

Union County

Food Pantries and Meals


Open to All

*unless otherwise noted


Spring 2025

Compiled by
Nia Melvin, RU '25


Key:



Appointment Required



Bring your ID



Bring your own bags

Little Flower Food Pantry

310 Plainfield Ave, Berkeley Heights
Provides free groceries and toiletries.
Open Saturdays 9-11AM or by appointment
Call 908-464-1585 or email foodpantry.LF@gmail.com for more information..

Nearest bus stop: SMG at Mountain Ave

Emmanuel Cancer Foundation

77 Brant Ave, Suite 304, Clark
Provides free groceries, clothing, toys, household items.
Open Weekdays 10AM-5PM *to pediatric cancer patients (0 -19) and their families.
Call 908-322-4323 ext. 10 or email info@emmanuelcancer.org for more information

Nearest bus stop: Raritan Rd 536'n of Shoprite Way

Cranford Family Care

61 Myrtle St, Cranford
Provides free groceries and diapers
Open Weekdays 9AM-4PM (Fridays change to 9AM-1PM in Summer) *to Cranford residents only
Call 908-276-3530 or email cfamilycare@gmail.com for more information.

Nearest bus stop: Commerce Dr at Myrtle St

Hoot's Market - UCNJ Cranford Campus

MacDonald Hall: 1033 Springfield Ave, Suite A113, Cranford
Provides free groceries. **Open *to UCNJ Students only**
Call 908-709-7139 or email socialworkservices@ucc.edu for more information.

Nearest bus stop: Union College

Elizabeth Salvation Army Temple

1005 East Jersey St, Elizabeth
Soup Kitchen: Weekdays 12-2PM for last 2 weeks of each month
Food pantry: by appointment
Call 908-352-7057 for more information.

Nearest bus stop: E Jersey St at US-1&9

Family Promise Union County

402 Union Ave, Elizabeth

Provides free groceries and housing assistance. **Open Weekdays 9AM-5PM**

Call 908-289-7300 or email info@familypromise.org for more information.

Nearest bus stop: Morris Ave at Irvington Ave

Hoot's Market - UCNJ Elizabeth Campus

Kellogg Building: 40 W Jersey St, Suite 111, Elizabeth
Provides free groceries. **Open *to UCNJ Students only**
Call 908-709-7139 or email socialworkservices@ucc.edu for more information.

Nearest bus stop: W Jersey St at Price St

Jewish Family Services of Central New Jersey

655 Westfield Ave, Elizabeth
Provides free groceries, diapers, formula, toiletries. **Open M, T, W, F 10:30AM-12:30PM and 1:30-3:30PM**
Call 908-352 8375 or email info@jfscentralnj.org for more information.

Nearest bus stop: Westfield Ave at Springfield Rd

St. Mary Assumption Parish

155 Washington Ave, Elizabeth

Provides free groceries. **Open last Sunday of every month, after service *to parishoners only**

Call 908-352-5154 for more information.

Nearest bus stop: Washington Ave at South St

St Joseph Service Center

118 Division St, Elizabeth
. Sandwiches Weekdays 9:15-3:30
Soup Kitchen Saturdays 11:30AM-1
Food Pantry Weekdays 9:30-3:30
***must register for food pantry**
Call 908-354-5456 or email info@sjeliz.org for more information.
<https://www.sjeliz.org/food-distribution-calendar.html>

Nearest bus stop: E Jersey St at Division Stt

Fanwood Presbyterian Church

74 S Martine Ave, Fanwood
Provides free groceries.
Open 3rd Saturday of each month: 9AM-11AM

Call 908-889-8891 or email kesils2@verizon.net for more informaion

Nearest bus stop: South Ave at Martine Ave



5 Loaves Pantry

325 2nd Ave, Garwood

Provides free groceries, call ahead.
Open *by appointment only

Call 908-789-0280 or email office.stannegarwood@gmail.com for more information

Nearest bus stop: North Ave at Center St

St. Theresa’s Food Pantry

541 Washington Ave, 
Kenilworth

Provides free groceries .

Call ahead for food pantry schedule, it is subject to change.

Call 908-272-4444 for more information.

Nearest bus stop: Boulevard at N. 23rd St

Sisters & Brothers

1318 East St Georges Ave,
 Linden 

Open 2nd and 4th Thursday of each month 4pm (may also call if emergency food needed)

Call 908-994-9797 for more information.

Nearest bus stop: Saint Georges Ave at Drake Ave

Our Lady of Peace

111 South St, New
Providence

Provides free groceries. **Open Tuesday 10AM-12PM and 3rd Saturday of each month 9AM-11AM**

Call 908-464-7600 for more information

Nearest bus stop: Central Ave at South St

LINC Community Resource

1441 Springfield Ave, New
Providence

Sign up online for monthly resource distribution:

<https://lincnj.org/access-our-services/>

Call 551-220-4123 or email
info@lincnj.org for more information

Nearest bus stop: Spring St at Central Ave

Bianca FLOWERS

145 Park Ave, Plainfield

Provides free groceries. **Open 2nd, 3rd, 4th Tuesday of every month 10AM-12PM**

Call 908-507-4118 for more information.

