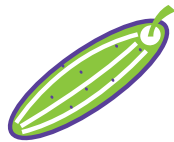




National School Lunch Program

The National School Lunch Program provides nutritionally balanced lunches and snacks to children in participating schools. Depending on your total household income, your child may be able to get meals free or at a reduced rate. If you receive TAFDC, your child is automatically eligible for free meals. Call your child's school for more information or the Department of Education at 781-338-6498.



FoodSource Hotline

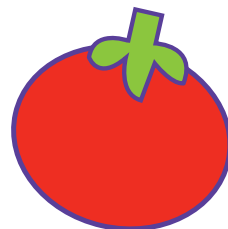
Project Bread is dedicated to alleviating, preventing, and ending hunger in Massachusetts. Project Bread's toll-free FoodSource Hotline has the ability to help people in 140 different languages. Hotline counselors screen callers for food stamp eligibility, help callers access food resources in their communities, and provide information on meal sites for the elderly, meals-on-wheels programs, and other programs supplying free and low-cost food. You can call the FoodSource Hotline at 1-800-645-8333.



Food Banks

Massachusetts' food banks offer emergency assistance to those in need by providing food pantries and other food programs with emergency supplies. Food banks will provide you with a list of pantries and programs in your area where you can get free food on an emergency basis. Call the Project Bread FoodSource Hotline for more information at 1-800-645-8333 or a food bank in your area:

- *Central MA: Worcester County Food Bank*
508-842-3663 www.foodbank.org
- *Eastern MA: Greater Boston Food Bank*
617-427-5200
- *Western MA: The Food Bank of Western MA*
413-247-9738



**Mass "211" Call Center
Information and Referral Line
Or 1-877-211- MASS**



Child and Adult Care Food Program
Department of Education
781-338-6499



Farmers' Market Nutrition Program
Department of Agricultural Resources
617-626-1700



Food Banks
Project Bread FoodSource Hotline
1-800-645-8333

- Central MA: Worcester County Food Bank
508-842-3663 www.foodbank.org
- Eastern MA: Greater Boston Food Bank
617-427-5200
- Western MA: The Food Bank of Western MA
413-247-9738



SNAP Supplemental Nutrition Assistance Program
Transitional Assistance Office (formerly Food Stamp)
1-866-950-FOOD
Project Bread FoodSource Hotline
1-800-645-8333



FoodSource Hotline
Project Bread
1-800-645-8333



National School Lunch Program
Department of Education
781-338-6498



Nutrition Program for the Elderly
Executive Office of Elder Affairs
1-800-882-2003



School Breakfast Program
Department of Education
781-338-6498



Summer Food Service Program
Department of Education
781-338-6499

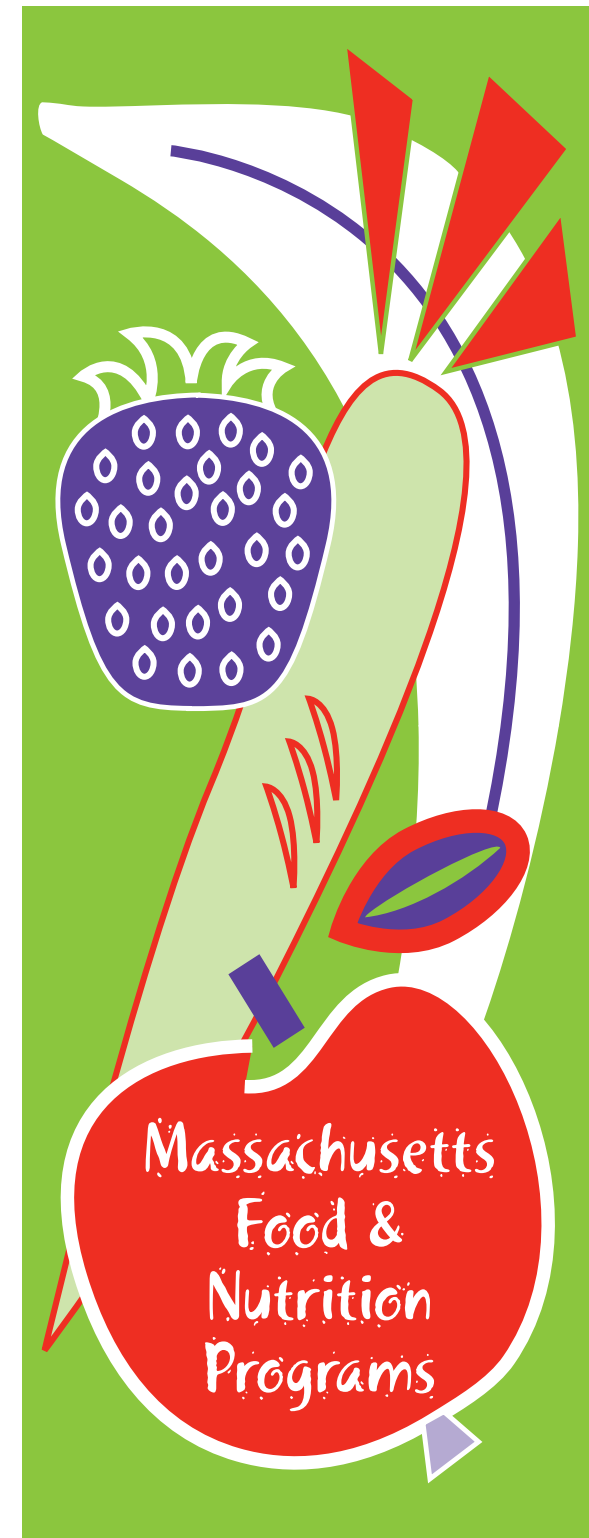


WIC Nutrition Program
Department of Public Health
1-800-WIC-1007



Commonwealth of Massachusetts
Department of Public Health
Bureau of Family Health and Nutrition

'This institution is an equal opportunity provider.'





