



# EAST PROVIDENCE FOOD PANTRY RESOURCE

LAST UPDATED: JANUARY 2025



east bay community action program  
THE BRIDGE TO SELF-RELIANCE



Scan the QR code to visit the  
EBCAP Food Pantry webpage.

**NAME:** East Bay Community Action Program (EBCAP) Pantry

**LOCATION:** The Dennis Roy Building, 100 Bullocks Point Ave., East Providence, RI 02915 - Basement Level

**HOURS:** Mondays 12:30PM-4:30PM, Wednesdays 12:30PM-4:30PM, Thursdays 12:30PM-4:30PM

**CONTACT:** 401-437-1000, Ext. 1140

**ACCESSIBLE:** Yes, there is a ramp-accessible door in the parking lot for clients and there is a ramp right outside of the pantry.

**IDENTIFICATION:** Photo ID is needed. Upon initial sign-up for services, any proof of address for additional household members is needed.

**HOW OFTEN CAN SOMEONE VISIT:** 2x per month

**HOW TO SCHEDULE AN APPOINTMENT:** Walk-in only



Scan the QR code to visit  
the Good Neighbors Food  
Pantry webpage.

**NAME:** Good Neighbors Food Pantry

**LOCATION:** 100 Newman Ave., Rumford, RI 02916

**HOURS:** The 2nd and 4th Tuesday of each month from 5PM-7PM.

**CONTACT:** 401-434-4742

**ACCESSIBLE:** Yes, there is a ramp and an elevator on site.

**IDENTIFICATION:** Driver's license or passport is needed.

**HOW OFTEN CAN SOMEONE VISIT:** 1x per month

**HOW TO SCHEDULE AN APPOINTMENT:** Walk-in only

**Pantry hours are subject to change. Please contact each pantry for the most updated hours of operation.**



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HEZs are an initiative of the Rhode Island Department of Health.  
East Bay Community Action Program is the backbone agency for the  
Warren, Bristol, and East Providence HEZs.



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Scan the QR code to visit  
the Good Neighbors Food  
Pantry webpage.

**NAME:** Good Neighbors Community Kitchen and Food Pantry

**LOCATION:** 55 Turner Ave., East Providence, RI 02915

**HOURS:** Wednesdays 9AM-12PM, 3rd Tuesday of each month 5PM-7PM, and last Saturday of each month 10AM-12PM; Dining Room is open Monday to Thursday from 11AM-1PM and Friday 9:30AM-1PM for dine-in or to-go meals.

**CONTACT:** 401- 433-0045; info@goodneighbors/org

**ACCESSIBLE:** Yes

**IDENTIFICATION:** ID or proof of address for the pantry; Everyone is welcome for the meal site.

**HOW OFTEN CAN SOMEONE VISIT:** 2x per month for the pantry; every day for hot meal; one meal per day per person for the community kitchen.

**HOW TO SCHEDULE AN APPOINTMENT:** No appointment is needed during pantry hours, but you can call if you have an urgent food need outside of those hours. Please use the entrance on Dorr Ave.



Scan the QR code to visit  
the East Bay Food Pantry  
webpage.

**NAME:** East Bay Food Pantry & Thrift Shop

**Location:** 532 Wood St., Bristol, RI 02809

**HOURS:** Wednesdays 10AM-6:30PM for shopping, Fridays 10AM-3PM for *Fresh Food Friday* and *Food 4 Kids*.

**CONTACT:** 401-396-9490

**ACCESSIBLE:** yes

**IDENTIFICATION:** Photo ID for all household members or any birthdate confirmation for children under 18.

**HOW OFTEN CAN SOMEONE VISIT:** 2x per Month

**HOW TO SCHEDULE AN APPOINTMENT:** walk-in; please call if picking up an online order and/or receiving mobile pantry delivery.

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**SNAP**



**SNAP-ED**



**EAST BAY COMMUNITY  
ACTION PROGRAM'S  
WIC INFORMATION**



**EAST PROVIDENCE BOYS  
AND GIRLS CLUB**



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