persons taking Vivitrol		6:30PM-8PM (2nd and 4th Tues. of Month)				
Pollard Memorial Library	401 Merrimack St. Lowell, MA	978.674.4120	Open to public	9AM - 9PM	9AM - 9PM	9AM - 9PM	9AM - 9PM	9AM - 5PM	SAT: 9AM - 5PM
Recovery Café, Lowell House Inc	555 Merrimack Street , Lowell, MA	978-459-8656	Coming July 2019, Open to anyone with 24+ hours sobriety	TBD	TBD	TBD	TBD	TBD	TBD
Renasance Club, Eliot Community Human Services	176 Walker St, 2nd Floor Lowell MA, 01854	978-454-7944	Open to adults recovering from mental illness - intake required	8AM - 4PM	8AM - 4PM	8AM - 4PM	8AM - 6:30PM	8AM - 6:30PM	SAT: 10AM - 2PM
St. Paul's Kitchen, Eliot Presbyterian Church	273 Summer St, Lowell, MA	(978) 452-3383	Open to anyone	3PM-6PM	3PM-6PM	3PM-6PM	3PM-6PM	3PM-6PM	
The Phoenix Gym	291 Summer Street, Lowell, MA	(617) 417-3378	Open to anyone with 48+ hours sobriety	12:30PM Open Class	3PM-5PM Open Gym 5PM Open Class	12:30PM Open Class	3PM-5PM Open Gym 5PM Open Class	7AM Open Class	
Mass Hire - Career Center of Lowell	107 Merrimack St Lowell, MA	(978) 458-2503	Unemployment Computer Lab open to job seekers	8:30AM - 3:30PM	8:30AM - 7PM	8:30AM - 3:30PM	8:30AM - 3:30PM	8:30AM - 11AM	

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Resource Center, Community TeamWork Inc	17 Kirk St. Lowell, MA	(978) 459-0551	Walk-in for Case Management & Transitional Support	9AM - 5PM	9AM - 5PM	9AM - 7PM	9AM - 5PM	9AM - 5PM	
THRIVE Communities	175 Cabot St. Suite 100 Lowell MA	(978) 483-0211	Walk-in support for persons impacted by incarceration	2PM - 4PM					
Under the Oak Day Shelter, Christ Church United	180 East Merrimack St. Lowell, MA	(978) 459-9631			11AM-2PM				



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Meals Served

Host	Address	Phone #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Life Connections Center	192 Appleton St. Lowell, MA	(978) 677-7401	Lunch: Noon - 2PM	Lunch: Noon - 2PM	Lunch: Noon - 2PM				Lunch: 11AM-12PM
Living Waters Center of Hope	10 Kirk St. Lowell, MA	(978) 323-4673		Breakfast & Lonch: 9AM - 1:30PM		Breakfast & Lonch: 9AM - 1:30PM	Breakfast & Lonch: 9AM - 1:30PM	Breakfast & Lunch: 9AM - 1PM (2nd & 3rd Sat.)	
Lowell Senior Center	276 Broadway St. Lowell, MA	(978) 674-1172	Breakfast & Lunch (Age 60+) 6AM - 4PM	Breakfast & Lunch (Age 60+) 6AM - 4PM	Breakfast & Lunch (Age 60+) 6AM - 4PM	Breakfast & Lunch (Age 60+) 6AM - 4PM	Breakfast & Lunch (Age 60+) 6AM - 4PM	Breakfast & Lunch (Age 60+) 7AM - Noon	Breakfast & Lunch (Age 60+) 7AM - Noon
Lowell Transitional Living Center	189 Middlesex St. Lowell, MA	(978) 458-9888	B: 6:45-8AM L: 11:45-1PM D: 5:45-6:45PM	B: 6:45-8AM L: 11:45-1PM D: 5:45-6:45PM	B: 6:45-8AM L: 11:45-1PM D: 5:45-6:45PM	B: 6:45-8AM L: 11:45-1PM D: 5:45-6:45PM	B: 6:45-8AM L: 11:45-1PM D: 5:45-6:45PM	B: 6:45-8AM L: 11:45-1PM D: 5:45-6:45PM	B: 6:45-8AM L: 11:45-1PM D: 5:45-6:45PM
Pawtucket Congregational Church	15 Mammoth Rd. Lowell, MA	(978) 452-2144						Lunch: 12PM - 1PM	
Salvation Army	150 Appleton St. Lowell MA	978-458-3396		Ages 55+ \$2 Donation Breakfast: 8:30AM-10AM Lunch 11:30AM		Ages 55+ \$2 Donation Breakfast: 8:30AM-10AM Lunch 11:30AM		Lunch All Ages No Donation 1PM - 2PM	Dinner All Ages No Donation 4:30PM
St. Paul's Kitchen, Eliot Presbyterian	273 Summer St. Lowell MA		Dinner: 5PM - 6PM	Dinner: 5PM - 6PM	Dinner: 5PM - 6PM	Dinner: 5PM - 6PM	Dinner: 5PM - 6PM		
Table of Plenty	75 Groton Rd. Chelmsford MA	978-710-8328		Dinner: 5PM - 6PM					
Under the Oak, Christ Church United	1 Bartlett St. Lowell, MA	(978) 459-9631			10AM - 2PM				approx. 11:30 - 12:30 after church service
Renasauce Club MEMBERS, Eliot Community Human Services	176 Walker St, 2nd Floor Lowell MA, 01854	978-454-7944	Breakfast: 8:00 - 8:40am Lunch: 12:15 - 12:45pm	Breakfast: 8:00 - 8:40am Lunch: 12:15 - 12:45pm	Breakfast: 8:00 - 8:40am Lunch: 12:15 - 12:45pm	Breakfast: 8:00 - 8:40am Lunch: 12:15 - 12:45pm Dinner: 5:00pm - 5:30pm	Breakfast: 8:00 - 8:40am Lunch: 12:15 - 12:45pm Dinner: 5:00pm - 5:30pm	Lunch: 12:00- 12:30pm	