



Food Resources

Shore Educational Collaborative has gathered information for you to use regarding food services in your area. If you need more assistance, we are happy to help.

Need more help?



Sarah Marzano (she/her)
CityConnects Site
Coordinator/Social Worker
781-823-1937 (cell)
617-370-6203 (office)
smarzano@shorecollaborative.org

Antonio Martinez (he/him)
Social Worker
Office: 617-370-6392
Cell: 781-823-1940
amartinez@shorecollaborative.org



Project Bread Food Resource Hotline

PROJECT BREAD can connect you to programs that will help you afford groceries and put food on the table. Always free & confidential for all Massachusetts residents, their counselors are ready to assist callers in 180 languages.

CALL: (800) 645-8333

Hotline Hours Mon-Fri: 8am-7pm Sat: 10am-2pm

Free Meals for Kids & Teens

All children ages 0-18, and in some locations up to age 21, can receive free meals for pickup at hundreds of locations around the state. No registration or I.D. is required. Find a free meal site near you.

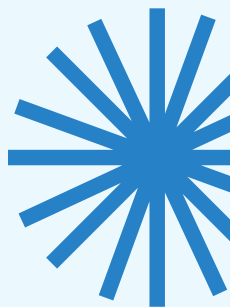
Hotline Hours Mon-Fri: 8am-7pm Sat: 10am-2pm

Food Pantries

If you need food right now, we can direct you to emergency food programs near you, including food pantries and meal programs.

Referrals to Additional Resources

We can help you find additional support, including referrals to WIC (a federal nutrition program for Women, Infants, and Children), housing, and utility assistance.



Call today or learn more at projectbread.org/gethelp

Cambridge Food Resources

Cambridge Economic Opportunity Committee - 11 Inman St, Cambridge (617-868-2900)

- Open to Cambridge residents only
- Wednesdays 10-6

Margaret Fuller Neighborhood House - 71 Cherry St, Cambridge, MA 02139 (617-547-4680)

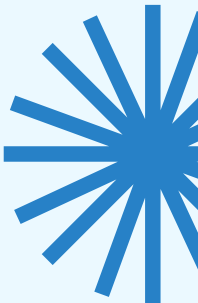
- Wednesday: 4:00pm – 6:30pm
- Thursday: 2:00pm – 5:00pm
- Friday: 9:00am – 12:00pm
- Saturday: 10:00am – 1:00pm
- For your first visit, please bring
 - Something with your name on it (ID, library card, insurance card, etc.)
 - Something showing your address from the past 3 months (mail, bill, etc.)
 - You'll complete a brief registration form when you arrive

Cambridge Public Health Department Website

<https://www.cambridgepublichealth.org/resources/healthy-eating/>

Resource guide in multiple languages for area food pantries, free meals, and other resources.

FULL Cambridge Resource Guide in Multiple Languages can be found here:
<https://www.cambridgepublichealth.org/resources/healthy-eating/>



Chelsea Food Resources

- **Chelsea Hunger Network** <https://www.facebook.com/ChelseaHungerNetwork/>
- **Healthy Chelsea**: <https://healthychelsea.org/>

Food Distribution Schedule

The Salvation Army

258 Chestnut St.

617-884-0260 | <https://easternusa.salvationarmy.org/massachusetts/chelsea/>

- Tuesdays, from 12:00 p.m. to 2:30 p.m.
- Thursdays, from 11:00 a.m. to 1:00 p.m.

La Colaborativa

63 6th St.

617-889-6080 | <https://la-colaborativa.org/>

- Wednesday, from 3:30 p.m. to 7:00 p.m. (Diapers and Food Distribution)
- Fridays, from 09:30 a.m. to 11:30 a.m.

Revival International Chelsea

278 Broadway

- Mondays, from 3:00 p.m. to 5:00 p.m.
- Tuesdays, from 10:00 a.m. to 12:00 p.m.

