



**School Administrative
Unit 21**



SAU 21 & 90 LOCAL FOOD ASSISTANCE GUIDE

TOGETHER, WE CAN PUT FOOD ON THE TABLE

WHERE TO RECEIVE

MEALS

Community Kitchen- St. Vincent de Paul

441R Lafayette Road, Hampton
(603-601-2022)

Monday, Tuesday, Thursday, Friday 5PM - 6pm

Seabrook Community Table

103 Lafayette Road, Seabrook
(603-474-9608)

Tuesdays & Wednesdays 5PM - 6PM

PANTRIES

First Congregational Church- Hampton

(603-926-2837)

Monday - Friday 9AM - 12PM

GATHER

124 Heritage Ave, Portsmouth
(603-436-0641)

Monday, Tuesday, Thursday 9AM - 5PM

Wednesday 9AM - 6PM; Fridays 9AM - 1PM

Mobile Market Schedule: [link here](#)

Hampton United Methodist Church

525 Lafayette Road, Hampton
(603-926-2702)

Wednesdays - 9:30AM - 11:30AM

Rockingham Community Action- Seabrook Food Pantry

146 Lafayette Rd, Seabrook
(603-474-3507)

*Monday- Friday 8:30AM - 4:30PM
(closed 12-1pm daily)*

Salvation Army-Hampton

324 Lafayette Ave, Suite 3, Hampton
(603-929-1729)

Monday - Friday 9:45AM - 2PM

St Vincent de Paul Food Pantry-Hampton

289 Lafayette Road, Hampton
(603-929-4427)

*Monday, Tuesday, Thursday, Friday
10AM - 12PM;*

Evening appointments available 6PM - 7PM

Trinity / Hobbs House / Hampton

Community Coalition

200 High St, Hampton
(603-926-4936)

Tuesdays 11AM - 1PM

United Church of Christ Food Pantry

295 Atlantic Avenue, North Hampton
(603-964-8687)

Thursdays 3PM - 5pm

WHERE TO GIVE

At this time, the most effective way to support families is by DONATING TO local food pantries or by contributing financial donations through St. Vincent de Paul. You can flag your donation for SAU 21 & SAU 90.

These DonationS go directly to support SAU 21 and SAU 90 families. Your generosity ensures that assistance reaches those who need it most in a timely and meaningful way.

PLEASE SCAN THE QR CODE to donate.

