

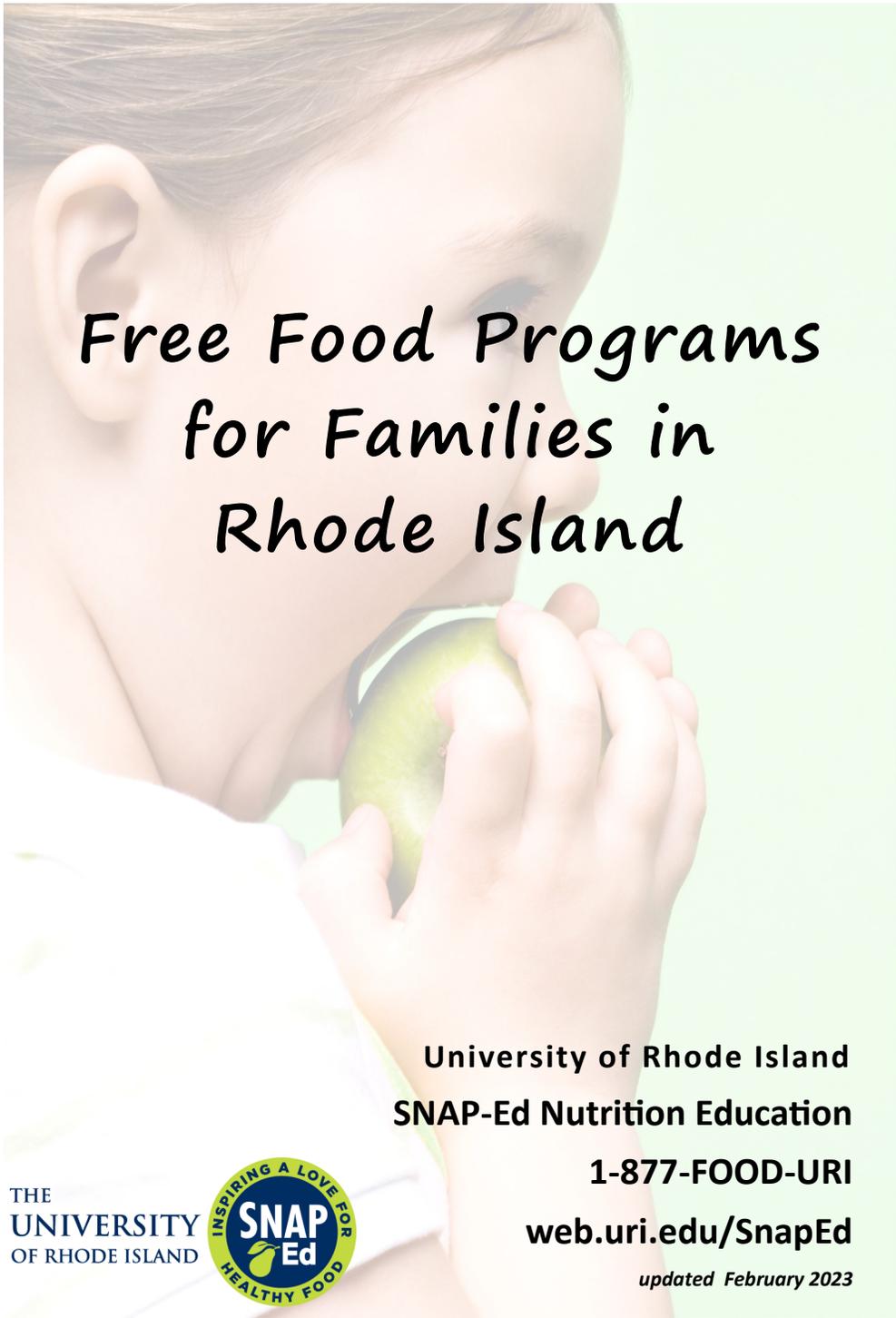
For more low-cost healthy recipes, scan the QR code below to access our website:
web.uri.edu/SnapEd
or call us at 1-877-FOOD-URI



THE
UNIVERSITY
OF RHODE ISLAND



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

A photograph of a young girl with brown hair, wearing a white shirt, eating a green apple. The background is a soft, light green.

Free Food Programs for Families in Rhode Island

University of Rhode Island
SNAP-Ed Nutrition Education

1-877-FOOD-URI

web.uri.edu/SnapEd

updated February 2023

THE
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OF RHODE ISLAND



Free Food Programs for Rhode Island Families

More and more families are worried about the rising cost of food. If you are struggling feeding yourself or your family, there is help.

This booklet contains locations in Rhode Island to find free food. These listings include food pantries, community center meal sites, and churches. **Try to call the pantry/food site before you go in case hours have changed.**

The University of Rhode Island SNAP-Ed program provides free recipes, healthy eating tips, and other helpful information. The number is **1-877-FOOD-URI (1-877-366-3874)** or web.uri.edu/SnapEd.

For questions about SNAP benefits, please call the Rhode Island Department of Human Services (DHS) call center: 1-855-697-4347.

More Food Resources

- **SNAP** provides extra money for food for income-eligible individuals and families. For questions about SNAP or to apply, go to dhs.ri.gov/apply-now or call the RI Department of Human Services (DHS) call center at 1-855-697-4347
- Do you have children under 6 years old? (or are you pregnant or breastfeeding?) **WIC** provides feeding tips as well as healthy foods and infant formula through an eWIC card.
- **RIDE's Child Nutrition Programs** provide free or low-cost healthy meals for children at schools, parks, and community centers all year round.

Call **2-1-1** for more information about any of these food and nutrition assistance programs.

Check out our YouTube video on food resources in RI at youtube.com/@URINutrition

Stretching Your Food Dollar

WHAT CAN \$20 BUY FOR ME? 

