

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: What other benefits are available to SNAP shoppers?

A: SNAP shoppers are eligible to receive a \$15 per visit SNAP match at three Cambridge farmer’s markets (Central, Harvard, and Winter market), and additional monthly benefits for purchasing fruits and vegetables as part of the Healthy Incentives Program (HIP). Check with CEOC for current available benefits.

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, 284 Rindge Ave., (617) 575-5370, or 366 Broadway, Suite 1 in Somerville, (617) 575-5330.

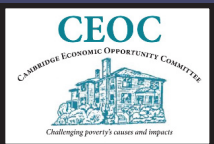
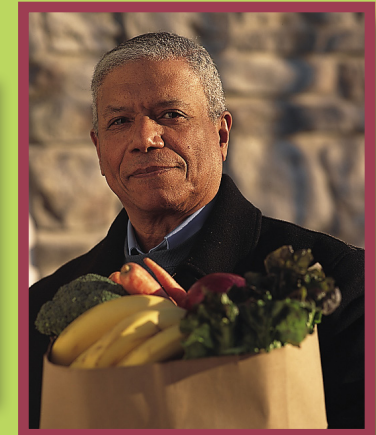
Interested in applying for assistance, but unsure of where to begin?

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

Food Resource Guide

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























Sixth Edition

Food Pantries

Free Meal Programs (for people of all ages)

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

Location	Day and Time	Location	Day and Time	Location	Day and Time
 Camb. Econ. Opportunity Committee 11 Inman St. 617.868.2900	M 4pm to 6pm, W 4pm to 7pm, Tu 12pm to 2pm, Th 11am to 1pm	 St. Peter's Church Common Care 13 Sellers St. 617.547.7788	2nd and 4th Sat of the month, Sept to June only, 5:00pm	 Citywide Senior Center 806 Mass. Ave. 617.349.6060	Breakfast everyday 8:30 to 9:30am, Lunch M, Tu, W, Th 11:30 to 12:30pm, Fr & Sat 9am to 11:15am Please call ahead to confirm hours
 East End House 105 Spring St. 617.876.4444	Tu 10:30am to 12pm, Fr 1pm to 2pm	 Salvation Army 402 Mass. Ave. 617.547.3400	M, Tu, W, Th, Fr, Sat at 12pm, Sun at 1pm Entrance on Green St.	 Miller's River Apartments 15 Lambert St. 617.499.7154	Every day 11:30am to 1pm Open to apartment residents only
 Citywide Senior Center 806 Mass. Ave. 617.349.6060	Tu 2pm to 4pm, Th 12pm to 2pm For Cambridge residents aged 55+	 Loaves & Fishes Meals Program 35 Magazine St. 617.491.1474	Sat at 5:30pm	 North Cambridge Senior Ctr. 2050 Mass. Ave. 617.349.6320	M, W, F 11:30am to 12:15pm Make reservation 2 days in advance
 St. James's Episcopal Ch. 364 Rindge Ave. 617.547.4070	2nd Sat of each month 11am to 1pm	 Tuesday Meals at First Parish 3 Church St. 617.876.7772	Tu 5:30pm to 7pm	 Mass. Alce. of Portuguese Speakers 1046 Cambridge St. 617.864.7600	M, Tu, W, Th 12 to 1pm Call ahead to make reservation
 St. Paul A.M.E. Church 85 Bishop Allen Dr. 617.661.1110	W 3pm to 5pm, Th 12pm to 2pm	 Faith Kitchen 311 Broadway 617.354.0414	2nd and last Tu of each month 6:30pm	 Cambridge Hospital Cafeteria 1493 Cambridge St. 617.665.1665	M, Tu, W, Th, F 4:45 to 6pm Discount for seniors Located on 2nd fl. of Cambridge Hospital
Margaret Fuller House 71 Cherry St. 617.547.4680	W 5pm to 7:30pm, Th 2pm to 5pm, Fr 9am to 12pm, Sat 11am to 2pm	Project Uplift 874 Main St. 617.864.6600	Th at 5pm	 Salvation Army Silver Threads 402 Mass. Ave. 617.547.3400	Tu & Th 11:30am to 1pm Please call ahead to make reservation Donation not requested
 Mass. Ave. Baptist Church 146 Hampshire St. 617.868.4853	3rd Sat of each month 7am to 10am	 Christ Church Meals Program Zero Garden St. 617.876.0200	Th at 5:30pm	<h3>Food Resources in Cambridge Public Schools</h3> <p>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.</p> <p>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</p> <p>Falcons' Food Project: For CRLS students only. Email Greta Hardina at ghardina@cpsd.us</p>	
 Cambridgeport Baptist Church 459 Putnam Ave. 617.576.6779	1st and 3rd Sat each month 9am to 11am	 Project Manna Outreach 146 Hampshire St. 617.868.4853	M and Fr at 5:30pm		

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

\$2 Bags of Fruits & Vegetables

Fair Foods provides large bags of mixed fresh produce for a suggestion donation of \$2. Located at St. Paul's Church, 29 Mt. Auburn St. on Sat 11:00-11:30am.

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

 = facility known to be wheelchair accessible

This update was released in May 2019. 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.