

Q & A

Q: What is SNAP ("food stamps")?

A: A program that helps those with low income buy the food they need for good health.

Q: Who qualifies?

A: People who work for low wages, are unemployed or work part-time, receive welfare or other public assistance payments, are elderly or disabled and live on a small income, or are homeless.

Q: Where can I learn more and where can I sign up?

A: SNAP Outreach Center at 366 Somerville Ave. in Somerville, (617) 575-5330, or CEOC, 11 Inman St., (617) 868-2900.

Q: What is WIC?

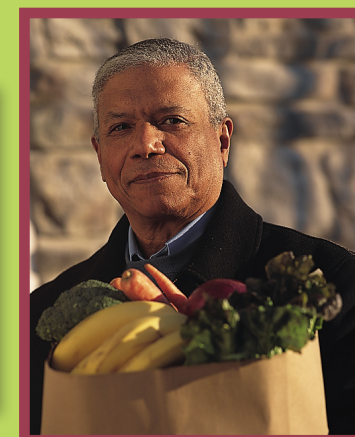
A: A supplemental food program for pregnant or nursing women with low and moderate incomes, and children under five years of age who are at nutritional risk.

Q: How do I know if I qualify?

A: Contact your local WIC office at 119 Windsor St., (617) 665-3750, 266 Rindge Ave., (617) 575-5370, or 366 Somerville Ave. in Somerville, (617) 575-5330.

Food Resource Guide

• connecting you to free and low-cost food in Cambridge •



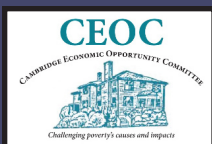
Interested in applying for assistance, but unsure of where to begin?

CEOC offers help for individuals and families to receive: state and federal cash benefits such as SNAP/Food Stamps, MassHealth, TAFDC, WIC, SSI, SSDI and Social Security; housing stabilization to prevent evictions; help with transfers, reasonable accommodations, and rent re-certifications; free tax preparation, ITIN and FAFSA application advocacy and follow-up; and financial education and coaching.

For more information, call CEOC at (617) 868-2900, visit the CEOC at 11 Inman St., Central Square, or on the web: www.ceoccambridge.org

\$2 bag of fruits and vegetables!

Fair Foods provides large bags of mixed fresh produce for a suggested donation of two dollars. The organization works all over the Boston area, and they are in Cambridge on Sat 11 to 11:30am at St. Paul's Church, 29 Mt. Auburn St.



Fourth Edition

Food Pantries

Location	Day and Time
Camb. Econ. Opportunity Committee 11 Inman St. 617.868.2900	M/W 4pm to 6pm, Tu 12pm to 2pm, Th 11am to 1pm
East End House 105 Spring St. 617.876.4444	Tu 12 to 2pm, Fr 10am to 12pm
 Citywide Senior Center 806 Mass. Ave. 617.349.6060	Tu 2 to 4pm, Th 12 to 2pm; <i>for Cambridge residents aged 55+</i>
St. James's Episcopal Ch. 364 Rindge Ave. 617.876.4381	2nd Sat of each month, 11am to 1pm <i>Open to Cambridge residents with valid ID</i>
 St. Paul A.M.E. Church 85 Bishop Allen Dr. 617.661.1110	W 3:30 to 5:30pm, Th 12 to 2pm
Margaret Fuller House 71 Cherry St. 617.547.4680	W 5 to 7:30pm, Th 2 to 5pm, Fr and Sat 9am to 12pm
Mass. Ave. Baptist Church 146 Hampshire St. 617.868.4853	3rd Sat of each month, 7 to 10am <i>(call for summer hours)</i>
Cambridgeport Baptist Church 459 Putnam Ave. 617.576.6779	1st and 3rd Sat each month, 9 to 11am
The Gluten Free Food Bank helps people with gluten intolerance or celiac disease access safe food pantry options. Local affiliate is at Elizabeth Peabody House, 277 Broadway in Somerville. Email Ariela at pantry@teph.org for info.	



- Make at least half your plate fruits and veggies
- Make at least a quarter of your plate grains
- Be aware of the amount of sodium in your foods

Free Meal Programs







(for people of all ages)

Location	Day and Time
Women's Drop-in 109 School St. 617.541.1885	M, Tu, W, Th, F at 12pm; <i>women who are homeless only</i>
 Salvation Army 402 Mass. Ave. 617.547.3400	M, Tu, W, Th, F at 12pm, Sat at 11:30am, Sun at 1pm
Loaves & Fishes Meals Program 35 Magazine St. 617.491.1474	Sat at 5:30pm
Tuesday Meals at First Parish 3 Church St. 617.876.7772	Tu at 5:30pm
Faith Kitchen 311 Broadway 617.354.0414	2nd and last Tu of each month, 6:30pm
Project Uplift 847 Main St. 617.864.6600	Th at 5pm
 Christ Church Meals Program Zero Garden St. 617.876.0200	Th at 6pm
 Project Manna Outreach 146 Hampshire St. 617.868.4853	M and F at 6pm
 St. Peter's Church Common Care 15 Sellers St. 617.547.7788	2nd and 4th Sat of the month, Sept to June only, 5:00pm

- Drink water instead of sugary drinks
- Switch to fat-free or low-fat (1%) milk
- Avoid oversized portions

Senior Meal Programs

(for people aged 60 and older;
small suggested donation)

Location	Day and Time
 Citywide Senior Center 806 Mass. Ave. 617.349.6060	Every day 8:30 to 9:30am; M, Tu, W, Th 11:30am to 12:45pm; F 11 to 11:30am; Sat 11:30am to 12:15pm; <i>make reservation</i>
 Miller's River Apartments 15 Lambert St. 617.499.7154	Every day 11:30am to 1pm; <i>make reservation</i>
 North Cambridge Senior Ctr. 2050 Mass. Ave. 617.349.6320	M, W, F lunch time; <i>make reservation 2 days in advance</i>
 Mass. Alce. of Portuguese Speakers 1046 Cambridge St. 617.628.6065	M, Tu, W, Th 12 to 1pm; <i>make reservation</i>
 Cambridge Hospital Cafeteria 1493 Cambridge St. 617.665.1665	M, Tu, W, Th, F 5 to 6pm; <i>discount for seniors; located on 2nd fl. of Cambridge Hospital</i>
 Salvation Army Silver Threads 402 Mass. Ave. 617.547.3400	Tu, W, Th 11:30 to 1pm; <i>make reservation, donation not requested</i>

Food Resources in Cambridge Public Schools

Weekend Backpack Program: Take home breakfasts and lunches. Contact family liaison (elementary) or school counselor (upper). For more information, visit www.foodforfree.org/cambridge-weekend-backpack-program.

Free Markets: Food for Free coordinates free markets serving students and their families in a handful of Cambridge schools. For more information, contact programs@foodforfree.org or visit foodforfree.org

Falcons' Food Project: For CRLS students only. Email Greta Hardina at ghardina@cpsd.us

 = facility known to be wheelchair accessible

This update was released in May 2017. We recommend calling the specific program you are interested in to verify hours and requirements, as information does change. Corrections for future editions may be submitted to cambridgeinmotion@challiance.org.