

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

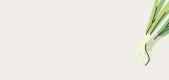
1000 Lafayette Blvd Call CHOICES at 1-800-994-9422 where they work to connect seniors with Meals on Wheels.

> 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/applicantrecipient







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.