


CAMBRIDGE

# Resous Gid pou Manje

- 
- 2 / Yon ti koutje sou resous alimantè yo
  - 3 / Bank alimantè
  - 4 / Repa kominotè gratis
  - 5 / SNAP & WIC Lis magazen yo
  - 6 / Mache kiltivatè yo
  - 7 / Pou granmoun aje yo
  - 9 / Resous Siplemanè



Cambridge  
Public Health  
Department



[CAMBRIDGEPUBLICHEALTH.ORG/CIM](https://CAMBRIDGEPUBLICHEALTH.ORG/CIM) | VÈSYON JEN 2023

# Resous Alimantè

## YON TI KOUTJE SOU

### **Aplikasyon pou SNAP (pwogram asistans manje)**

SNAP bay lajan chak mwa ou ka itilize pou achte manje nan magazen an. Pou aplike pou SNAP, oswa pou wè si w kalifye, kontakte CEOC nan 617-868-2900 oswa vizite [ceoccambridge.org](http://ceoccambridge.org). CEOC egalman ede ak bezwen lojman, asirans sante, preparasyon taks gratis, ak plis ankò. CEOC ofri program nan yon varyete lang.

### **Aplike pou WIC (pwogram asistans manje pou moun kap bay swen yo)**

WIC se yon pwogram gratis ki ede fanmi ki gen timoun ki poko gen 5 an jwenn manje ki bon pou sante yo epi aprann kijan pou yo manje byen. Pou aplike, rele 617-575-5330 oswa vizite [rebrand.ly/cambfoodguide-WIC](http://rebrand.ly/cambfoodguide-WIC).

### **Sèvi ak SNAP pou achte sou entènèt**

Ou kapab kounye a itilize SNAP pou achte manje sou entènèt nan The Daily Table, Stop & Shop, Amazon, BJ's, ak Walmart. The Daily Table ofri livrezon gratis jiska 2 mil mètr ozalantou Central Square lè w ap kòmande sou entènèt. Pou enfòmasyon ki pi ajou sou ki kote yo achte manje sou entènèt ak SNAP, visit [mass.gov/snap-online-purchasing-program](http://mass.gov/snap-online-purchasing-program).

### **Double Up Food Bucks (pwogram rabè pou manje)**

The Daily Table nan Central Square ofri 50% remiz sou tout fwi ak legim lè w ap achte ak EBT kat, jiska \$5 pa jou! Vizite [dailytable.org](http://dailytable.org) pou aprann plis.

### **Healthy Eats Home Delivery (pwogram livrezon manje)**

Food For Free's Healthy Eats Home Delivery (livrezon makèt) pote bwat pwovizyon lakay moun ki nan Cambridge ki kalifye ki pa ka jwenn aksè nan magazen prensipal yo akòz maladi oswa andikap epi ki pa gen paran oswa moun k ap bay swen ki kapab ede yo fè makèt. Aplikan ki gen mwens pase 80 ane dwe bay yon referans medikal ki eksplike andikap oswa pwoblèm ki anpeche yo gen aksè nan gadmanje lokal (Food Pantry) ak moun ki pou ale pran manje sou non yo. Patisipan yo pap enskri san yon nòt medikal. Restriksyon sou revni aplike. Pou aplike, tanpri rele 617-465-0267 oswa vizite [rebrand.ly/cambfoodguide-HealthyEats](http://rebrand.ly/cambfoodguide-HealthyEats).

### **Sit manje pandan ete jèn yo**

Pwogram Manje Ete Cambridge la bay rezidan Cambridge ki gen laj 18 an oswa mwens manje repa gratis epi nourisan. Yo pa oblije montre pyes idantite (ID) pou pran manje epi gen opsyon pou vejetaryen ak pou non vejetaryen yo ki ofri tout kote pou manje. Pou plis enfòmasyon, vizite [cambridgema.gov/Services/summerfoodprogram](http://cambridgema.gov/Services/summerfoodprogram).