Quick Dinner Bag	Price
1 pound pasta	\$1.25
23 oz can pasta sauce	\$1.79
8 oz container grated parmesan cheese	\$4.19
15 oz can peaches	\$1.89
16 oz package frozen mixed vegetables	\$1.79
15.5 oz can pinto beans	\$1.09
1/2 gallon milk	\$3.09
12.5 oz can chicken	\$4.79
Total Price:	\$19.88



Healthy Snack Bag	Price
3 bags popcorn	\$2.59
1 bunch bananas	\$1.52
4 (5.3 oz) containers yogurt	\$2.59
3 pounds gala apples	\$4.99
16.3 oz jar peanut butter	\$2.49
10 oz plain hummus	\$3.99
1 pound fresh carrots	\$1.79
Total Price:	\$19.96



Three Bean Salad

Makes 10 servings, 1/2 cup per serving

Ingredients:

- 1 (14.5 ounce) can cut green beans, drained and rinsed
- 1 (15.5 ounce) can kidney beans, drained and rinsed
- 1 (15.5 ounce) can garbanzo beans (chick peas), drained and rinsed
- 2 stalks celery, diced (about 1 cup)
- 1/4 cup apple cider vinegar
- 1/4 cup canola or olive oil
- 1/8 teaspoon black pepper

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 10	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 6g	
Vitamin A 2%	Vitamin C 4%
Calcium 4%	Iron 8%

Total Cost: \$3.21

Directions:

- 1) In a medium bowl combine green beans, kidney beans, garbanzo beans, and celery.
- 2) In a small bowl, mix together vinegar, oil, and pepper. Pour the vinegar mixture over beans. Toss to mix.
- 3) Cover and refrigerate for at least 2 hours. Gently toss before serving.



Listing of Free Food Locations (info subject to change, call to confirm)



Meal Site



Food Pantry

West Bay

Coventry



Coventry Friends of Human Services
191 MacArthur Boulevard, 02816
Tues 1-4pm, Wed 9am-12pm
Thurs 9am-12pm by appt.
Call first; Coventry residents only
Lower level; Handicapped accessible
401-822-9199



SVDP West Bay Meal Site & Pantry



222 MacArthur Blvd, 02816
Pantry: Sat: 9am-12pm. Serves Coventry.
Guests can visit weekly.
Meal site: Sat 11am-11:30am:
Grab & go meals.
Call for food by appt. 401-828-3090

Cranston



CCAP
311 Doric Avenue, 02910
Mon, Tues, Fri 9:30am-12:30pm & 2-4pm
Wed: 9:30am-12:30 and 2:30pm-6:30pm
Thurs 10:00am-1:00pm
Clients can visit monthly. Serving Cranston, Foster, Coventry, and Scituate residents.
Call first. 401-467-7013
Handicapped Accessible



Edgewood Pawtuxet Food Closet:

Transfiguration Church
1665 Broad Street, 02905
Tues & Fri 9am-10:45am
Wed 5pm-6:15pm (serve 02905 Cranston & Prov)
Clients can come 2x/month
401-461-3146
Handicapped Accessible



Blessed Mother Mary Food Pantry Inc.

181 Princess Ave, 02920
Mon. and Sat. 9am-12pm
Serves 02920 and 02921 residents
401-946-5291
Handicapped accessible
Clients can visit twice per month



Haitian Baptist Church of RI
12 Lincoln Ave, 02920
Fri 10am-12pm
Entrance in back (Grant Ave)
401-944-1440
02920, 02907, 02909, 02910, 02911 residents

East Greenwich



East Greenwich Interfaith Food Cupboard
At St. Luke's church
99 Peirce Street, 02818
Mon, Wed & Fri 10:30am-12:00pm
401-884-4116. 02818 residents only.
Handicapped Accessible. 2x/per month

Warwick



St. Rita's Church Food Pantry
722 Oakland Beach Avenue, 02889
Must register ahead. Call on Mon. for pickup time. Oakland Beach area only.
Emergencies as needed—or once a month
401-738-1800
Handicapped Accessible by request



Westbay CAP MarketPlace
487 Jefferson Blvd, 02886
Mon 9am-3pm, Tues-Fri 9am-3pm
Serves West Warwick, Warwick, East Greenwich residents
401-732-4660 Handicapped Accessible



Cornerstone Church Food Pantry
1990 Elmwood Avenue, 02889
1st & 3rd Sat of the month 9am-11:30am
401-781-6121
Handicapped Accessible



West Warwick Assistance Agency
1293 Main Street, 02893
Mon, Wed & Fri 10am-2pm
Frequency based on SNAP benefits
401-828-0310
Handicapped Accessible



Emmanuel Evangelical Lutheran Church
9 New London Avenue, 02893
Tues 10am-12pm
Serve West Warwick (02893) & Coventry (02816) only
Clients can come weekly
401-821-8888

 **Pilgrim Lutheran Church**
 1817 Warwick Avenue
 (401) 739-2937
 Wed: 10am-11:30am
 Serves Warwick. Guests can visit weekly.
 Handicapped Accessible

 **West Warwick Senior Center Meal Site**
Food Pantry
 145 Washington Street, 02893
 Pantry open on request: call to request
 food assistance.
 401-822-4450
 Handicapped Accessible
 Meal site: Mon-Fri at 12pm

 **SVDP St. Anthony's Soup Kitchen**
 10 Sunset Avenue, 02893
 Mon 10:00am-1:00pm (11:00am for
 coffee only)
 401-821-8342



Pantry Tip: Foods close to their expiration date are still good and may be on sale — use them quickly or freeze for later!