SNAP
Supplemental Nutrition Assistance Program
 (formally Food Stamp)

The Food Stamp Program helps low-income people buy the food they need for good health. You may be able to get food stamps if you work for low wages, work part-time, are unemployed, receive welfare benefits or other public assistance payments, are elderly or disabled, live on a limited income, or are homeless.

Food stamp benefits are deposited into an account like a bank account. You will be able to buy groceries at most stores with an EBT card, which works like an ATM or credit card. Food stamps can give you greater buying power for the good food you need. For more information, please call or visit your local Transitional Assistance Office at 1-800-950-FOOD or visit www.gettingfoodstamps.org.

Worcester County DTA Offices (SNAP)

- Fitchburg 978-665-8700
- Milford 508-634-7100
- Southbridge 508-765-2400
- Worcester 508-767-3100



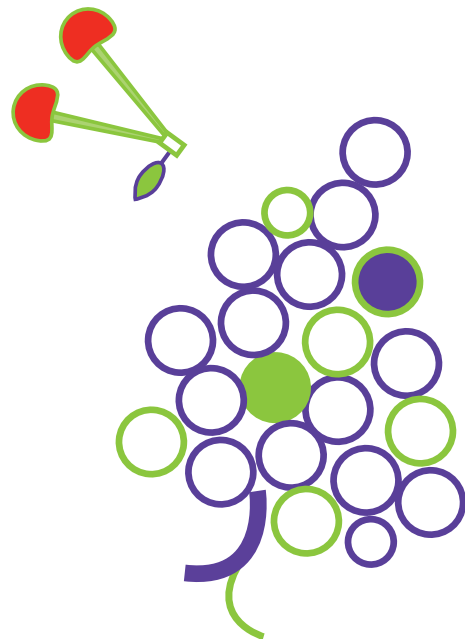
Farmers' Market

The Farmers' Market Nutrition Program provides WIC participants and elders with coupons redeemable for fresh produce at participating Farmers' Markets throughout the growing season - usually July through October. The money from the coupon purchases goes directly to the farmers to support Massachusetts' farms and helps maintain the state's rural, open spaces. Call the Department of Agricultural Resources for more information at 617-626-1700. www.mass.gov/agr/massgrown



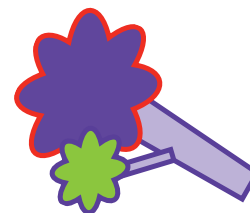
WIC Nutrition Program

The Massachusetts Women, Infants and Children (WIC) Nutrition Program provides nutrition education and counseling, free nutritious food and referrals to health care and other services to low- to moderate-income families with children under five. WIC also provides breastfeeding support, immunization screening and referrals, and distributes coupons for fresh produce redeemable at Farmers' Markets. Pregnant women, breastfeeding mothers, babies and children under five are automatically income eligible for WIC if they currently receive TAFDC, Food Stamps or MassHealth (Medicaid). Mothers, fathers, guardians and foster parents may apply for their children. Call WIC for more information at 1-800-WIC-1007. www.mass.gov/wic



Nutrition Program for the Elderly

The Nutrition Program for the Elderly provides elderly persons with nutritious meals at home through the meals-on-wheels program, at senior centers, or in other congregate settings. Persons 60 years of age and their spouses and disabled individuals living in elderly housing where group meals are served, as well as disabled individuals who live with elderly participants and accompany them to meals, are eligible. Call the Executive Office of Elder Affairs for more information at 617-727-7750.



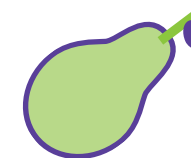
School Breakfast Program

The School Breakfast Program provides healthy breakfasts to children at participating schools. Current studies show the importance of a nutritious breakfast. Any child may purchase a meal through the School Breakfast Program. If your family meets certain criteria, your child may receive free or reduced-price breakfasts. Call your child's school for more information or the Department of Education at 781-338-6498.



Child and Adult Care Food Program

The Child and Adult Care Food Program provides healthy meals and snacks to children and adults receiving daycare at childcare centers, family daycare sites, and adult daycare centers, as well as homeless centers. These meals play a vital role in improving the quality of daycare and making it affordable for many low-income families. Call the Department of Education for more information at 781-338-6494.



Summer Food Service Program

Just as learning does not end when school lets out, neither does a child's need for good nutrition. The Summer Food Program provides free, nutritious meals and snacks to help children in low-income areas receive the nutrition they need to learn, play and grow throughout the summer months. Call the Department of Education for more information at 781-338-6494. www.meals4kids.org