Nearest bus stop: Park Ave at East 2nd St

**Crescent Avenue
Presbyterian Church**

716 Watchung Ave, Plainfield
Soup Kitchen 2nd, 3rd 4th Tuesday of every month 11:30AM-12:30PM
Daily food bags given out 9:30-10:30AM

Call 908-756-2468 for more information

Nearest bus stop: Watchung Ave at E 6th St

Community Church of God

417 W Sixth St, Plainfield 

Provides free groceries. **Open 3rd Saturday of each month. *Must call ahead for services or to inquire about emergency food**

Call 908-2795173 for more information

Nearest bus stop: West 5th St at Central Ave

**El Centroo
Hispanoamericano**


525 East Front St, Plainfield

Provides free groceries. **Open Tuesday 10AM-12PM (while supplies last)**

Call 908-753-8730 for more information

Nearest bus stop: East Front St at Richmond Ave

**Hoot’s Market - UCNJ
Plainfield Campus**

 Logos Building: 232 E 2nd St, Suite LG10, Plainfield
Provides free groceries. **Open *to UCNJ students only**

Call 908-709-7139 or email
socialworkservices@ucc.edu for more information.

Nearest bus stop: 3rd St at Church St

New Covenant Church

225 E 7th St, Plainfield

Provides free groceries. **Open 1st and 3rd Saturdays of every month 9AM until food runs out**

Call 908-226-0223 for more information

Nearest bus stop: Watchung Ave at E 6th St

Plainfield Action Services

510 Watchung Ave, Plainfield 


Provides free groceries. **Open Tuesday, Thursday 9AM-5PM. Must call day prior to register and book appointment. Limit (1) visit per month.**

Call 908-753-3519 for more information

Nearest bus stop: Watchung Ave at E 5th St

Salvation Army, Plainfield

615 Watchung Ave, Plainfield

Soup Kitchen Mon, Wed, Thurs 12PM-1PM except last 5 days of month

Food Pantry Tues, Wed, Thurs 9:30-11:30AM

Call 908-756-2595 for more information.

Nearest bus stop: Watchung Ave at E 6th St

St. Bartholomew Food
Pantry

2032 Westfield Ave, Scotch
Plains

Schedule subject to change,
contact the email below for details.

Call 908-322-5192 or email
pvignola01@yahoo.com for more
information

Nearest bus stop: Westfield Ave at Montague Ave

Ren Cares by Renaissance
Church

639 Mountain Ave, Scotch
Plains

Open late Summer/early Fall 2025

Call 908-451-0564 or email
jim.vover@renchurch.com for more
information.

Nearest bus stop: Bell Labs

SHARE Alliance Community
Pantry

37 Church Mall, Scotch Plains

By appointment only, register online:
<https://www.share-alliance.net/our-pantry>

Call 848-221-7163 or email info@SHARE-
Alliance.net for more information

Nearest bus stop: Morris Ave at Mountain Ave

Bridges Outreach

120 Morris Ave, Summit

*Must show demonstrated need
Bag lunch by delivery only,
appointment needed

Call 908-273-0176 or email
info@bridgesoutreach.org for more
information

Nearest bus stop: Broad St at Ashwood Avel

GRACE

100 Morris Ave, Summit

Provides free groceries. Open
Thursdays 11AM-1PM and 4-7PM *to
Summit residents or those with a
connection to the community
center *Subject to change on
holidays

Call 908-259-4744 or email
info@gracegivingreceiving.org for
more information.

Nearest bus stop: Broad St at Park Pl

Loaves and Fishes - St.
Theresa's Church

306 Morris Avenue, Summit

Provides free groceries. Open
Wednesday 7-9AM.

Call 908-277-3700 ext. 3 for more
information

Nearest bus stop: Broad St at Chestnut Ave

Summit YMCA

67 Maple St, Summit

Provides free groceries. Open 2nd and
4th Monday, last Friday of every
month *to residents of Summit or
surrounding area. *Subject to
change, call ahead

Call 908-273-3330 ext. 1174 for more
information

Nearest bus stop: Broad St at Maple St

Warm Hearts @ Beacon
Unitarian Universalist

4 Waldron Ave, Summit

Provides free groceries. Open Mon-
Sat 9AM-1PM *From October 31 to
March 31 Only

Call 908-295-5921 for more
information

Nearest bus stop: Broad St at Summit Ave

Connecticut Farms
Presbyterian Church

888 Stuyvesant Avenue, Union

Provides free groceries. Open 3rd
Saturday of every month 10AM-12PM

Call 908-688-3164 for more
information.

Nearest bus stop: Stuyvesant Ave at Elmwood Ave

Golden Kitchen Food
Pantry

221 Oswald Pl, Vauxhall

Provides free groceries. Open 2nd
Saturday of each month 9AM-2PM
and 4th Wednesday of each month
9AM-12PM

Call 908-687-4008 for more
information

Nearest bus stop: Millburn Ave at Springfield Ave

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Crescent Ave Bags 9:30-10:30AM	Emmanuel Cancer Foundation (10AM-5PM) Cranford Family Care (9AM-4PM) Elizabeth Salvation Army (9-11AM) Family Promise Union County (9A-5PM) Jewish Family Services 10:30-12:30,1:30-3:30 St. Joseph SSC Sandwiches 9:15AM-3:30PM St. Joseph SSC Food Pantry 9:30AM-3PM Crescent Ave Bags 9:30-10:30AM Plainfield Salvation Army Soup Kitchen 12-1 Rahway Food For Friends Food Pantry 8AM-2PM 					