



- 1** 51 James Ave Pantry: take what you need, leave what you can.
- 2** Heineberg Senior Center, 14 Heineberg Rd. VT Food Bank free gleaned produce from local farms, Jul - Nov, Thursdays 10:30-11:30AM. Free produce and pantry items Sat & Sun, 9am - 11am. All welcome.
- 3** Fair Share pop-up, Laurentide Apartments, 65 Cambrian Way. Intervale Center free gleaned produce from local farms, Jul - Nov, Tues 3-5PM.
- 4** 197 North Ave Pantry: take what you need, leave what you can.
- 5** ONE Freedge, Manhattan Dr and Lafountain St. @o.n.e.\_freedge
- 6** COTS daystation, 95 North Avenue, Free meals at lunch; space is open 9am-5pm, Monday-Sunday year round.
- 7** Sara M Holbrook Community Center, 66 North Avenue. VT Food Bank free gleaned produce from local farms, Jul - Nov, Thursdays 8-9:15AM.
- 8** 24 Front St Pantry: take what you need, leave what you can.
- 9** Salvation Army meal distribution, 64 Main St. Free meals Mondays, Wednesdays, Saturdays 5-6pm. Fridays 11am Free Pantry, back door by parking lot. Closed Holidays.
- 10** Decker Towers, 230 St. Paul Street. VT Food Bank free gleaned produce from local farms, Jul - Nov, Fridays 10:30-11:30AM
- 11** 399 S Winooski Ave Pantry: take what you need, leave what you can.
- 12** South Meadows Peoples Farmstand, South Meadow Drive and Baird Street, Fridays ~7PM free vegetables from local farms during the summer months, ~June-Oct.
- 13** Food Not Cops Lunch: prepared meals at parking garage on Cherry Street, across from Walgreens. 1-2PM, open holidays.
- 14** The Peoples Fridge, 32 Hungerford Terrace. Produce and other food available 24/7.
- 15** Spectrum Youth and Family Services, 177 Pearl Street, Monday - Friday, lunch at 12pm; dinner at 5pm, for youth 14-24.
- 16** 125 Elmwood Ave Pantry: take what you need, leave what you can. @lbhpantry
- 17** The Family Room Garden, 20 Allen Street. VT Food Bank free distribution of gleaned produce from local farms, Jul - Nov, Thursdays 10-11AM.
- 18** South Burlington Food Shelf, 356 Dorset Street. Food shelf serving South Burlington residents. Thursdays 4:30-6:30PM Fridays 8-10AM Saturdays 8-10AM
- 19** Boys & Girls Club, 62 Oak Street. VT Food Bank free distribution of gleaned produce from local farms, Jul - Nov, Wednesdays 3-4:30PM.
- 20** 342 N Winooski Ave Pantry: take what you need, leave what you can.
- 21 22** Feeding Chittenden, 228 North Winooski Avenue. Free groceries, 10am - 3:30pm Mon - Fri. Free hot meals, 8:30am - 2:30pm, Mon - Fri. Closed holidays.
- 23** Everyone Eats meals at 180 Intervale Road. Prepared meals made by local restaurants from 4-6PM every Monday.
- 24 25** Fair Share CSA, 180 Intervale Road. Free vegetables July 11-Nov 7 on Mondays, 3:30-6:30pm. Email hannah@intervale.org or call 802-660-0440 ext .120 to sign up. Free pantry items available as well, often.
- 26** Pomeroy Park People's Farmstand, North Street between Booth and School Sts, ~6PM Fridays free vegetables from local farms, June-October.
- 27** 235 Loomis St Pantry: take what you need, leave what you can.
- 28** Feeding Chittenden Mobile Pantry, 32 Mallets Bay Avenue. Free pantry and frozen goods, Wednesdays July-October 4-6PM.
- 29** Fair Share pop-up, 32 Mallets Bay Avenue. Intervale Center

- free distribution of gleaned produce from local farms, Jul - Nov, Wednesdays 4-6PM.
- 30** Winooski Food Shelf, 24 West Allen Street. Food shelf run by United Methodist Church, open every second and fourth Wednesday of the month 1-3PM and every second and fourth Saturday of the month 9:30-11AM.
- 31** Everyone Eats meals at Community College of Vermont (CCV), Winooski. Distribution of prepared meals from local restaurants, Tuesdays 11AM - 3PM.
- 32** 38 S Winooski Ave, First Congregational Church. Free breakfast Saturdays 8-9am, open holidays.
- 33** Odd Fellows Lodge, 1416 North Avenue, Sat and Sun, 9:30-11am, canned and boxed food, clothing.

This map is online: [tinyurl.com/FreeFoodBTV](http://tinyurl.com/FreeFoodBTV)

# Free food in Burlington

All are welcome - come eat!  
No registration required anywhere, unless noted.