TROPICAL SALSA

Makes 12 (½ cup) servings

Ingredients:

- 1 (15 ounce) can peaches, in 100% juice drained and chopped
- 1 (20 ounce) can pineapple tidbits, drained
- 1 (15 ounce) can black beans, rinsed and drained
- 1 cup diced cucumber
- ½ cup diced red onion
- ¼ cup chopped fresh cilantro
- 2 tablespoons lime juice
- 1 jalapeno pepper, finely chopped (optional)

Total Cost: \$3.88

Directions:

- 1) Make sure all canned fruit is drained well.
- 2) In a large bowl, gently combine all ingredients.
- 3) Serve with baked tortilla chips, or on top of chicken, quesadillas, or tacos.



Crispy Tuna Patties

Makes 4 servings, 1 patty per serving

Ingredients:

- 1 (5 ounce) can tuna, packed in water, drained
- ¼ cup diced onion
- ⅓ cup shredded or diced vegetables (like carrots, celery, peppers, or zucchini)
- 2 tablespoons Italian salad dressing
- 1 teaspoon garlic powder
- 1 large egg, beaten
- ⅓ cup plain bread crumbs
- 2 teaspoons olive oil

Directions:

- 1) Stir tuna, onion, vegetables, dressing and garlic powder in a bowl. Mix in the beaten egg.
- 2) Stir the bread crumbs into the mixture. Let the mixture rest for 5 minutes.
- 3) Make into 4 patties.
- 4) In a skillet, heat olive oil to medium heat. Cook the patties on each side for about 2-3 minutes, until browned.



Nutrition Facts

Serving Size 1 patty	
Servings Per Container 4	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 250mg	10%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 11g	
Vitamin A 8%	Vitamin C 25%
Calcium 2%	Iron 4%

Total Cost: \$2.04

Black Bean Burgers

Makes 4 servings, 1 burger per serving

Ingredients:

- Non-stick cooking spray
- 1 (15.5 ounce) can low-sodium black beans, drained and rinsed
- 1 cup shredded reduced fat cheddar cheese
- ½ cup whole wheat bread crumbs
- ⅓ cup chopped red bell pepper
- ¼ cup chopped fresh cilantro
- 1 large egg, lightly beaten
- 1 tablespoon chili powder
- 4 cloves garlic, minced (2 teaspoons)

Nutrition Facts	
Serving Size 1 burger	
Servings Per Container 4	
Amount Per Serving	
Calories 180	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 460mg	19%
Total Carbohydrate 25g	8%
Dietary Fiber 7g	28%
Sugars 2g	
Protein 15g	
Vitamin A 25%	Vitamin C 30%
Calcium 15%	Iron 15%

Total Cost: \$4.81

Directions:

- 1) Preheat oven to 375° F or spray skillet with non-stick spray if using stovetop.
- 2) Mash half of the black beans with a potato masher.
- 3) Add rest of beans, cheese, whole wheat bread crumbs, red pepper, cilantro, egg, chili powder, and garlic.
- 4) Work mixture together with hands until it holds together easily.
- 5) Shape into 4 patties. Place on baking sheet and bake for 8 minutes on each side. If using stovetop, cook for 4 minutes on each side.



Meal Site  Food Pantry 

East Bay

Barrington

-  **Tap-In**
281 County Road, 02806 (below library)
Mon-Fri 9am-12pm
East Bay only: Clients can visit 2x per month
401-247-1444

Bristol

-  **East Bay Food Pantry**
532 Wood Street
Wed 10am-6:30pm Handicapped Accessible.
Produce on Fri 10am-3pm only
Food 4 Kids: Fridays 10am-2pm
Need proof of ID, no appointment necessary
(401) 396-9490. Guests can visit twice monthly
Serves Newport, Bristol, and EP

East Providence

-  **East Bay CAP**
100 Bullocks Point Avenue, 02915
Mon: 8am-4pm
Thurs: 8am-6pm
Fri: 8am-12pm
Guest can visit 2x per month
401-437-1000
Handicapped accessible

-  **Bread of Life Food Pantry at Newman Congregational Church**
100 Newman Avenue, 02916
2nd & 4th Tues 5pm-7pm
ID needed
401-434-4742

Riverside

-  **Good Neighbors**
55 Turner Avenue, 02915
-  **Pantry-** Wed: 9am-12pm, Last Sat. of month: 9am-12pm Handicapped accessible.
Meal site: Mon-Fri 9am-1pm
Parking/entrance on Dorr Avenue in back
401-433-0045. Serves EP residents.

Newport

-  **Community Baptist Church Meal Site**
40 Dr. Marcus Wheatland Boulevard, 02840
Sat: 4pm-4:45pm
401-846-3086. Handicapped accessible
Serves 02840 and 02842. Masks required

East Bay CAP/Newport

-  19 Broadway, 02840
Mon 11am-4pm
Tues 9am-2pm
Thurs 9am-2pm
401-847-7821
Handicapped Accessible
Clients can visit 2x per month

Martin Luther King Center

-  20 Dr. Marcus Wheatland Boulevard 02840 (no mail)
 Mon-Fri 10am-2pm
Wed 4pm-6pm
Meal Site: Mon-Fri 7:30am-8:30am (breakfast)
401-846-4828

Newport Florence Gray Pantry

-  1 York Street, 02840
Mon: 11am-4pm
Tues: 9am-2pm
Wed: 12pm-4pm
Thurs: 1pm-7pm
401-848-6697
Handicapped Accessible

Salvation Army of Newport

-  51 Memorial Boulevard, 02840
 Wed & Fri 9am-1pm
Closed Sat
Meal Site: Fri and Sun: 4pm-4:45pm
401-846-3234

SVDP: St. Joseph, Newport Conference

-  5 Mann Avenue, 02840
Mon: 11:30am-12:30pm
Tues and Wed: 10am-12pm
401-258-5773

Tiverton

-  **East Bay CAP Food Pantry**
1048 Stafford Road, 02878
Tues 9am-2pm
Wed 9am-4pm
401-625-5134
By appointment
Clients can visit 2x per month

Little Compton

Little Compton Food Bank
 115 East Main Rd, 02837
 Fri & Sat 9am-10:30am
 For Little Compton residents & Tiverton
 Located in the rear of the Wellness
 Center. Call for emergency assistance.
 401-592-0403
 Handicapped accessible

Warren

St. Mary of the Bay
 645 Main Street, 02885
 401-245-7000
 Tues 3pm-5pm
 Wed 9am-11am
 Serve East Bay & all other areas
 Entrance on left side of building
 Handicapped Accessible
 Guests can visit weekly

Pantry Tip: Cook and mash a vegetable like squash or canned sweet potatoes and add to dishes like mac and cheese.



