### FREE GROCERIES IN GREATER NEWBURYPORT (COVID-19)

**Monday - Amesbury, Newburyport, West Newbury**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Hours</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Action, Inc.</td>
<td>9:00am-3:00pm</td>
<td>Serves Merrimac, Amesbury, Salisbury, Newburyport, Newbury, Byfield, and West Call before coming. Hallway pickup.</td>
</tr>
<tr>
<td>The Salvation Army</td>
<td>1:00pm-3:45pm</td>
<td>Serves Newburyport, Newbury, West Newbury, Amesbury, Salisbury, and Byfield Call first. Curbside pickup. (2X/month)</td>
</tr>
<tr>
<td>West Newbury Pantry at Council on Aging</td>
<td>9:00am-10:30am</td>
<td>All welcome. Delivery to senior housing avail. Call first. Curbside pickup.</td>
</tr>
</tbody>
</table>

**Tuesday - Amesbury, Newburyport, Salisbury, Rowley**

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<td>Community Action, Inc.</td>
<td>9:00am-3:00pm</td>
<td>Serves Merrimac, Amesbury, Salisbury, Newburyport, Newbury, Byfield, and West Call before coming. Hallway pickup.</td>
</tr>
<tr>
<td>The Pettengill House, Inc. Food Pantry</td>
<td>9:00-2:00 &amp; 4:00-6:00</td>
<td>Serves Amesbury, Groveland, Merrimac, Newburyport, Rowley, Salisbury, Byfield, Newbury and West Newbury Call first. Curbside pickup.</td>
</tr>
<tr>
<td>The Rowley Food Pantry</td>
<td>10:00am-12:00pm</td>
<td>Serves Rowley residents Rectory of First Baptist Church - rear door Every two weeks</td>
</tr>
</tbody>
</table>

**Wednesday - Amesbury, Newburyport, Merrimac, Salisbury**

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<tr>
<td>Our Neighbors' Table at Heritage Towers &amp; Heritage Vale, Amesbury</td>
<td>9:30am-10:30am</td>
<td>Serves Heritage Towers and Heritage Vale residents only 1st and 3rd Wednesdays.</td>
</tr>
<tr>
<td>Our Neighbors' Table Market-Powwow Villa, Amesbury</td>
<td>9:30am-10:30am</td>
<td>Serves Powwow Villa residents only 1st and 3rd Wednesdays</td>
</tr>
<tr>
<td>The Pettengill House, Inc. Food Pantry</td>
<td>9:00-1:00pm</td>
<td>Serves Amesbury, Groveland, Merrimac, Newburyport, Rowley, Salisbury, Byfield, Newbury and West Newbury SENIORS only. Call first, curbside pickup.</td>
</tr>
<tr>
<td>Merrimac Council on Aging</td>
<td>10:30-12 noon</td>
<td>Merrimac residents only. 2nd and 4th Wednesdays delivery of food packages. Must call to request delivery</td>
</tr>
<tr>
<td>The Market at Our Neighbor’s Table</td>
<td>10-4pm - Tel: 978-388-1907</td>
<td>Amesbury, South Hampton, Boxford, Merrimac, Newburyport, Salisbury, Newbury, Byfield, W. Newbury, Groveland, Rowley, Georgetown Call ahead. Curbside delivery</td>
</tr>
</tbody>
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4/1/2020. updates to pennies@penniesforpoverty.org

Updated for COVID 19. Page 1 of 2
| **The Salvation Army** | *Serves Newburyport, Newbury, West Newbury, Amesbury, Salisbury and Byfield*  
40 Water St., Newburyport - Tel: 978-465-0883  
Hours: 1:00pm-3:45pm  
*2X per month. Call ahead. Curbside del.* |
| **Community Action, Inc.** | *Serves Merrimac, Amesbury, Salisbury, Newburyport, Newbury, Byfield, and West*  
44 Friend St., Amesbury - 978-388-2570  
Hours: 11:00am-6:00pm  
*Call ahead. Hallway pickup* |
| **Our Neighbors' Table NBPT** | *Serves Newburyport, Newbury, Byfield and West Newbury. 1X per week*  
Nock Middle School, Low St. NBPT  
Hours: 10:00am-12:00pm  
*Call ahead Curbside delivery* |
| **The Market at Our Neighbors' Table** | *Amesbury, South Hampton, Boxford, Merrimac, Newburyport, Salisbury, Newbury, Byfield, W. Newbury, Groveland, Rowley, Georgetown*  
Jarvis-Taylor Center; 194 Main St., Amesbury  
Hours: noon-6 pm - Tel: 978-388-1907  
1X per week  
*Call ahead. Curbside delivery* |
| **The Rowley Food Pantry** | *Serves Rowley residents - every two weeks*  
153 Main Street, Rowley - Tel: 978-238-6264  
Hours: 5:30pm-7:00pm  
*Rectory of the First Baptist Church - rear door* |
| **The Salvation Army** | *Serves Newburyport, Newbury, West Newbury, Amesbury, Salisbury and Byfield*  
40 Water St., Newburyport - Tel: 978-465-0883  
Hours: 1:00pm-3:45pm  
*Call first. Curbside pickup. (2X/month)* |
| **First Parish Church of Newbury** | *For Newbury, West Newbury, NBPT, Rowley*  
20 High Rd, Newbury, Tel: 978-358-1077  
Hours: 3:00pm-5:00pm  
*Curbside pickup 3-5. Local deliveries. Must pre-order by phone or online by 7 pm Thurs.* |
| **The Market at Our Neighbors' Table** | *Amesbury, South Hampton, Boxford, Merrimac, Newburyport, Salisbury, Newbury, Byfield, W. Newbury, Groveland, Rowley, Georgetown*  
Jarvis-Taylor Center; 194 Main St., Amesbury  
Hours: 9:00pm-3 pm - Tel: 978-388-1907  
1X per week  
*Call ahead. Curbside delivery* |
| **Saturday-Amesbury & Merrimac** |  
**The Market at Our Neighbors’ Table**  
Jarvis-Taylor Center; 194 Main St., Amesbury  
Hours: 9:00pm-1 pm - Tel: 978-388-1907  
1X per week  
*Amesbury, South Hampton, Boxford, Merrimac, Newburyport, Salisbury, Newbury, Byfield, W. Newbury, Groveland, Rowley, Georgetown*  
*Call ahead. Curbside delivery* |
| **ONT/Merrimac Sweetsir Elem School** | *Serves Merrimac residents only*  
104 Church St., Merrimac - 978-388-1907  
Hours: 9:00am-10:30am  
*Call ahead. Curbside delivery. Must pre-order by Friday. First and third Saturdays* |