



## Food and Nutrition Assistance

This handout is an introduction to services in Massachusetts that offers general guidance. Please keep in mind that **these are simplified explanations. We encourage you to read the additional references provided and to discuss your unique situation in more detail** with your social worker or other advocate.

---

### Supplemental Nutrition Assistance Program (SNAP)

If you are found eligible you will be given an electronic account and a plastic debit card called the Mass **Electronic Benefits Transfer (EBT) card** to use to buy food at grocery stores, convenience stores, markets, and co-ops.

#### To Apply for SNAP:

- **Online:** [dtaconnect.eohhs.mass.gov/](https://dtaconnect.eohhs.mass.gov/)
  - **In person:** Currently DTA offices are closed except for **staffed lobby kiosks** to assist those without access to computers. To find your local office, see: [mass.gov/orgs/department-of-transitional-assistance/locations](https://mass.gov/orgs/department-of-transitional-assistance/locations)
- 

### The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

WIC participants receive benefits on an electronic benefits card each month to purchase specific, approved foods. To be eligible, you must be: pregnant, breastfeeding, non-breastfeeding postpartum, or a child under age 5.

#### To Apply for WIC:

- You can apply by phone and some offices are accepting in-person appointments. To find your local WIC office and check their current operating status call 1-800-942-1007 or search here: <https://www.mass.gov/women-infants-children-wic-nutrition-program/locations>. **Online:** [mass.gov/forms/apply-for-wic-online](https://mass.gov/forms/apply-for-wic-online)
- 

### Food Pantries

Food pantries are independent community organizations that provide food staples to those in need. Call Project Bread's FoodSource Hotline at **1-800-645-8333** to find local food pantries.

---

### Fair Foods Inc. Two Dollars a Bag

Each bag offers about twelve pounds of mixed fresh produce for a suggested donation of two dollars. Participants should bring their own bags as well as money. To find your local site see: [fairfoods.org/dollarbag.html](https://fairfoods.org/dollarbag.html).

---

### Project Bread's FoodSource Hotline: 1-800-645-8333

Statewide information and referral service for people facing hunger in Massachusetts.