



Food and Nutrition Resources

If you do not have enough food to eat tonight or sometimes run out of food for your family the following resources could help you. Accessing these food resources will **NOT** affect your immigration status.

Food Source Hotline: 1 (800) 645-8333

The Project Bread FoodSource Hotline will help you locate a local food pantry. Callers are typically able to receive referrals to food pantries once a month. Assistance is available in 140 languages. The Hotline also provides information on eligibility for the food stamps program and free and low-cost food programs.

Dollar–A–Bag: (617) 288-6185 or (617) 282-0728

Is a program sponsored by Fair Foods, a Dorchester-based group. Through the program local sites sell grocery bags full of fresh food for a dollar per bag. There are many sites throughout Greater Boston. Bring your own grocery bags!

Food Stamps: 1 (800) 249-2007

The Food Stamp Program is a federal program administered in Massachusetts by the state's Department of Transitional Assistance (DTA) to provide benefits to low-income people (children, adults, families and seniors) to buy the food they need for good health. The amount of Food Stamps a person or family receives is based on income resources and household size.

You may also call Project Bread at **(800) 645-8333** or visit their website at www.gettingfoodstamps.org to see if you are eligible.

Women, Infants and Children (WIC): 1 (800) WIC-1007 or (617) 624-6100

WIC is a program that helps pregnant and nursing women, infants and children under the age of 5. WIC provides vouchers that lets families obtain nutritious foods, Farmer's Market coupons for fresh fruits and vegetables and nutritional counseling. Eligibility is based on income although in Massachusetts you are automatically eligible if you receive Transitional Aid to Families with Dependent Children (TAFDC), Food Stamps or MassHealth (Medicaid).

Free and Reduced School Meals (Breakfast and Lunch): (617) 635-9144

Provides meals to students based on family income. Children can be served both breakfast and lunch Monday through Friday. The Universal Breakfast program provides free breakfast to all students, regardless of income. The Summer Food Service Program provides free meals during school vacations at central neighborhood sites. Boston Public Schools participate in these programs and provide healthy free and reduced-price meals to children from low-income families. Every child will bring home an application from his/her school, once completed the application should be returned to the child's school. Children receiving food stamps are automatically eligible.

Rosie's Place Food Cooperative: (617) 442-9322

The Food Cooperative pools together money from individuals and families to buy nutritious, high-quality foods in bulk from wholesalers. As a member you can save 30–50% on food, compared to supermarket prices. Members help out with a task on the day the food is delivered.

Serve New England (formerly SHARE New England): 1 (888) 742-7363

Located at sites across Massachusetts SERVE New England is a food cooperative that offers individuals and families low-cost food in exchange for voluntary community service (2 hours) every month. A basic package costs between \$11 and \$19 and includes approximately \$35 worth of food.

Meals on Wheels: (617) 628-2601

Meals on Wheels provides hot lunches (and bag dinners upon request) for homebound seniors 60 and older. The meals are delivered Monday through Friday.