La Luz de Cristo/ SELAH

738 Broadway

617-839-5306 | <https://www.selahdrc.com/>

- Hot Breakfast: Monday thru Friday, from 9:00 a.m. to 10:00 a.m.
- Hot Lunch: Monday thru Friday, from 12:00 p.m. to 1:00 p.m.
- Food pantry: Fridays, 07:30 a.m.

St. Luke's Episcopal Church

201 Washington Ave. | <https://lukelucas.org/>

- Hot Breakfast: Saturdays, 8:30 am – 9:30 am
- Hot Lunch: Saturdays, 10:30 am – 12:00 pm
- Food pantry: Saturdays, 8am – 11am by appointment only. Appointments are given in person at the church every Saturday from 11:00 a.m. to 12:00 p.m.

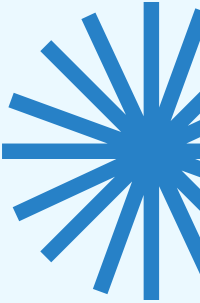
Chelsea Senior Center

10 Riley Way

617-466-4370

For residents 62+. Monthly registration by calling

617-466-4250



Chelsea Food Resources

Food Pantry for Veterans

Chelsea Senior Center, 10 Riley Way
617-466-4250

First Wednesday of each month. Register by calling call 617-466-4250 or email ftoro@chelseama.gov.

Micro Pantries

Give what you can & take what you need.

CAPIC HEAD START, 67 Crescent Ave
CHELSEA COMMUNITY GARDEN, Ellsworth St.
EARLY LEARNING CENTER (ELC) Shurtleff with Maverick
LUZ de CRISTO CHURCH, 738 Broadway
JORDAN BOYS & GIRLS CLUB, 30 Willow St.
SR. LIVING ON BELLINGHAM HILL, 100 Bellingham St
TEMPLE EMMANUEL, Gardner St., Cary Square



East Boston Food Resources

Crossroads Family Shelter

56 Havre St., East Boston

617-567-5926 ext. 15

When? Wednesdays, 3:00pm – 4:00pm

What to bring?

- Photo ID (passport, school ID, etc.)
- Proof of East Boston residency (mail, utility bill, etc.)

Grace Federated Church

760 Saratoga St., East Boston

617-569-5358

When? 1st and 2nd Saturday of the month 10:00am – 12:00pm

What to bring?

- Photo ID (passport, school ID, etc.)
- Proof of East Boston residency (mail, utility bill)

ABCD/ East Boston APAC

21 Meridian Street

617-567-8857

What? Grocery bag for SENIORS 65+

When? 2nd WED of Month (by appointment only)

What to bring? Income Requirement and ID

*POP UP food pantry every 3rd Friday in Liberty

Plaza from 1-2:30 (no requirements)

BCYF Paris St.