Low Cost, Quick and Easy Vegetable Soup

Makes 4 (1 cup) servings

Ingredients:

- 1 (14.5 ounce) can diced or crushed tomatoes (no added salt)
- 1 (14.5 ounce) can low sodium chicken broth
- 1 tablespoon chopped onion
- 1 cup canned kidney beans, rinsed and drained
- 1 (10 ounce) package frozen mixed vegetables
- ¼ teaspoon thyme
- Salt and pepper to taste

Total Cost: \$2.87

Directions:

1. Combine tomatoes and chicken broth in a pan.
2. Heat to a boil.
3. Add onion (or onion powder) and cook on low heat for 5 minutes.
4. Add the beans, the mixed vegetables, and the thyme.
5. Cover and cook over low heat until vegetables are tender (about 10 minutes more).

Tex-Mex Pasta

Makes 6 servings, 1 cup per serving

Ingredients:

- ½ box (8 ounces) whole wheat pasta
- 1 tablespoon unsalted butter
- ½ teaspoon garlic powder
- 2 teaspoons chili powder
- ¼ teaspoon black pepper
- ½ teaspoon salt
- 2 tablespoons flour
- 1 (15 ounce) can diced tomatoes, no salt added, drained
- 1¼ cups fat-free milk
- 1 (15 ounce) can pinto beans, rinsed and drained
- 1 (6 ounce) container plain non-fat yogurt
- 1 cup reduced fat shredded cheddar cheese

Directions:

- 1) Cook pasta according to package directions. Set aside.
- 2) Melt butter in large saucepan. Add garlic powder, chili powder, black pepper, salt, and flour. Cook and stir for 1-2 minutes, until golden brown.
- 3) Add tomatoes, milk, beans, and cooked pasta. Cook for 4-5 minutes, stirring often.
- 4) Mix in yogurt and cheese and stir until melted. Remove from heat and serve.

Nutrition Facts

Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 260	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 450mg	19%
Total Carbohydrate 42g	14%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 16g	
Vitamin A 20%	Vitamin C 20%
Calcium 25%	Iron 15%

Total Cost: \$5.56



Cabbage & Carrot Soup

Makes 12 servings, 1 cup per serving

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, chopped
- ½ teaspoon salt
- ½ teaspoon black pepper
- 4 cups shredded cabbage (⅓ medium head)
- 4 large carrots, sliced
- 1 (28 ounce) can crushed tomatoes
- 1 quart (4 cups) low sodium chicken or vegetable broth
- 1 (15 ounce) can cannellini beans, drained & rinsed

Directions:

- 1) Heat the olive oil in a soup pot on medium heat. Add the onion, salt and pepper. Cook for 5 minutes.
- 2) Add the cabbage and carrots. Cook for another 10 minutes.
- 3) Add the canned tomatoes and broth. Cover the pot, and bring to a boil. Reduce heat to medium-low, cover and cook for 15-20 minutes, or until vegetables are tender.
- 4) Add the beans, heat through and serve.

Nutrition Facts	
Serving Size 1 cup (245g)	
Servings Per Container 12	
Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	19%
Total Carbohydrate 16g	5%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 4g	
Vitamin A 70%	Vitamin C 30%
Calcium 6%	Iron 10%

Total Cost: \$6.82



Meal Site



Food Pantry

Providence



Amos House

460 Pine Street, 02907
 Mon-Fri 7am-8am & 11am-12:30pm lunch
 Sat 11am-12:30pm (except 1st Sat of the month closed)
 401-272-0220



Assumption of the BVM Church

791 Potters Avenue, 02907
 Wed: 10am-12pm
 Open every day upon emergency
 401-941-1248
 (closed July and August)



Camp Street Ministries

190 Camp Street, 02906
 Weds. 11am-1pm & Fri. 12pm-2pm
 Curbside food distributions at this time
 401-421-5474
 Handicapped Accessible



Assembly Pentecostal Church of God Shalom

145 Chad Brown Street, 02908
 Sat 11am-12:30pm
 401-421-5112
 Bring ID
 Clients can visit weekly



Church of the Master

15 Valley Street (no mail), 02909
 Sat 9am-10am
 401-861-5568



Community Food Share

1 Benevolent Street, 02906
 3rd Mon of each month 2:30pm-5pm
 401-421-7970



Ephese SDA Church

857 Eddy Street, 02905
 First 3 Mondays of each month: 9am-11am & Emergencies as needed
 Serves residents from 02903, 02905, & 02907
 401-941-0998
 Clients can visit twice per month.



