



As many households across Connecticut face disruptions in food assistance, we want to make it as easy as possible for our neighbors to find help in their community.



Click [here](#), for United Way's "*211 Search for Resources*" webpage. Enter your (or another Connecticut) zip code where indicated then click the submit button. A listing of food pantries and map will be displayed. Use the scroll bar to view the full listing. You can also refine your search for housing and more.



Get Connected. Get Help.™

If you or you know of someone in need and they do not have access to the internet, *call "211"*.

*Dialing 211 is a free, confidential, multilingual non-emergency helpline that connects individuals to local community services,* including utility assistance, food, housing, healthcare, and more. It is available 24/7 across all 50 states and Puerto Rico, serving as a resource for those in need.

For additional information about United Way of Southeastern CT, visit their [website](#)