112 Paris Street

617-635-5125

What? Grocery bags

When? Tuesday and

Fridays –after 12:00 pm

Outreach Van Project Central Square Park

197 Border St.

617-358-7476

What? Food, toiletries, and clothes

When? Thursdays, 7:00 – 9:00pm





East Boston Food Resources

EBNHC - Community Resource and Wellness Center

282 Meridian Street

617-568-4845

When? Thursdays, 1:30-5:30pm

Call to Schedule an Appointment

Eastie Farm

Call (617) 419-0787 or text 617-207-6545

294 Sumner St

6 Chelsea Terrace

When? Wednesday 12:30pm-1:15pm

When? Friday 1:00pm-3:00pm

What to bring? Just your bags! No proof necessary

East Boston Community Soup Kitchen

28 Paris St., East Boston

When? Tuesdays, 8:00am-11:00am

Check Facebook page for start time updates

Central Assembly of God Church

50 Bennington St., East Boston

When? Mondays, 1:00pm

What to bring? No proof necessary

Faro de Luz Church

332 Bremen St

What? Grocery bag

When? Tuesday at 10:30am

East Boston High School

86 White St., East Boston

Call to schedule pick-up

857-293-9320

*student families only

Eagle Hill Neighbor-led Food Distribution

218 E Eagle St, East Boston

(857) 816-9151

What? Food box with vegetables, fruits, bread, and proteins

When? Saturdays at 12:00pm

Everett Food Resources

Everett Grace Food Pantry and Outreach

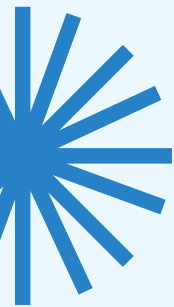
50 Church St, Everett, MA 02149
(617-799-9440). Call for hours

Everett Mobile Market

- Location: Lafayette School, 117 Edith Street, Everett
- Hours: Thursdays 3:30-5:00pm
- Frequency: a household may pick up groceries as often as once per week
- Procedure: "Grab-and-go" distribution by drive-thru or walk-up. Open to residents of Everett only. You must complete a pantry application before receiving food. Applications are completed in person at 54 Eastern Ave. in Malden, on Mondays 12:00-5:00pm, Wednesdays and Fridays 1:00-4:00pm.

Family Care Pantry

- Location: The Family Church, 1691 Revere Beach Parkway, Everett, MA
- Hours: Mondays 5:00-8:00pm
- Frequency: a household may pick up groceries as often as once per week
- Procedure: open to people from any community. No application needed.



Lynn Food Resources

Saint Stephen's Memorial Episcopal Church – Food Pantry

74 S Common St, Lynn, MA 01902

(781) 599-4220

- First Friday of every month from 2-30-4 pm

Salvation Army - Lynn

1 Franklin St, Lynn, MA 01902

- Lynn, Lynnfield, Saugus, Malden, Melrose
- Tuesday/Wednesday/Friday 9:00am-12:00pm

My Brother's Table (Soup Kitchen)

98 Willow St, Lynn, MA (781-595-3224) → All are welcome

- M-F: 12:00pm – 6:00pm
- Sat/Sun: 2:00pm – 4:30pm

Catholic Charities

8 Silsbee St, Lynn, MA (617-451-7999)

- MWF 1:00-3:00 - Closed every 3rd Friday of the month
- Tues 1:00-3:00
- What to Bring:
 - Name and address, such as from a bill, bank statement, driver's license, or lease.
 - Name and date of birth of additional household members, such as shown on an insurance card.



Malden Food Resources

Mystic Valley YMCA

99 Dartmouth St, Malden, 02148
(781-324-7680)

- Monday 11:00am-2:00pm
- Tuesday 11:00am-2:00pm
- Wednesday CLOSED
- Thursday 11:00am-2:00pm
- Friday CLOSED
- Saturday 10:00am-12:00pm

Pre-register https://yourmarket.my.site.com/s/?language=en_US

Bring your own reusable bags to your appointment time.

Each appointment window to shop is 15 minutes long.

Bread of Life Malden

- Location: 54 Eastern Ave, Malden. Enter from the bike path.
- Hours: Wednesdays and Fridays, 1:00-4:00pm
- Frequency: a household may pick up groceries as often as once every four weeks.
- Procedure: Full-choice food mart, so you can choose foods for your family with assistance from staff. Serves residents of Malden, Everett, Medford, Melrose, Saugus, Stoneham, Wakefield, Winchester, Reading, and North Reading. You must complete an application at your first visit. Proof of residency required.

Evening Meals

- Location: 54 Eastern Avenue, Malden, MA
- Hours: Tuesday, Wednesday, Thursday, and Friday, 4:00-5:30 pm
- Frequency: an individual may attend the meal every day it is open
- Procedure: participants attend the congregate meal indoors. No application needed. Residents of any community are welcome.



