

**Waltham Free Food Resources May 4-10 May, 2026**  
**Compiled by WATCH CDC [www.watchcdc.org](http://www.watchcdc.org) \*subject to changes\***

Are you eligible for SNAP benefits? Find out today by making an appointment with Charles River Health Center 617-208-1562 or <https://www.mass.gov/how-to/apply-for-snap-benefits-food-stamps>. Are you eligible for WIC benefits? Call 781-642-7194 to learn more.

**Salvation Army Food Pantry**

**[10-12:00pm]** Each individual or family can get food once a month. Bring photo ID, proof of address (lease, utility bill) and income (paystubs, Social Security letter). 781-894-0413 Food is prepared to go - 33 Myrtle St.

- To Go Meals- 10-12pm Monday-Friday
- Fresh Fruit and Vegetables - Second and fourth Wednesday of the month
- Bread Pantry - 10-12pm Tue., Wed. and Thursdays

**Waltham YMCA Little Free Pantry**

**[Open during business hours/ 7 days a week]** Community pantry. Canned goods, non perishables, canned/ bottled beverages and water available. No membership or registration required. Located in the vestibule of the Waltham YMCA - 725 Lexington St.

**First Lutheran Church Blessing Box [Open 24 hours/7 days a week]** Community Pantry. Canned goods, non-perishable grains, cereals, and pastas. Located outside on the sidewalk facing Weston St but feel free to use the parking lot at 6 Eddy St.

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**Monday, May 4th**

**12:30pm** [Lunch to go for anyone] **The Community Day Center**, 16 Felton St.

**11:15am-12:00pm** [Dine-in or Grab & Go for residents over 60] **Springwell** - Waltham Clark Apts. 48 Pine St. TWO DAY Reservation REQUIRED.

**4:30-5:30pm** [Dinner to go for all] **Bristol Lodge Soup Kitchen, MHSA** - Christ Church Episcopal, 750 Main St.

**Tuesday, May 5th**

**7:30-10:30am** [Hot Breakfast for all, welcome to sit and eat] **Chaplains on the Way** - 50 Church St.

**11:15am-12:00pm** [Dine-in or Grab & Go for residents over 60] **Springwell** - Waltham Clark Apts. 48 Pine St and 174 Moody St. TWO DAY Reservation REQUIRED.

**12:30pm** [Lunch to go for anyone] **The Community Day Center**, 16 Felton St.

**2:30-6pm** [Groceries, toiletries + Senior Hour 1-2pm] **Centre St. Food Pantry** - 11 Homer St., Newton, Lower level of Trinity Church, pick up on Furber Lane. Families must make an appointment. More info at [www.centrestfoodpantry.org/appointments](http://www.centrestfoodpantry.org/appointments)

**4:30-5:30pm** [Dinner to go for all] **Bristol Lodge Soup Kitchen, MHSA** - Christ Church Episcopal, 750 Main St.

**Wednesday, May 6th**

**7:30-10:30am** [Hot Breakfast for all, welcome to sit and eat] **Chaplains on the Way** - 50 Church St.

**9-12pm** [Groceries for anyone] **Bristol Lodge Food Pantry, MHSA** - Christ Church Episcopal, 750 Main St.

**11:15am-12:00pm** [Dine-in or Grab & Go for residents over 60] **Springwell** - Waltham Clark Apts. 48 Pine St. TWO DAY Reservation REQUIRED.

**12:30pm** [Lunch to go for anyone] **The Community Day Center**, 16 Felton St.

**4:30-5:30pm** [Dinner to go for all] **Bristol Lodge Soup Kitchen, MHSA** - Christ Church Episcopal, 750 Main St.

**Thursday, May 7th**

**7:30-10:30am** [Hot Breakfast for all, welcome to sit and eat] **Chaplains on the Way** - 50 Church St.

**11:15am-12:00pm** [Dine-in or Grab & Go for residents over 60] **Springwell** - Waltham Clark Apts. 48 Pine St. TWO DAY Reservation REQUIRED.

**12:30pm** [Lunch to go for anyone] **The Community Day Center**, 16 Felton St.

**4:30-5:30pm** [Dinner to go for all] **Bristol Lodge Soup Kitchen, MHSA** - Christ Church Episcopal, 750 Main St.

**6-7pm** [Free Food, Weather Dependent] **Food Not Bombs, Gardencrest (ReNew)** Corner of Garden Cir. and Middlesex Rd.

**Friday, May 8th**

**11:15am-12:00pm** [Dine-in or Grab & Go for residents over 60] **Springwell** - Waltham Clark Apts. 48 Pine St. TWO DAY Reservation REQUIRED.

**12:30pm** [Lunch to go for anyone] **The Community Day Center**, 16 Felton St.

**4:30-5:30pm** [Dinner to go for all] **Bristol Lodge Soup Kitchen, MHSA**- Christ Church Episcopal, 750 Main St. Double meals on Fridays.

**Saturday, May 9th**

**2-3pm** [Free sandwiches to go] **Compassionate Care Community** - outside The Community Day Center, 16 Felton St. commuter rail side.

**Sunday, May 10th**

**1-4pm** [Free lunch for all] **Temple Beth Israel/Food Not Bombs**, Waltham Commons - 610 Main St. (across the street from the commuter rail station).