

IF YOU OR SOMEONE YOU KNOW NEEDS HELP

DURING THE COVID-19 CRISIS

FIND FOOD RESOURCES FOR FAMILIES

SNAP

SNAP, the Supplemental Nutrition Assistance Program, is a federal nutrition program that provides monthly cash benefits to purchase groceries on a plastic EBT card (Electronic Benefits Transfer), which can be used for food purchases at grocery stores, convenience stores, and some farmers markets.

FAQs:

- If you have lost your job or work hours because of COVID-19, you can apply for SNAP at any time.
- All applications will be treated as urgent.
- Applicants will only be interviewed if absolutely necessary to approve their application.
- SNAP cannot be used for grocery delivery services at this time, such as Amazon or Peapod.

How to apply:

- Visit DTA Connect at <https://dtaconnect.eohhs.mass.gov/>
- If you have questions about your eligibility or need assistance with your application, call Project Bread's FoodSource Hotline at 1-800-645-8333.

Project Bread's FoodSource Hotline

Project Bread's FoodSource Hotline is the only comprehensive information and referral service in Massachusetts for anyone facing hunger or needing food assistance.

Toll-free and confidential, [1-800-645-8333](tel:1-800-645-8333). Monday-Friday: 8am-7pm. Saturday: 10am-2pm.

- Information, eligibility pre-screen, and over-the-phone application assistance with SNAP.
- Information on school and summer child nutrition programs for children 0-18.
- Local community resources, such as food pantries and meal services.
- Counselors can assist callers in 160 languages and there is a dedicated line to assist our hearing-impaired community at TTY: 1-800-377-1292.

WIC

WIC is a federal nutrition program that provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

How to apply:

- Parents, grandparents and foster parents may apply for children under the age of five years who are in their care.
- Visit WIC's eligibility page at <https://www.mass.gov/service-details/check-eligibility-for-wic>
- Apply online at <https://www.mass.gov/forms/apply-for-wic-online>
- Families can also call WIC at 617-721-6601 or 1-800-942-1007 Mon - Fri 9am - 5pm.



Free Meals for Kids and Teens

Free meals for kids and teens are available to-go at meal sites across Massachusetts

FAQs:

- **All children** 18 and under, and in some locations up to 21 years old, are eligible to receive meals.
- No registration or ID is required to receive meals and children do not need to be present to receive a meal.
- Depending on the community, meals are served grab and go style at a central location(s), dropped off along bus routes, or through home delivery. Contact your school for more information. Multiple meals may be distributed at one time.

Find meal sites near you:

- Pickup Meals on Mondays and Thursdays from 10AM to 12 PM at:
 - Hollis Elementary School, 482 Washington St, Braintree, MA 02184
 - Ross Elementary School, 20 Hayward St, Braintree, MA 02184

Food Pantries

Food pantries provide free emergency groceries to individuals and families in their local communities.

For the latest information about pantry hours and operations, please visit:

- Greater Boston Food Bank - www.gbfb.org
- Worcester County Food Bank - www.foodbank.org
- The Food Bank of Western Massachusetts - www.foodbankwma.org

For more information, visit www.projectbread.org/covid19

Para información en Español, visite la página www.projectbread.org/comida