Medford Food Resources

Mystic Community Market

Walnut Street Center 291 Mystic Avenue Medford, MA 02155
617-629-5120

Monday

10:00am - 2:00pm

4:00pm - 4:45pm

5:00pm - 6:00pm (Walk-in)

Tuesday

10:00am - 2:00pm

4:00pm - 4:45pm

5:00pm - 6:00pm (Walk-in)

Wednesday

10:00am - 2:00pm

4:00pm - 4:45pm

5:00pm-6:00pm (Walk-in)

Thursday

Closed - Scheduled pick-up only

Friday

10:00am - 2:00pm

4:00pm - 4:45pm

5:00pm - 6:00pm (Walk-in)

Saturday

9:00am - 2:00pm

Community Fridges and Micro Food-Pantries - Medford and Somerville (enter link in browser for maps and locations)

https://www.google.com/maps/d/u/0/viewer?ll=42.403899142154486%2C-71.10963876498688&z=13&mid=1ldz1Y5R_7F_8nMdE5zOT4NK2Fz-pMgNP

St. Raphael's Church 38 Boston Ave Medford, MA (basement of the Rectory)

- Tuesdays 9 AM - 12 PM - serving residents of Medford only

UU Church of Medford - 147 High Street Medford, MA 02155

- Open to all communities/anyone in need. Must be 18 or older to pick up food
- Thursdays 6:00-7:30



Revere Food Resources



Friday Free Food Distribution

- Every Friday at 1:30 PM (while supplies last), receive a free box of fresh vegetables and fruits at Revere City Hall, 281 Broadway. This event is for Revere residents only. If you have any questions, please contact the Public Health Department at (781) 485-8486.

CHA Mobile Market

- CHA Revere Care Center, 454 Broadway, in the back parking lot. 10:00am-11:30am 1st Saturday of the month (check website for a few exceptions where market is held second Saturday <https://www.challiance.org/community-health/cha-revere-mobile-market>)
- Who can attend?
 - Everyone! All CHA patients, Revere residents, and others are welcome to attend.
- How to register for the market:
 - Registration is required.
 - Registration is only on the day of the market.
 - No documents are needed. We ask for your name, address, contact information, and the size of your household.
 - One bag of fresh fruits and vegetables per household is given out after registration.
 - If you provide an email address, your CHA Mobile Market ID card will be emailed to you for future registration check-ins.

★ = Locations in Revere

Revere Local Food Resources

Mon	Tue	Wed	Thur	Fri	Sat
Catholic Charities Yawkey Center Food Pantry Mon-Fri 10AM - 12 PM 1PM - 3PM Location: 185 Columbia Rd, Boston Open to ALL For more information, please call 617-506-6600	Freedom Hill Community Church Pantry 6:30 - 8 PM Location: 77 Kennedy Dr, Malden Open to ALL For more information, please call: 781-321-2121	★ The First Congregational Church of Revere Food Pantry 6:30 PM - 8 PM Location: 230 Beach St. Revere Household picks up once a month based on the following schedule: A-D: 1st week of the month E-L: 2nd week of the month M-R: 3rd week of the month S-Z: 4th week of the month Revere Residents ONLY Revere Veteran's Food Pantry 10:30 AM - 12:00 PM Location: American Legion 249R Broadway, Revere at rear of building *1st Wednesday of the month only. Only Revere Veteran's Residents to register, call 781-286-8119 La Colaborativa Food Distribution: 4:00 pm - 7:00 pm Location: 63 Sixth Street, Chelsea Open to ALL	Salvation Army Chelsea Pantry 9:00 AM - 1:00 PM Location: 258 Chestnut St Chelsea Open to ALL 617-884-0260 Eliot Family Resource Center 2:00 PM - 4:00 PM Location: 548 Broadway, Everett Open to ALL ★ Mobile Market 3:00 PM to 4:00 PM *1st Thursday of the month only Location: Paul Revere School 395 Revere Street, Revere Open to ALL ★ Mobile Market 3:00 PM to 4:00 PM *2nd Thursday of the month only Location: Hill Elementary School 51 Park Ave, Revere Open to ALL	★ Food for Free Produce Boxes 1:30 PM until supplies last. Location: Revere City Hall 281 Broadway Revere Residents ONLY For more information (781) 485-8486 Eliot Family Resource Center 9:00 AM - 11:00 AM Location: 548 Broadway, Everett Open to ALL La Colaborativa Food Distribution: 9:30 am - 11:30 am Location: 63 Sixth Street, Chelsea Open to ALL	St. Luke's Food Pantry 8-11 AM Location: 201 Washington Ave Chelsea Once per month, by appointment For more information, please call 617-884-4278 ★ CHA Revere Mobile Market 10:30-11:30 Am Location: 454 Broadway, Revere *1st Saturday of the month only.

