

WATCH CDC Food Guide

September 28th -
October 4th



Waltham Free Food Resources September 28th- October 4th, 2026

Compiled by WATCH CDC: 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.

Monday, September 28th

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.

Tuesday, September 29th

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

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

4:30-6pm [\$5 bags of vegetables] **Waltham Fields Community Farm Mobile Outreach Market** - First Parish UU Church, 50 Church St.

Wednesday, September 30th

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.

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.

Thursday, October 1st

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, October 2nd

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

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, October 3rd

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

Sunday, October 4th

2-4pm [Free lunch for all] **Food Not Bombs**, Waltham Commons - 610 Main St. (across the street from the commuter rail station).