### **MyPlate (edikasyon sou nitrisyon)**

MyPlate ofri konsèy sou nitrisyon fasil pou swiv, ki gen ladan resèt ak konsèy pou ekonomize lajan pandan y ap fè makèt. Pou aprann plis, vizite [myplate.gov](http://myplate.gov).

# Bank alimantè yo

Orè ak enfòmasyon sou kote yo ka chanje, e pwogram yo ka gen restriksyon sou kalifikasyon. Nou sijere tcheke tout detay ak pwogram dirèkteman.

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**Cambridge Economic Opportunity****Committee (CEOC)**

11 Inman St., 617-868-2900

Madi ak Jedi, 10 am-2 pm

[rebrand.ly/foodpantry-CEOC](https://rebrand.ly/foodpantry-CEOC)

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**Cambridge Economic Opportunity****Committee (CEOC)**

266A Rindge Ave., 617-686-2900

Lendi ak Mèkredi, 2-6pm

[rebrand.ly/foodpantry-CEOC](https://rebrand.ly/foodpantry-CEOC)

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**St. James Episcopal Church /****Helping Hand Food Pantry**

1991 Mass Ave., 617-547-4070

2yèm ak 4yèm Samdi nan mwa a, 9-11am

[rebrand.ly/foodpantry-StJames](https://rebrand.ly/foodpantry-StJames)

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**Mass Ave Baptist Church /****Project Manna**

146 Hampshire St., 617-868-4853

3yèm samdi nan mwa a, 8 am (pandan pwovizyon dènye)

[rebrand.ly/foodpantry-ProjectManna](https://rebrand.ly/foodpantry-ProjectManna)

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**East End House**

105 Spring St., 617-876-4444

Madi ak vandredi, 1 a 2h PM

[rebrand.ly/foodpantry-EastEndHouse](https://rebrand.ly/foodpantry-EastEndHouse)

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**St. Paul Parish**

29 Mt. Auburn St., 617-491-8400

Samdi 10-11 am

[rebrand.ly/foodpantry-StPauls](https://rebrand.ly/foodpantry-StPauls)

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**Cambridge Community Center**

5 Callender St., 617-547-6811

Madi jiska Vandredi, 1-3pm

[rebrand.ly/foodpantry-CCC](https://rebrand.ly/foodpantry-CCC)

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**St. Paul AME Church / Elnora Yard****Food Pantry**

85 Bishop Allen Dr., 617-661-1110

Mèkredi 3-5pm; Jedi 12-2pm

[rebrand.ly/foodpantry-ElnoraYard](https://rebrand.ly/foodpantry-ElnoraYard)

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**Margaret Fuller Neighborhood House**

71 Cherry St., 617-547-4680

Mèkredi 4-6:30pm; Jedi 2-5pm;

Vandredi 9 am-12 pm; Samdi 10 am-1 pm

[rebrand.ly/foodpantry-MFNH](https://rebrand.ly/foodpantry-MFNH)

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**Salvation Army**

402 Mass Ave., 617-547-3400

Lendi, Mèkredi, Vandredi 11 am-3 pm

(Disponib tou Lendi-Vandredi pa appt)

[rebrand.ly/foodpantry-SalvationArmy](https://rebrand.ly/foodpantry-SalvationArmy)

# Repa kominotè a gratis

Orè ak enfòmasyon sou kote yo ka chanje, e pwogram yo ka gen restriksyon sou kalifikasyon. Tout repa yo gratis sòf si yo te note otreman.