To Learn more about SNAP and HIP scan the QR-Code

ENGLISH

Cambridge Health Alliance team helps you find community resources and access programs such as WIC, SNAP and many others!
located at Women Encouraging Empowerment:
Every Monday 1:00PM to 6:00PM
50 Walnut Ave Revere
781-284-4251

Saugus Food Resources

The Phoenix Food Hub

8 Silsbee St, Lynn, MA

Serves residents of Lynn and Saugus)

Brown Bag/Mobile Markets

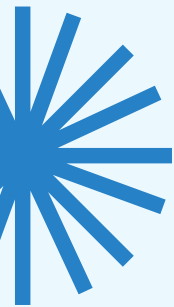
- Bags of free groceries are distributed in conjunction with The Greater Boston Food Bank twice a month, every 1st Saturday from 9 a.m. to 10 a.m. and every 3rd Friday from 9 a.m. to 11 a.m. The program is open to all residents of Lynn, Lynnfield, Nahant, Saugus, and Swampscott. There are no age or income requirements, and there is no application for the program; just sign up over the phone or in person when you come to the event. To learn more or to sign up for the program, please call 781-599-0110 and ask for the Nutrition Department.

Clifftondale Congregational Church

50 Essex St, Saugus, MA 01906

781-233-2663

To receive food: Come to the food pantry between 9:30-11am on Fridays. First-time clients please come by 10:30am so that they have time to register you.



Somerville Food Resources

Project Soup

165 Broadway, Somerville, MA 02145

617-776-7687

- To access the food pantry, you must be a Somerville resident. Please bring proof of Somerville residency (e.g., utility bill, etc.) to the pantry.

Open Hours:

Tuesday, 12:00pm-4:00pm

Wednesday, 10:00am-3:00pm

Thursday, 2:00pm-7:00pm

Friday, 10:00am-3:00pm

CLOSED: Saturday, Sunday, Monday

Free Community Meals

- Monday Night Meal: every Monday, 4:30 – 5:30 PM at Somerville Community Baptist Church, 31 College Avenue, Somerville, MA. Meals are not held on Monday holidays such as Memorial Day, Labor Day, etc. We offer a full, delicious, and free meal for all.
- Come to the Table: every Wednesday, 5-7 PM at Connexion Church, 149 Broadway, Somerville, MA. We offer a delicious home-cooked meal for all.

The Elizabeth Peabody House- 277 Broadway, Somerville, MA 02145 (Register online <https://www.teph.org/food-pantry/>). No ID is required; staff will ask for name and town of residence.

