



South Boston Food Access Guide

Across South Boston, local organizations, volunteers, and community members work together to make sure everyone has access to nourishing food. Whether you need groceries for your household or a prepared meal, these programs are rooted in the belief that food is a basic need and that everyone deserves to feel welcomed and supported when seeking help.

This guide highlights food pantries and meal assistance programs that are here to support neighbors with care, dignity, and respect.

South Boston Food Pantries

St. Monica's Food Pantry

331 Old Colony Ave.
617-268-8100

Food Pantry: Thursdays, 9:30AM – 1:00PM in St. Monica's Lower Church Hall

- South Boston Residents – ID Required and another piece of information listing the current address (example: current utility bill, BHA lease, phone bill). This identification must be brought to the Food Pantry every week.
- Please bring your own bag(s)
- First time visitors arrive between 10:30-10:45AM for registration

To donate:

- Online - [St. Monica Food Pantry Ministry](#)
- Write a check payable to St. Monica Food Pantry
- Volunteers needed (if you can lift 60lbs or more)

Questions? Email: smcleod@sbscatholic.org

Fourth Church

340 Dorchester Street
617-268-1281

Food Pantry: 2nd and 4th Tuesdays of each month, 9:30AM-11:30AM

- NO ID required
- Bring a cart if you are walking
- ONE visit per family per week
- Please enter through the lawn on Dorchester Street

To donate:

- Online [please click here](#)
- Write a check payable to Fourth Presbyterian Church
- Food or Volunteer (must be able to lift 60lbs or more), email office@fourthboston.org

Questions? Email: foodpantry@fourthboston.org

South Boston Community Health Center

409 West Broadway
617-269-7500

Food Pantry: Fridays, 9:00AM – 1:00PM

- SB Community Health Center Patients ONLY

For donations or more information, please contact: Susan LaPaglia, sulapagl@sbchc.org, 617-464-7504

South Boston Action Center

424 West Broadway
(617) 269-5160 ext. 110

Food Pantry: Monday, Tuesday & Thursday 8:00AM - 2:00PM, by appointment only

- Open to Boston residents but registration is required.
- Please call Karla Cruz at (617) 269-5160 ext. 110 or email karla.cruz@bostonabcd.org for further information.

Mobile Food Programs

Mobile Market

South Boston Neighborhood House Preschool
1187 Columbia Road (Moakley Park)

Food distribution: 4th Wednesday of each month, 1:30 – 3:00PM

- No ID required
- Bring your own bags
- Fresh produce and shelf-stable items
- All food is free

Fresh Truck(s)

West Broadway BHA, 7 Joyce Hayes Way

- **Wednesdays, 9:30AM - 12:30PM**

MaryEllen McCormack Apts., Sterling Square

- **Thursdays, 9:30AM – 12:30PM**

For visitors:

- Please arrive 30 minutes early to get your ticket number OR ask for a ticket when you arrive.
- We accept all payment methods, including EBT/SNAP, HIP, credit and debit cards, cash, Apple Pay, OTC networks, and more. Price of food varies.

Fair Foods

West Broadway BHA, 7 Joyce Hayes Way

- **Wednesdays, 1:30 – 5:00pm**
- \$2 per bag/groceries
- We have no registration and no ID checks. Take as many bags as you need for yourself, friends, or family. Come even if you don't have money; we have never turned anyone away!

Meals for Older Adults

South Boston Neighborhood House

136 H Street

Weekday Lunch: Monday – Friday, 11:30AM – 1:00PM

- Older Adults (55+) and disabled populations
- No ID required
- Cost: \$2.00 (suggested donation) – not required.

Meals on Wheels

To be eligible for this service, you must be:

- Residing within the city of Boston
- At least 60 years of age
- Either temporarily or permanently homebound
- Call our Intake Line at Boston Elder Info at (617) 292-6211
- Email meals@ethocare.org

Resources for All Boston Residents

MA Health Incentives Program (HIP) URGENT: If you keep just \$1.00 of SNAP left on your card, you can still use your HIP benefits to shop at HIP locations, found here: [HIP vendor locator](#)

Watch the video below to learn about HIP:



Project Bread's FoodSource Hotline: 1-800-645-8333

Whether you need help paying for food and don't know where to start or you're simply curious about ways to boost your food budget or save on groceries, let's chat!

City of Boston Office of Food Justice - [list of all food resources](#)

NFAC's Food Resource Guide - Up-to-date food resources across Boston, in multiple languages. Visit vitalcxns.org/food

Food Pantries - Food pantries provide groceries to those in need. Visit gbfb.org/need-food to find your nearest pantry. Call ahead to confirm hours.

Haymarket - Vendors sell highly discounted seafood and produce. Market runs year-round, every Friday and Saturday from 4am-7pm. Bring cash! Visit haymarketboston.org

YMCA Mobile Market - The Mobile Market provides free produce and shelf stable items. The truck visits sites all around the Greater Boston area. All are welcome! Visit ymcaboston.org/mobilemarket