

Community Food Resources in Massachusetts

HOUSEHOLDS WITH CHILDREN

WIC/Special Supplemental Food Program for Women, Infants and Children:

For low and moderate income pregnant or breast-feeding women, and children under five who are at nutritional risk. CALL 1-800-WIC-1007

Free or Low-Cost School Lunch & Breakfast:

For children in school. CALL your child's school principal for information and an application to the program or call 1-800-645-8333 for information.

Summer Food Service Program:

For children 18 years or younger during the summer months. Free nutritious breakfast, lunch or snacks at local community sites. For more information and site locations, CALL 1-800-645-8333 (Summertime only).

Expanded Food and Nutrition Education Program-UMass Cooperative Extension:

Free nutrition education for low-income families with young children. CALL 1-800-622-3637

HOUSEHOLDS WITH ELDER

Senior Meals: Congregate Meals / Meals on Wheels:

Provides nutritious meals to all seniors 60 years of age or older regardless of income. CALL your local Council On Aging or the State Department of Elder Affairs at 1-800-882-2003.

For more information call:

ALL HOUSEHOLDS

Food Stamps:

For low-income single people and families. For qualification information and application CALL 1-800-645-8333(voice)/1-800-377-1292 (TTY).

SERVE New England:

Low-cost food for those willing to give two hours of voluntary community service. For a site near you CALL 1-888-742-7363.

Farmers' Markets / State Department of Agriculture:

Fresh produce July through November. For locations, CALL 617-727-3000, extension 175.

EMERGENCY FOOD

For a referral to an emergency food pantry or meal site, CALL:

Project Bread FoodSource Hotline: 800-645-8333

In Central Massachusetts you can also call:

Worcester First Call for Help 508-755-1233

In Western Massachusetts you can also call:

Springfield/Open Pantry Inc. (413) 737-5353

The Western Mass Food Bank (413) 247-9738

Pittsfield/BCAC Central Berkshire (413) 445-4505

Project Bread 
FoodSource Hotline
1-800-645-8333

TTY: 1-800-377-1292