## Faith Lutheran Church / Faith Kitchen

311 Broadway, 617-354-0414  
2yèm ak dènye Madi nan mwa a, 6:30 p.m.  
[rebrand.ly/meal-FaithKitchen](https://rebrand.ly/meal-FaithKitchen)

## Salvation Army

402 Mass Ave., 617-547-3400  
Chak jou, 12:00 pm-1:00 pm [rebrand.ly/meal-SalvationArmy](https://rebrand.ly/meal-SalvationArmy)

## Harvard Square Churches Meal Program

0 Garden St., 617-966-6217  
Jedi, 5 p.m.  
[rebrand.ly/meal-HarvardSqChurches](https://rebrand.ly/meal-HarvardSqChurches)

## Mass Ave Baptist Church / Project Manna

146 Hampshire St., 617-868-4853  
Lendi, 1:30-2:30 p.m.  
[rebrand.ly/meal-ProjectManna](https://rebrand.ly/meal-ProjectManna)

## St. Bartholomew's/MIT Community Dinner

239 Harvard St.  
1ye ak 3èm mèkredi chak mwa, 5è PM

## Hope Fellowship Church

16 Beech St. (Antre nan pot ki bò sou sòl wout Orchard St. la.), 617-868-3261  
Dimanch 4:00- 5:30 pm  
[rebrand.ly/meal-HopeFellowshipChurch](https://rebrand.ly/meal-HopeFellowshipChurch)

## Food Not Bombs

1 Central Sq. (Carl Barron Plaza)  
Samdi, 1-3 pm  
[rebrand.ly/meal-FoodNotBombs](https://rebrand.ly/meal-FoodNotBombs)

## First Korean Church / Loaves & Fishes Meal Program

35 Magazine St., 617-491-1474  
Samdi, 5:30pm  
[rebrand.ly/meal-LoavesAndFishes](https://rebrand.ly/meal-LoavesAndFishes)

## Material Aid & Advocacy Program (MAAP)\*

5 Longfellow Park  
Madi ak Jedi, 9 am-3 pm  
[rebrand.ly/meal-MAAPMA](https://rebrand.ly/meal-MAAPMA)

## First Church Cambridge / The Friday Café

11 Garden St., 617-547-2724  
Vandredi 12-3 pm  
[rebrand.ly/meal-FridayCafe](https://rebrand.ly/meal-FridayCafe)

## The Outdoor Church

Bwat lunch: Porter Sq. T Station jou dimanch, 9-10:30 am, Harvard Sq. ak Central Sq. jou dimanch, 2:30-5:00 pm epi samdi, 1:30-4:30 pm.  
Kolasyon ak dlo: Harvard Sq. ak Central Sq. jou jedi, 3:30-5:30 pm.  
[rebrand.ly/meal-OutdoorChurch](https://rebrand.ly/meal-OutdoorChurch)

## Tuesday Meals at First Parish

3 Church St., 617-876-7772  
Madi, 3:30 -6:30 pm  
[rebrand.ly/meal-FirstParish](https://rebrand.ly/meal-FirstParish)

## St. Peter's Church / CommonCare

13 Sellers St., 617-547-7788

Dat varye, 4:30-5:30 pm  
[rebrand.ly/meal-CommonCare](https://rebrand.ly/meal-CommonCare)



Aprann sou repa  
pou granmoun aje  
yo nan paj 7



# SNAP & WIC Lis magazen yo

Sa a se yon lis tout magazen yo nan Cambridge kote SNAP (asistans manje) ak WIC (asistans manje pou moun k ap bay swen) benefis yo ka itilize. Tout magazen ki nan lis yo aksepte SNAP. Magazen ak (WIC) aksepte tou WIC.



Eskane mwen pou  
w ka wè yo sou kat  
la!

## Agassiz

City Market: 1695 Massachusetts Ave.  
Harvard University Farmers Market

## Cambridgeport

Central Convenience: 468 Mass Ave.  
Charles River Farmers Market @ Morse School  
CVS: 624 Mass Ave. (WIC)  
First United Market: 271 Brookline St.  
Star Variety: 4 Central Square  
Target: 564 Mass Ave.  
Trader Joe's: 748 Memorial Drive  
Walgreens: 330 River St. (WIC)  
Whole Foods Market: 340 River St. (WIC)

## Cambridge Highlands

CVS: 215 Alewife Brook Pkwy (WIC)  
Trader Joe's: 211 Alewife Brook Pkwy  
Whole Foods Market: 200 Alewife Brook Pkwy

## East Cambridge

Seafood Market: 484 Cambridge St.  
CVS: 100 Cambridgeside Pl.  
Luigi's Variety: 520 Cambridge St.

