

Nutrition Resources

This guide highlights trusted nutrition resources that help older adults access healthy meals, fresh produce, and community dining options. It includes food assistance programs, local food pantries, mobile food distributions, and home-delivered meal services that support seniors in maintaining good nutrition.

For guidance, email us at contact@silversource.org or call 203-324-6584

Community Dining

New Covenant Center

Provides daily hot meals, a food pantry, and supportive services for individuals and families in need.

Phone: 203-964-8228

Website: <https://www.ccfairfield.org/project/new-covenant-center/>

Over Sixty Club at St. John's Episcopal Church

Offers social activities and a nutritious lunch program for Stamford residents age 60 and older.

Phone: 203-316-9335

Website: https://seniorcenter.us/sc/over_60_club_stamford_ct

Stamford Senior Center – Senior Lunch Program

Provides affordable, nutritious lunches for adults age 60+ through a congregate meal program.

Phone: 203-977-5151

Website: <https://www.stamfordseniorct.org/>

Food Assistance Programs

Fairgate Farm

A community farm offering fresh, locally grown produce and nutrition education to Stamford residents.

Phone: 203-940-2305

Website: <https://fairgatefarm.com/>

SNAP – Supplemental Nutrition Assistance Program

Provides monthly benefits to help eligible individuals and families purchase nutritious food.

Phone: 855-626-6632

Website: <https://portal.ct.gov/dss/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP>

Food Pantries

Faith Tabernacle Church Food Pantry

Offers groceries and essential food items to individuals and families in need.

Phone: 203-348-8755 ext. 14

Food Bank of Lower Fairfield County

Provides food to local pantries, soup kitchens, and shelters throughout Lower Fairfield County.

Phone: 203-358-8898

Website: <https://www.foodbanklfc.org/food-pantries-and-kitchens>

Freedberg Family Kosher Food Pantry (Schoke Jewish Family Service)

Offers kosher groceries and household essentials to individuals and families in need.

Phone: 203-921-4161

Website: <https://www.ctjfs.org/kosher-food-pantry/>

Person to Person – Stamford

Provides groceries, fresh produce, and emergency food assistance to Stamford residents.

Phone: 203-724-9111

Website: <https://p2phelps.org/events/>

Salvation Army Stamford Food Bank

Offers food assistance, emergency groceries, and support services for individuals and families.

Phone: 203-359-2320

Website: <https://easternusa.salvationarmy.org/southern-new-england/stamford/>

Mobile Food Pantries

Person to Person – Mobile Food Pantry

Provides fresh produce and groceries through mobile distribution sites across Stamford and surrounding towns.

Phone: 203-655-0048

Website: <https://p2phelps.org/what-we-do/#food-assistance>

Schoke Jewish Family Service – Kosher Mobile Food Pantry

Delivers kosher groceries directly to homebound individuals and families in need.

Phone: 203-921-4161

Website: <https://www.ctjfs.org/kosher-food-pantry/>

Home-Delivered Meals

Meals-on-Wheels of Greenwich

Delivers nutritious meals to homebound older adults in Greenwich.

Phone: 203-869-1312

Website: <https://mealsonwheelsofgreenwich.org/contact-us/>

Meals on Wheels of Stamford & Darien

Provides home-delivered meals to older adults who are homebound or unable to prepare meals safely, with daily wellness checks included.

Phone: 203-323-3294

Website: <https://getmealsonwheels.org>

Mom's Meals

Provides home-delivered meals for individuals eligible through Medicaid, Medicare Advantage, or other programs.

Phone: 877-508-6667

Website: <https://www.momsmeals.com/our-food-programs/how-to-qualify/connecticut/>

New Covenant Center / Catholic Charities – Meals on Wheels

Delivers prepared meals to homebound seniors age 60+ in Stamford.

Phone: 203-324-6175

Website: <https://www.ccfairfield.org/project/senior-nutrition-program/>

Pamela & Michael Hirsch Kosher Home-Delivered Meal Program

Provides kosher meals delivered to homebound older adults.

Phone: 203-921-4161

Website: <https://www.ctjfs.org/koshermeals/>