



LOCAL NUTRITION RESOURCES



SOUTHWEST COMMUNITY HEALTH CENTER (SWCHC)

762 Lindley St, 968 Fairfield Ave
203-330-6000

A nutritionist is available on-site.



OPTIMUS HEALTH CARE

471 Barnum Ave
203-696-3260

A nutritionist is available on-site.



AMERICARES FREE CLINICS

4115 Highland Ave
203-333-9175

A nutritionist is available on-site.



SOUTHWESTERN CT AGENCY ON AGING

1000 Lafayette Blvd
Call CHOICES at 1-800-994-9422 where they work to connect seniors with Meals on Wheels.

Scan to view food bank and pantry locations.



LOCAL FOOD BANKS AND PANTRIES

Various locations
Visit: bridgeportct.gov/foodbanks



THE COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)

The program works to improve the health of low-income persons at least 60 years of age by supplementing their diets with nutritious USDA Foods.

Apply at:
fns.usda.gov/csfp/applicant-recipient



SENIOR CENTERS DWIGHT D. EISENHOWER, EAST SIDE, & BLACK ROCK

Eisenhower- 307 Golden Hill St, 203-576-7993- Meals are served daily for those over 60 yrs of age. Nutritionist visits every 3 months.
East Side- 268 Putnam St, 203-332-4217- Coffee and lunch served daily.
Black Rock- 2676 Fairfield Ave, 203-576-7258- Lunch is served every Friday and one Tuesday per month.