Epiphany Soup Kitchen at St. Stephen's Church

114 George Street
 Sat 3:30pm-4:30pm
 401-944-3382
 Handicapped Accessible



Family Service Be Safe Program

134 Thurbers Avenue
 (401) 519-2283
 Weekly Delivery only Mon-Fri 8am-4:30pm
 No walk-ins.
 Serves Cranston, Central Falls, Pawtucket, Providence



Federal Hill Food Center

35 Swiss Street, 02909
 Tues-Fri 9am-1pm
 Clients can come 2x a month
 Enter through the back of the building
 Serves 02903, 02908, & 02909
 401-421-1095
 Handicapped accessible



Olneyville Food Center

261 Manton Avenue, 02909
 Tues & Fri 9am-2pm,
 Wed: 9am-1pm
 Thu: 9am-3pm
 Serves 02908 & 02909
 401-714-0057.
 Clients can visit 2x/month



Gateway Healthcare Capital City Community Center

Rudolph Tavares Community Center
 285A Chad Brown Street
 Mon: 9am-2pm,
 Wed: 9:30am-12:30pm
 Use rear door off parking lot
 401-207-4638
 Clients can visit 1x/month
 Bring reusable bags for food.



Holy Ghost Church—SVDP

472 Atwells Avenue
 Sat: 10am-12pm
 401-421-3551

Interfaith Food Ministry
 95 Hathaway Center #61, 02907
 Sat 10am-12pm
 South Elmwood only
 401-965-1854.
 Clients can visit 1x/month

John Hope Settlement House
 7 Thomas Whitten Way (Burgess), 02903
 Thu: 10am-12pm.
 Clients can visit 1x per week.
 401-421-6993

Love and Compassion Adult Day Health Care Center Pantry
 663 Charles Street
 (401) 286-2198
 Tues & Fri: 9am-12pm
 Enter on interior side of building
 Serves residents of 02904

Love Divine Pantry
 Cherubim & Seraphim Church
 28 Candace Street
 Every 3rd Saturday: 12pm-2pm & emergencies
 401-454-0500
 Will deliver in Smith Hill area.
 Handicapped accessible

Maranatha Community Outreach
 1040 Atwells Avenue, 02909
 Fri 9am-12pm
 For 02908 & 02909 residents
 401-521-4860
 Handicapped accessible using front ramp

St. Patrick Church Mary House Pantry
 244 Smith St, 02908
 2nd and 3rd weeks of the month:
 Tues: 4pm-6pm & Thurs: 9am-11am
 Clients can visit once per month
 Meal Site:
 Every Mon of the month 4pm-5pm
 401-274-6286
 Handicapped accessible

Sweet Potato Quesadillas

Makes 1 Quesadilla

Ingredients:

- 1/2 cup cooked, mashed sweet potato*
- 1/4 cup canned low sodium black beans, rinsed & drained
- 2 whole wheat tortillas, 8 inch
- 2 tablespoons chunky salsa
- 2 tablespoons reduced fat shredded cheddar cheese
- Non-stick cooking spray

Total Cost: \$1.80

Directions:

- 1) In a bowl, mash the sweet potato with the beans. Coat a skillet with cooking spray on medium heat.
- 2) Place one tortilla in a skillet. Spread the sweet potato and black bean mixture onto it. Top with salsa and shredded cheese. Cover with another tortilla.
- 3) Cook for 2-3 minutes then flip. Cook for another 2-3 minutes.
- 4) Cut in 4 and serve.

*You can use canned or fresh
 1 (15 ounce) can = 1 1/2 cups
 mashed

Easy Cheesy Chicken & Broccoli

Makes 6 servings, 1 1/2 cups per serving

Ingredients:

- 1 (14.5 ounce) can low sodium chicken broth
- 2 cups instant brown rice
- 1 (16 ounce) bag frozen cut broccoli
- 1 cup cooked, diced chicken or 1 (10 ounce) can chicken, drained
- 1/4 cup parmesan cheese
- 1 cup shredded reduced fat cheddar cheese
- 1/2 teaspoon garlic powder

Directions:

- 1) Place broth in a medium saucepan. Bring to a boil over medium-high heat.
- 2) Stir in rice. Place broccoli and chicken over rice but do not stir in. Cover and cook 5 minutes.
- 3) Remove from heat and let stand, covered, for 5 minutes.
- 4) Stir in cheeses and garlic powder. Let stand, covered, for 5 minutes, then serve.

Nutrition Facts	
Serving Size 1 1/2 cups	
Servings Per Container 6	
Amount Per Serving	
Calories 260	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 330mg	14%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 26g	
Vitamin A 30%	Vitamin C 70%
Calcium 25%	Iron 8%

Total Cost: \$5.74



Recipes

Pasta with Greens & Beans

Makes 8 servings, 1 cup per serving

Ingredients:

- ½ box (8 ounces) whole wheat pasta
- 1 tablespoon vegetable oil
- 1 tablespoon minced garlic
- 1 package (10 ounces) frozen spinach or 1 (14 ounce) can spinach
- 1 (15 ounce) can diced tomatoes, with juice, no salt added
- 1 (15 ounce) can white beans (cannellini), drained and rinsed
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ cup grated parmesan cheese

Nutrition Facts	
Serving Size 1 cup (179g)	
Servings Per Container 8	
Amount Per Serving	
Calories 210	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 280mg	12%
Total Carbohydrate 33g	11%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 10g	
Vitamin A 90%	• Vitamin C 20%
Calcium 15%	• Iron 15%

Total Cost: \$4.23

Directions:

- 1) Cook pasta according to package directions. Set aside.
- 2) Heat oil in large pan. Add garlic and cook on low until soft.
- 3) Add spinach, tomatoes with juice, beans, salt and pepper. When the mixture bubbles, cook on low heat (uncovered) for 5 minutes.
- 4) Add pasta and parmesan to spinach mixture. Toss well and serve.



