

EAT FRESH, EAT LOCAL!

Commit to eating at least 10% fresh and local, find free food sources in our community, and remember to get out and stay physically active.

Farmer's Market

Washington Park, corner of Mitchell/Meridian St
Every Tuesday, 3-6pm from June 11th to October 29th

[Farmer's Market | Groton, CT \(cityofgroton.com\)](#)

(Children First Groton's sponsored Family Day Event at the market will be held August 13th.)

Groton Public Schools Summer Food Program

[Summer Meals - Groton Middle School \(grotonschools.org\)](#)

Please check Groton Public School's Website for the Summer Meals Programs locations (Breakfast and Lunch).

During the school year, please check with Groton Public School's Website about Free and Reduced lunch options:

[FAQ Free and Reduced - Groton Public Schools \(grotonschools.org\)](#)

Get Out, Get Active and Get Healthy!

A Map of Groton Trails and Parks Map Link

[Groton, Connecticut Trails & Trail Maps | TrailLink](#)

GOSA: Groton Open Spaces Association Properties to explore

<http://gosaonline.org/properties/>

Groton Food Locker

[Groton Food Locker \(groton-ct.gov\)](#)

Groton Human Services: 2 Fort Hill Road, Groton

****Monday-Friday Call for Appointment with 24 hours notice**** M-F 8:30am – 4:30pm

Call for appointment @ (860) 441-6760

Food and Nutrition WIC Program

<http://www.tvcca.org/food-nutrition/wic-program>

TVCCA- Groton Satellite:

Groton Human Services: 2 Fort Hill Road, Groton

****Every other Thursday**** 9:00am – 3:30pm (call for calendar)

Call New London office @ (860) 425-6620

Groton Community Meals

[Groton Community Meals \(grotonmeals.org\)](http://grotonmeals.org)

Thrive 55+ (Groton Senior Center): 102 Newtown Road, Groton
Mondays, from 6:00-7:00pm
(860) 441-6785

Thames River Magnet School: 250 Brandegee Avenue, Groton
Wednesdays, from 6:00-7:00 pm
(COMMUNITY DINNER DISTRIBUTION MON AND WED: Drive thru for both, with
congregate meals on Mondays at Thrive 55+ when available)

United Way of Southeastern Connecticut Mobile Food Pantry

[Where to Find Food | United Way of Southeastern Connecticut \(uwsect.org\)](http://www.uwsect.org)

Please check the website link for information on where to access food and when the
Mobile Food Pantry will be at various pick-up locations in Groton.

**For more assistance, please feel free to email us at grotonchildrenfirst@gmail.com
and we will try to help!**