

# WATCH CDC Food Guide

September 21st -  
September 27th



## Waltham Free Food Resources September 21st- September 27th, 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, September 21st

**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 22nd

**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.

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

### Wednesday, September 23rd

**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, September 24th

**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.

**1:30pm-5:00pm** [Food pantry for anyone] Healthy Waltham, 101 School St. Please make an appointment from 1:30pm-4:15pm at [www.your-market.org](http://www.your-market.org). Walk-ins served from 4:30-5 PM.

**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, September 25th

**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, September 26th

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

### Sunday, September 27th

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