Providence, continued

McAuley House
 622 Elmwood Ave (no mail), 02907
 Meal site: Mon-Fri 8am-9:30am breakfast and 11:15am-1pm lunch
 Pantry: Mon & Wed: 11am-1:30pm outside under tent. McAuley village residents and house guests only.
 401-941-9013

Our Lady of the Rosary Pantry
 17 Traverse Street (no mail), 02903
 Last Sat of each month 9am-11am
 Last Wed of each month 6pm-8pm
 Not open on holidays
 401-453-0174. Clients can visit 1x per month

Better Lives RI Food Cupboard
 15 Hayes Street, 02908
 Tues-Thurs: 9am-1pm
 Serves all of Providence.
 401-454-7422 Clients can visit 2x per month

Better Lives RI Meal Site
 134 Mathewson Street, 02903 (no mail)
 Fri 3pm-5pm
 Open to all
 401-454-7422

Community Action Partnership of Providence Pantry
 807 Broad St, 02907
 Every 2nd and 4th Wed: 11am-2pm & 4pm-6:30pm for 02907 and 02905 residents.
 401-273-2000 Clients can visit 2x per month.
 Handicapped accessible

Project Outreach
 1520 Broad Street, 02905
 Wed 8am-11am area 02905
 Thurs 8am-11am area 02907
 401-941-2212 (church)

Providence Assembly of God
 353 Elmwood Avenue, 02907
 3rd Fri 11am-12pm
 Meal Site: Wed 5:30pm-7:30pm
 401-461-7210

Providence Spanish SDA Church
 131 Elmwood Avenue, 02907
 2nd & 4th Thurs of the month
 2:30pm-5:30pm
 401-390-4924
 Handicapped accessible

Salvation Army of Providence Corps'
 386 Broad Street, 02907
 Wed: 10am-12pm & 1pm-2:30pm
 Meal Site: Sun 4pm-4:45pm
 401-831-1119 Clients can visit 1x per month
 Handicapped accessible

Silver Lake Community Center
 529 Plainfield Street, 02909
 Mon-Fri 9am-12pm
 Fresh produce distributed May-Nov
 Silver Lake area only
 401-944-8300 Clients can visit 1x per month
 Handicapped accessible

Lighthouse Community Development Corporation
 11 Hawthorne Street, 02907
 2nd & 4th Sat of each month 9am-12pm
 Open to all RI Residents
 401-419-3242
 Handicapped accessible

JCS Louis and Goldie Chester Full Plate Kosher
 1165 North Main Street, 02904
 1st & 3rd Thu and Fri every month
 Only for guests who require kosher diets, call first
 401-621-5374
 Handicapped accessible

DaVinci Center for Community Progress
 470 Charles St., 02904
 Tues & Thurs 10:00am-12:00pm
 Serves 02904 & 02908
 401-272-7474 Clients can visit 1x per month
 Handicapped accessible

Pantry Tip: Drain and rinse canned beans to lower the amount of sodium.

Providence, continued

St. Anthony's SVDP
 549 Plainfield Street, 02909
 Tues, Wed & Fri 10am-11am
 Serve each family monthly
 401-732-6181
 For residents of The Annex & Silver Lake

St. Charles SVDP
 178 Dexter Street, 02907
 Tues 10am-12pm
 Meal Site: Thurs 4pm-5pm
 401-273-1108

St. Edward Food Center
 1001 Branch Ave (no mail), 02904
 Wed 10am-2pm & 5pm-6pm
 North End of Providence only, 02904
 & 02908. Clients can visit weekly
 401-602-1880

St. Peter and St. Andrew Food Pantry
 70 Pemberton Street, 02908
 Sat: 10am-11:30am
 401-272-9649
 Handicapped Accessible

St. Raymond's Church SVDP
 1240 North Main Street, 02904 (no mail)
 Sat 9am-11am
 Clients can visit weekly
 401-602-5363

St. Thomas Church
 65 Fruit Hill Avenue, 02909
 Tues 9am-11:30am 401-272-7118
 Clients can visit monthly

St. Martin de Porres Senior Center Pantry
 160 Cranston St
 Wed: 9am-2pm. Handicapped Accessible
 Serves Providence & senior center
 (401) 735-3880 Guests can visit weekly

Washington Park Community Center
 42 Jillson Street, 02905
 Mon-Fri 10am-1pm for Washington Park
 neighborhood
 Guests can visit monthly
 401-461-6650
 Handicapped accessible

West End Community Center
 109 Bucklin Street, 02907
 Mon-Fri 9am-3pm
 Closed 1st, 2nd & 3rd Thurs of the month
 401-781-4242 Handicapped accessible

Women's Refugee Care
 109 Bucklin Street
 1st, 3rd, 5th Sat: 9am-1pm
 Enter via parking lot on Howard Ave
 Serves 02907 & refugees from Great
 Lakes Region of Africa

North Providence

Tri-County CAP
 11 Emmanuel Street, 02911
 Mon-Fri 9am-3pm
 Serve: NP, Johnston, Smithfield, North
 Smithfield, Burrillville, Glocester
 401-519-1913 Clients can visit monthly
 Handicapped Accessible

Allendale Baptist Church
 545 Woonasquatucket Avenue, 02911
 2nd Wed of the month: 5pm-6:30pm
 (nonperishables only on Wed)
 3rd Sat of the month: 9am-11:30am
 401-261-4044
 Handicapped accessible

Embassy of Christ Church Food Pantry
 649 Woonasquatucket Ave, 02911
 4th Tues 6pm-7:30pm
 2nd Sat 9:30am-11pm
 401-300-9527
 Handicapped accessible.
 Clients can visit 2x per month

Tri-County CAP Volturmo St.
 19 Volturmo Street
 (401) 330-2209
 Mon-Fri 8am-4:30pm.
 Guests can receive food 1x per month
 and for emergencies
 Spanish is spoken and interpreter
 service is available.