## Mid-Cambridge

7-Eleven: 275 Prospect St.  
Broadway Marketplace: 468 Broadway  
CVS: 1426 Mass Ave.  
Harvard University Farmers Market  
Whole Foods Market: 115 Prospect St. (WIC)

## Neighborhood Nine

Walgreens: 1740 Mass Ave.

## North Cambridge

7-Eleven: 2245 Mass Ave.  
CVS: 36 White St.  
Ferro's Foodtown: 336 Rindge Ave. (WIC)  
Friendly Corner Convenience: 2408 Mass Ave.  
FoodLand: 2234 Mass Ave.  
Pemberton Fruit Orchard: 2225 Mass Ave.  
Speedway: 2055 Mass Ave.  
Star Market: 49 White St. (WIC)  
Target: 822 Somerville Ave.  
LA Market: 2362 Mass Ave.  
Sheger Market: 2370 Mass Ave.

## The Port / Area 4

7-Eleven: 600 Technology Sq. & 321 Broadway  
Central Square Farmers Market  
H Mart: 581 Massachusetts Ave.  
International Convenience: 102 Columbia St.  
Walgreens: 625 Mass Ave. (WIC)  
Columbia Market: 151 Columbia St.

## Riverside

7 Eleven: 750 Mass Ave.  
The Daily Table: 684 Mass Ave.  
Western Market: 317 Western Ave.

## West Cambridge

Charles River Farmers Market at the Charles Hotel  
Star Market: 699 Mount Auburn St. (WIC)

## Wellington-Harrington

Al Bara Market: 304 Prospect St.  
Dollar General: 1030 Cambridge St.  
Fernandes Market: 873 Cambridge St. (WIC)  
Hampshire Market: 117 Hampshire St.  
Quick Food Mart: 1253 Cambridge St.

## Somerville Stores on the Cambridge Border

Market Basket: 400 Somerville Ave. (WIC)  
Star Market: 14 McGrath Hwy & 275 Beacon St (WIC)  
Whole Foods Market: 45 Beacon St. (WIC)

EKONOMIZE LAJAN NAN

# Mache kiltivatè yo

### Sèvi ak SNAP nan Makèt Agrikiltè yo

Sèvi ak SNAP pou achte atik ki an sante tankou lèt, pen, ze, vyann, pwason, fwi ak legim. Ou ka achte fwi ak legim ak plant tou!

### SNAP Match jiska \$15 pou chak vizit

Pase \$15 ak SNAP epi jwenn yon \$ 15 sipleman tè gratis pou itilize nan mache a sou SNAP atik ki kalifye yo. Sèlman disponib nan Central Square ak Harvard University Makèt Agrikiltè yo.

### Sèvi ak HIP pou yon \$40-\$80 ekstra pa mwa

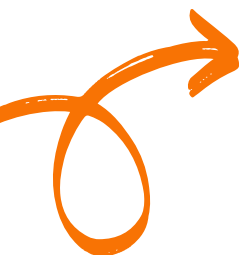
Pwogram Ankourajman Sante a (HIP)ba ou \$40-\$80 gratis pa mwa (selon gwo sè fanmi an) pou depans nan fwi ak legim nan mache kiltivatè yo. Si ou genyen SNAP, ou deja enskri nan HIP epi lajan sa a otomatikman ajoute nan kat ou chak mwa.

