

Food Resources Guide



This guide is compiled by [Randolph Mass in Motion](#). It is meant to share places where Randolph residents may obtain healthy food at no cost, within Randolph or very nearby. At any given time, this list *may not* include all locations providing food, it is updated to include as much as we are aware of at this time.

[Mass in Motion](#) is a statewide movement that promotes opportunities for healthy eating and active living in the places we live, learn, work, and play. The Mass in Motion Municipal Wellness and Leadership program, is an initiative of the Massachusetts Department of Public Health to help lower the risk of chronic disease by making healthy food and an active lifestyle more accessible in communities. The program works to change the way communities do business by helping to shape policies and practices to create environments that:

- Increase access to local fresh foods through farmers markets and community gardens,
- Build and expand open spaces, parks, playgrounds and other places to be active, and
- Create safe opportunities to be physically active.

We welcome your feedback, questions and comments.
Email these to the [Randolph Mass in Motion](#) Coordinator at rmim@randolph-ma.gov

RANDOLPH AREA FOOD RESOURCES GUIDE

LOCATION & ADDRESS	PHONE & WEBSITE	FOOD AVAILABLE	OPEN HOURS	REQUIRED DOCUMENTS	NOTES
First Baptist Church 518 North Main St. Randolph, MA 02368	781-963-6377	Fresh Bread	Sundays 12:30 – 1:00 PM	None	
First Congregational Church 1 South Main St. Randolph, MA 02368	781-986-5588 http://wearechanginglives.org/ministry/missions	Take-Out Tuesdays Hot meals for pick-up	Last Tuesday of every month 5:00 - 6:30 PM	None	
Friendly Food Pantry 1 Turner Lane Randolph, MA 02368	339-987-5577 www.friendlyfoodpantry.org	Fresh fruit Vegetables Grocery staples Frozen meat	Tuesdays 12:30 - 2:30 PM 6:00 - 7:00 PM	Proof of Randolph residence (gas, phone, cable bill or any mail with address & current year) Birth certificates for children under 18 yrs.	Families may visit Once every 2 weeks
InterFaith Social Services 105 Adams St. Quincy, MA 02169	617-773-6203 https://interfaithsocialservices.org/food/	Fresh fruit Vegetables Grocery staples, Frozen meat	Monday- Friday 10:00 -11:45 AM Wednesdays: 10:00 – 11:45 AM Evenings (appointment only)		Make a Wednesday evening appointment: https://bit.ly/isspantry
Meals on Wheels - South Shore Elder Services 350 Granite St. Suite 23030 Braintree, MA 02184	781-848-3910 https://sselder.org/mealsonwheels	Home-delivered meals based on need	Scheduled as needed		Randolph senior citizens, age 60+ yrs. or homebound residents with a disability.

LOCATION & ADDRESS	PHONE & WEBSITE	FOOD AVAILABLE	OPEN HOURS	REQUIRED DOCUMENTS	NOTES
New Jerusalem Evangelical Baptist Church 871 North Main St. Randolph, MA 02368	781-885-3936 Email: newjerusalmeebc@outlook.com	Bag or box of Fresh fruit, vegetables, Grocery staples & Frozen chicken	2nd & 4th Tuesdays, every month 12:00 – 2:00 PM	None	Drive up food distribution
Old Colony YMCA Stoughton Branch Y Community Market 445 Central St. Stoughton, MA 02072	781-341-2016, ext. 277	Food boxes contain staple food items to make healthy meals	Tuesday – Friday 9:00 AM – 4:30 PM If you need food Assistance outside of the hours above, Call to make accommodations.	Register online as a 'New Shopper' at: Y Market-Make an Appointment Intake	Register & Schedule an appointment to pick up a food box. Appointment: Y Community Market at Stoughton
Project Bread FoodSource Hotline	800-645-8333 www.projectbread.org/get-help	Call for information & referrals to local food sources. Multiple Languages available	Monday - Friday 8:00 AM - 7:00 PM Saturday 10:00 AM - 2:00 PM		
Quincy Community Action Programs (QCAP) Southwest Community Food Center 1 Copeland St. Quincy, MA	617-471-0796 https://www.qcap.org/our-programs/food-nutrition/	Households receive one food order per month. Orders include meat, produce, fruits, vegetables & grains.	Mon-Tue-Thu-Fri 9:00 AM - 4:30 PM Wednesday 11:00 AM - 6:30 PM (no morning appointments on Wednesday)		Call 617-471-0796 to make an appointment for a Food order SNAP assistance is available over the phone

LOCATION & ADDRESS	PHONE & WEBSITE	FOOD AVAILABLE	OPEN HOURS	REQUIRED DOCUMENTS	NOTES
(RICC) Randolph Intergenerational Community Center Mobile Food Pantry 128 Pleasant St. Randolph, MA 02368	781-961-0930, option 3	Fresh fruit & vegetables, Grocery staples, milk, eggs, frozen meat	2nd Wednesday , every month 1:00 - 3:00 PM	Randolph Seniors only , age 60+ yrs	For those without transportation, home delivery can be arranged
Supplemental Nutrition Assistance Program (SNAP) Self Help, Inc. 45 Pearl St. Brockton, MA 02301	508-588-0447, Ext.1807 Email: snap@selfhelpinc.org	Provides nutrition benefits to individuals & families to help subsidize food costs	Monday-Friday 8:30 AM -4:30 PM	Call 508-588-0477 or Email: snap@selfhelpinc.org	
Randolph Women, Infant & Children (WIC) 19 North Main St. Randolph, MA 02368	781-961-4206 https://www.mass.gov/locations/randolph-wic-program	Food, nutritional education & support	Mon & Fri: 8:00 AM – 4:00 PM Wed: 8:00 AM – 7:00 PM	Call for help with eligibility, appointments & application	Pregnant, postpartum, nursing women, infants & children under 5 yrs.

Last updated on: 10/31/2025

Compiled by
Randolph Mass in Motion



Follow us Social Media:

[Randolph Mass in Motion| Facebook](#) [@Randolphmassinmotion • Instagram](#)