Safe Storage Times for Pantry Items



Pantry Item	Shelf Stable	Storage after Opening
Evaporated skim milk (canned)	Stored for up to 6 months	3-4 days in the refrigerator
Dry or canned beans	Stored for up to 1 year	3-4 days in the refrigerator
Meat, poultry, and fish	Use immediately after purchase	Up to 1 year in freezer
Oils & Shortenings	Stored up to 6 months	Safe for 3 months
Non-fat dry milk powder	Stored up to 1 year, unopened	
Canned foods	Stored up to 2-5 years	3-4 days in the refrigerator
Frozen fruits & vegetables (in airtight container)	Stored up to 1 year	
Bread	Stored up to 5-7 days	Up to 6 months in freezer
White Rice (uncooked)	Stored up to 2 years	3-4 days in the refrigerator after cooking
Whole Wheat Flour	Stored up to 3-6 months	6-8 months in the refrigerator
Pasta	Stored up to 2 years	3-5 days in the refrigerator after cooking
Oatmeal	Stored up to 1 year	
Cornmeal	Stored up to 1 year	Up 1 year in the refrigerator
White flour	Stored up to 1 year	Up 1 year in the refrigerator

SVDP St. John Paul II
745 Central Avenue, 02861
Tues 12:30pm-1:30pm
Serves 02681 residents
401-744-5404

St Matthew Trinity Lutheran Food
690 Newport Ave, 02861
Thurs: 9am-12pm
4th Sun 10:30am-11:30am
Serves Pawtucket & Central Falls residents. 401-723-5632
Handicapped accessible

First Baptist Church of Pawtucket
91 Cottage Street, 02860
3rd Sat of the month: 9am-12pm
Must call first.
401-725-7225

Woonsocket

Community Care Alliance
245 Main Street 02895
M,T,W&F 8:30-11:30am & 12:30-4pm
Thurs 8:30-11:30am & 12:30-4:30pm
Social services enrollment required,
Serves Woonsocket residents

New Beginnings Meal Site
24 Hamlet Ave, St. James Episcopal Church, 02895
Mon-Thurs: 11:30am-12:45pm
Dine-in only.
Handicapped accessible
401-356-4066

Connecting for Children and Families
37 Center Street (no mail), 02895
Tues 9am-12pm
Emergencies as needed
401-766-3384

St. Agatha's Church
34 Joffre Avenue, 02895
1st & 3rd Fri of each month
9:30am-11am
Please call first
401-767-2950 (church)

St. Joseph's Cupboard
1200 Mendon Road, 02895
Fri 5:30pm-6pm
Must call Community Care Alliance first
401-766-0626
Handicapped accessible

St. James Episcopal Church
24 Hamlet Avenue, 02895
Mon & Wed 3pm-4pm.
Clients can visit monthly with referral from Community Care Alliance
Pantry located in rear
401-762-2222 (church)

Holy Trinity Church Food Pantry
1371 Park Avenue, 02895
Tues & Thurs 1:30pm-2:30pm
For residents of 02895 and 02896
With referral from Community Care Alliance
Located in backdoor of rectory
401-762-5117.
Clients can visit monthly

Vegetable Challenge

- Make your own salsa using canned diced tomatoes, diced chilies, black beans, corn, and dried cilantro.
- Add frozen broccoli or canned peas to mac and cheese or pasta dishes.
- Add extra canned vegetables to soups, stews, and chili.



South County

Richmond

New Hope Chapel
80 Richmond Townhouse Road, 02812
Tues 8:30am-10am
Fri 6:30pm-7:30pm
Serves Charliho area
401-539-4673

Charlestown

RI Center Assisting those in Need
805 Alton Carolina Road, 02813
Wed 9:30am-11:30am & 6:30pm-7:30pm
Thurs 9:30am-11:30am
Fri 2pm-3pm
401-364-9412 Clients can visit weekly
(Open for emergencies M-F, 9am-4pm)

Narragansett

St. Peter's by the Sea
72 Central Street, 02882
Fri 3pm-5pm
401-783-4623 Clients can visit weekly
Handicapped accessible

North Kingstown

North Kingstown Food Pantry
445 School Street, 02852
Mon-Fri 10am-2pm, call first
NK, Saunterstown, and Exeter residents only
401-885-3663 Clients can visit monthly

Tri- County CAP North Kingstown
415 Tower Hill Rd, 02852
1st & 3rd Thurs of the month 1pm-3pm,
Clients welcome monthly
Handicapped accessible
401-515-2432

Peacedale

Peacedale Jonnycake Center
22 Kersey Road, 02879
Mon: 9am-12pm, Wed: 12pm-6pm, Fri: 9am-2pm. 2nd & 4th Sat: 10am-2pm
Clients can visit 2x/month. 401-789-1559
Serves SK, Narragansett, Block Island, and Jamestown residents.
Handicapped accessible

South Kingstown

New Life Assembly
251 Post Road, 02879
2nd Wed of the month 11:30am-12:30pm
4th Weds of the month 5:30pm-6:30pm
Call first. Serves Washington County.
401-575-3521 Handicapped accessible

Westerly

Jonnycake Center
23 Industrial Drive, 02891 (no mail)
Mon 12pm-3pm, Tues, Wed, Fri: 9am-12pm
Thurs: 9am-12pm and 3pm-6pm.
Sat:9am-12pm.
401-377-8069. Handicapped accessible

W.A.R.M. Shelter
54 Spruce Street, 02891
Every day, lunch 12pm-1pm,
dinner 5:30pm-6:30pm
401-596-9276
Handicapped accessible

SVDP Immaculate Conception
111 High Street, 02891
Mon & Wed: 10am-12:00pm
Clients can visit monthly
401-450-9749
Handicapped accessible