### WIC ak Senior Farmers Market Coupons

Pwogram Nitrisyon Mache Kiltivatè yo bay Koupon a fanmi ki resevwa WIC epi ak granmoun aje ki kalifye pou achte nan mache kiltivatè. Pou plis enfòmasyon, rele:

- Biwo WIC Cambridge: 617-665-3750
- Somerville-Cambridge Elder Services: 617-628-2601

Pou jwenn enfòmasyon ki pi ajou sou mache kiltivatè yo nan Cambridge, tanpri vizite: [rebrand.ly/CambFarmersMarkets](https://rebrand.ly/CambFarmersMarkets).



## Jwenn yon mache Agrikòl nan Cambridge

### Central Square Farmers Market

76 Bishop Allen Drive  
Lendi, 12-6 pm  
15 me 2023-20 nov 2023  
SNAP, SNAP Match, HIP, WIC & Senior coupons

### Harvard University Farmers Market

Science Center Plaza  
Madi, 11:30 am-5:30 pm  
20 jen 2023-31 oktòb 2023  
SNAP, SNAP Match, HIP, WIC & Senior coupons

### Charles River Farmers Market at the Charles Hotel

1 Bennett Street  
Vandredi, 12-6 pm; Dimanch, 10 am-3 pm  
Louvri pandan tout ane a (andedan Desanm-Avril)  
SNAP, HIP, WIC & Senior coupons

### Charles River Farmers Market at the Morse School

40 Granite Street  
Samdi, 10 am-2 pm  
4 jen 2023-20 novanm 2023  
SNAP, HIP, WIC & Senior coupons

### Kendall Square Farmers Market Canal District Kendall Square

Jedi, 12 pm-6 pm  
11 me 2023 rive 16 novanm 2023  
SNAP, SNAP and P-EBT Match, HIP, WIC & Senior coupons

# Asistans Manje ak Nitrisyon

POU MOUN KI GEN 60 ANE AK PLIS

## Manje pou granmoun aje yo

### Cambridge Citywide Senior Center

806 Mass Ave.

Cambridge Citywide Senior Center (806 Mass Ave.) ofri repa lendi jiska jedi, 11:30 am-12:15 pm pou rezidan Cambridge ki gen plis pase 60 an. Rezèvasyon yo dwe fèt anvan 11 am de jou ouvrab anvan lè w rele 617-349-6047. Manje yo gratis, men yo mande yon don \$3. Pou aprann plis sou manje ak lòt pwogram yo ofri nan Cambridge Senior Centers, tanpri vizite: [rebrand.ly/cambfoodguide-COA](https://rebrand.ly/cambfoodguide-COA).

### Miller's River Apartments

15 Lambert St.

Konplèks apatman an ofri yon dine chak jedi a 4:30 p.m. Plas yo limite pou 30 moun. Pou rezève yon manje, rele Kowòdonatè Sèvis pou rezidan Miller's River yo nan 617-499-7155. Non rezidan yo dwe gen 60 lane ou plis.

### MAPS

1046 Cambridge St.

Massachusetts Alliance for Portuguese Speakers bay manje soti lendi rive jedi a midi. Patisipan yo dwe gen 60 lane ou plis . Pou plis enfòmasyon, kontakte yo nan 617-864-7600.

### Kate's Cafe at S&S

1334 Cambridge St.

Somerville-Cambridge Elder Services ofri yon aktivite sosyal chak mwa pou granmoun LGBT yo, zanmi yo ak swayan yo. Yo sèvi dine nan katriyèm mèkredi chak mwa a 6:00 p.m. Rele nan 617-628-2601 pou w ka enskri. Yo rekòmande pou fè yon don 8\$. Moun ki gen mwens ke 60 lane yo ap peye 20\$.

# Asistans Manje ak Nitrisyon

POU MOUN KI GEN 60 ANE AK PLIS

Somerville-Cambridge Elder Services (SCES) ofri sèvis nitrisyon sa yo pou ede moun ki aje ak moun ki mwen jen ki gen andikap rete an sante ak endepandan lakay yo. Patisipan yo dwe yon rezidan Cambridge oswa Somerville ak laj 60 oswa plis, oswa mari oswa madanm yon moun k ap resevwa sèvis yo. Restriksyon sou revni ka aplike. Gen kèk pwogram ki ka gen yon ti pri.