Tri-County CAP Westerly
34 Pond Street, 02891
Last Tues of the month, 1:30pm-3:30pm
Serves N Kingstown, W Greenwich, Exeter,
S Kingston, Narragansett, Richmond,
Charlestown, Hopkinton, Westerly,
Block Island
401-604-0098





Meal Site



Food Pantry

North

Burrillville

 **Burrillville 7th Day Adventist**
854 Victory Highway, 02839 (no mail)
Last Tues of each month
5pm-6:30pm
401-568-5255

 **Our Lady of Good Help SVDP**
1063 Victory Highway, 02839 (no mail)
1st Saturday of each month:
9am-10:30am. 401-762-1834

Central Falls

 **Central Falls Food Pantry at Progreso Latino**
Knights of Columbus: 20 Claremont St.
Wed: 10am-1pm. 401-365-4010
Central Falls residents only
Handicapped accessible

 **St. George's Episcopal**
12 Clinton Street, 02863
Fri 10am-12pm
401-722-9449

Cumberland

 **Lighthouse Community Outreach**
30 Meeting Street, 02864 (no mail)
Mon 3:30pm-6:30pm
Located in Cadillac Mills
Serving Cumberland, Lincoln,
North Smithfield
401-725-0335
Guest can visit 2x a month
Handicapped accessible

 **Northern RI Food Pantry**
1 Angell Road
1st & 3rd Sat of the month
8am-11am
Serves Pawtucket, Woonsocket, Central
Falls, Cumberland, Lincoln, North
Smithfield
401-347-5714

Foster

 **St. Paul the Apostle Church**
116A Danielson Pike, 02825
2nd & 4th Sat 9:30am-11:00am
Located to the right of church
401-647-3664
Serves RI & CT
Handicapped accessible

 **Comprehensive CAP Foster**
181 Howard Hill Road, 02825
Mon-Wed 8:30am-5pm
Thurs 8:30am-11am
Serves Foster and Scituate
401-392-9208 Clients can visit monthly
Handicapped Accessible

Smithfield

 **SVDP St. Phillips Food Pantry**
620 Putnam Pike (no mail), 02828
Wed 1pm-3pm
Sat 9am-10:30am
Serves all of Smithfield and nearby
Johnston, Harmony, N Scituate, N Prov
Guests can visit 2x a month
401-949-2949
Handicapped accessible

 **Ocean State Baptist Church**
Jericho Rd Food Resource Center
600 Douglas Pike
(401) 231-1980
Wed: 3pm-5pm. Sat: 9am-12pm
Guests can visit weekly.

Chepachet

 **Chepachet Union Church**
1138 Putnam Pike, 02814
1st & 3rd Sat of each month:10am-12pm
401-568-2518 Clients can visit monthly.
Handicapped accessible

Harrisville

 **St. Patrick's Food Closet**
45 Main Street, 02830
Every other Mon 5:30pm-7pm
Please call first
Tues if Mon is holiday
Serves Burrillville residents
401-568-5600

Johnston

 **St. Robert Food Closet**
1804 Atwood Avenue, 02919
Thurs 9am-11am 401-231-4987
Serves Johnston residents
Clients can visit once every 5 weeks.

North, continued

Mapleville

 **Western RI Burrillville SDA Shepard's Food Pantry**
854 Victory Highway 02839
Last Tues of each month 5pm-6:30pm
401-568-5255

 **Casa De Oracion Jesus Christ Fountain of Life El Granero Food Pantry**
1025 Plainfield St., 02919
Sat 9am-11:30am
401-556-0664
Handicapped accessible

Lincoln

 **Lime Rock Baptist Church**
1075 Great Road, 02865
Every other Sat: 9am-10am for Lincoln,
Cumberland, Smithfield, N. Smithfield,
Pawtucket, and Central Falls residents
Lincoln residents only: Tues: 4:30pm-5:30pm
Handicapped accessible.
401-334-2999

North Scituate

 **Scituate Food Pantry**
1315 Chopmist Hill Road, 02857
Fri 9am-12pm
Available any other evening by appointment.
Serves only Scituate residents
401-647-2768

 **Trinity Episcopal Church**
249 Danielson Pike (no mail), 02857
Thurs 9am-11am
Clients can come 1x/month
Serves Scituate, Foster & Glocester residents
401-647-2322

Pawtucket

 **Blackstone Valley Emergency Food Center**
75 Benefit Street, 02861
Mon, Wed, Fri: 9am-11:30am
Closed 1st week of the month
Serves Pawtucket, Central Falls, Lincoln, and
Cumberland.
Guests can visit monthly.
401-724-7170
Handicapped accessible

 **BVCAP Food Pantry**
210 West Avenue, 02860
Mon-Fri: 9am-2:30pm,
Thurs: 11am-2:30pm
By appointment only.
401-475-5069
Handicapped accessible

 **Living Hope Assembly of God**
100 Broadway, 02860
2nd & 4th Sat of the month:
9am-10:30am
401-723-2039.
Handicapped accessible
Serves Pawtucket and Central Falls.

 **Salvation Army of Pawtucket**
102 High Street, 02860
Mon-Fri: 9am-3pm
Serves Pawtucket, Rumford, Lincoln,
and Central Falls
Clients can come 2x/month
401-723-9533

 **St. John the Baptist Church**
69 Quincy Avenue, 02860
Last 2 full weeks of the month
Mon 9:30am-11am & 6pm-7pm
Wed 9:30am-11am
401-722-9054.

 **Casa de Oracion Getsemani**
38 Park Street
Sat 9am-11:30am
Pantry entrance on Fountain Street
401-725-5010.
Guests can visit monthly

 **Holy Family Parish**
195 Walcott Street
2nd & 4th Tues 9am-10:30am
Seniors only: 1st & 3rd Tues:9am-
10:30am
Clients can come 2x/month
Entrance through parking lot door
401-724-9190
Handicapped accessible