## Meals on Wheels

Li bay manje nourisan midi, aswè, ak nan wikenn.

## Commodity Supplemental Food Program (CSFP)

Bay de sache pwovizyon premye madi maten chak mwa.

## Konsèy Nitrisyonèl

Bay edikasyon ak konsèy sou nitrisyon ak yon dyetetisyen ki anrejistre.

## Sipleman nitrisyonèl

Sipleman bwason ak yon pri ki ba.

## Koupon nan Mache Fèmye yo

Kiltivatè yo nan mache agrikòl yo te livre plizyè kote pou lojman ak manje pou granmoun aje yo.

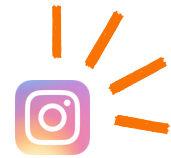


Eskane  
mwen!

Pou aprann plis sou Somerville-Cambridge Elder Services (SCES) pwogram nitrisyonèl, rele 617-628-2601, vizite: [rebrand.ly/cambfoodguide-sces-nutrition](https://rebrand.ly/cambfoodguide-sces-nutrition), oswa eskane kòd QR yo jwenn sou paj sa a.



# Plis Resous itil



@CambMotion

## Find It Cambridge

Find It Cambridge se yon resous sou entènèt ki ede w jwenn fasilman aktivite, sèvis, ak resous w ap chèche nan Cambridge. Vizite [finditcambridge.org](https://finditcambridge.org).

## Gid sèvis Cambridge pou moun ki san kay

Jwenn enfòmasyon sou pwogram ak sèvis pou moun ak fanmi ki fè eksperyans sanzabri nan Cambridge. Aprann plis nan [rebrand.ly/CambHomelessServices](https://rebrand.ly/CambHomelessServices).

## Cambridge Multi-Service Center for the Homeless

Sant multi-sèvis pou moun ki san kay yo adrese bezwen moun ak fanmi k ap fè eksperyans sanzabri nan Cambridge, ak moun ki nan Cambridge ki riske pou ekspilse. Sant Milti sèvis Trouve l nan 362 Green St., 1st floor. Rele nan 617-349-6340 pou plis enfòmasyon.

## Manb Bluebikes (bikeshare) ak pri ki redui

Bluebikes (bikeshare) manm Rediksyon pri yo disponib pou moun ki genyen SNAP, MassHealth, oswa ki kalifye pou pifò lòt fòm asistans piblik. Pou aprann plis oswa enskri, vizite [rebrand.ly/ReducedPriceBluebikes](https://rebrand.ly/ReducedPriceBluebikes). Si w gen kesyon oswa si w ta renmen asistans pou w enskri, tanpri voye yon imèl [cambridgeinmotion@challiance.org](mailto:cambridgeinmotion@challiance.org).

## Dlo nan rezèwa Cambridge

Dlo nan rezèwa Cambridge an sekirite, li pa chè, epi li ede w santi w byen pandan tout jounen an. Ranplisè boutèy dlo yo disponib nan espas piblik nan tout vil la, sa ki fè li fasil pou rete idrate kèlkeswa kote ou ye. Pou aprann plis sou dlo tiyo Cambridge, vizite [rebrand.ly/WickedGoodWater](https://rebrand.ly/WickedGoodWater).

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## Gade Gid nan lang angle

Pou w wè gid resous sa a ann angle, eskane kòd QR la ak kamera telefòn ou, oswa vizite: [rebrand.ly/cambfoodguide](https://rebrand.ly/cambfoodguide)



Eskane  
mwèn!



## Gen Mizajou oswa Kesyon?

Si w gen nenpòt mizajou oswa koreksyon pou gid sa a, tanpri voye yon imèl ba nou nan [cambridgeinmotion@challiance.org](mailto:cambridgeinmotion@challiance.org).