- Wednesday: 5:00pm – 7:00pm
- Thursday: 10:00am – 12:00pm
- Sunday: 10:00am – 3:00pm

Community Fridges and Micro Food-Pantries

Medford and Somerville (enter link in browser for maps and locations)

https://www.google.com/maps/d/u/0/viewer?ll=42.403899142154486%2C-71.10963876498688&z=13&mid=1ldz1Y5R_7F_8nMdE5zOT4NK2Fz-pMgNP



Winthrop Food Resources

The Winthrop Community Food Pantry

St. John's Episcopal Church

222 Bowdoin St Winthrop, MA 02152

- Call: 617-846-6884 to make an appointment or fill out the contact section at <https://www.winthroppantry.com/>

Senior Lunch Program

Suggested Donation: \$2

- The Senior Center offers in-person dining on Thursdays from 12-12:30 pm. Grab-and-Go Lunches are also available for pickup Monday through Friday between 11 am and 1 pm.
- Lunch must be ordered in advance. Reservations can be made at the front desk or by calling us at 617-846-8538 by 11 am the day before (for Monday lunch, reservations must be made by 11 am on Friday). Please make sure to let them know whether you would like the hot or cold lunch option.



Food Resources available in Woburn, Burlington, Stoneham, and Lynnfield



Woburn Food Resources

St. Vincent de Paul Food Pantry

8 Summer Street, Woburn, MA

(781) 404-5839 → Call : BY APPOINTMENT ONLY

On the lower level of the St. Charles Borromeo Church Parish Center on Tuesdays, 10:00 AM – 12:00 PM and on Thursdays, 6:00 PM – 7:00 PM.

Council of Social Concern/Woburn Food Pantry - 2 Merrimac Street in Woburn → open to residents of Woburn and Winchester 781-935-6495

- The Food Pantry is open to all households, through pre-arranged appointments, on Tuesdays and Thursdays, from 09:30 AM to 11:30 PM and from 1:30 PM to 3:00 PM.
- Use of the Food Pantry is limited to one time per month.
- The Food Pantry is also open to individuals who work or attend school during the day, through pre-arranged appointments, on Wednesday evening hours, from 6:00 PM to 7:00 PM.

Burlington Food Resources

People Helping People - 21 Murray Ave Burlington 781-270-6625 (Registration required)

Distribution hours are:

- Tuesday: 3-7 PM
- Wednesday: 11 AM - 1 PM
- Thursday: 10 AM - 12 PM

Stoneham Food Resources

First Church Stoneham 1 Church Street, Stoneham MA → Stoneham residency required

- The pantry is open by appointment on Thursdays between 9:30 am and 12:30 pm for pickup of food orders. If you are not physically capable of picking up your order or do not have access to transportation, we may be able to provide delivery.
- You can schedule a monthly appointment by calling 781-438-0097 or sending an email to fccstonehampantry@gmail.com.

Lynnfield Food Resources

Good Hope Inc - Calvary Christian Church

47 Grove Street, Lynnfield (no residency requirements noted)

- Thursdays: 10:00AM-12:00PM, distribution is every 1st and 3rd week of the month.

Metro North Area Food Pantries & No Cost Meals



FOOD PANTRIES

North Reading Food Pantry, 150 Haverhill Street, North Reading MA (978)-276-0400
nrfoodpantry.org Open to North Reading Residents only, bring an ID and proof of residency (e.g. utility bill) at the first visit. MONDAY 10:30AM-12:30PM

Citizens Inn Haven from Hunger, 71 Wallis Street, Peabody (978) 531-1530
citizensinn.org/haven-from-hunger/ resourcecenter@citizensinn.org Citizens Inn Food Pantry visit in person with a photo ID and a piece of mail that verifies their residency in Lynnfield/Peabody (access every 7 days), or Salem (access every 14 days)

Bread of Life-Family Care Pantry at the Family Church, 1691 Revere Beach Parkway, Everett
breadoflifemalden.org/how-we-help Bread of Life-Family Care- no residency requirement, all are welcome!

St. Raphael Parish Food Pantry, 38 Boston Ave, Medford saintraphaelparish.org/food-pantry
Open to Medford residents only.

Wakefield Food Pantry at American Civic Center, 467 Main Street, Wakefield MA (781)-245-2510 wakefieldfoodpantry.org/ Wakefield Food Pantry serves only Wakefield residents and those who work, worship and are referred by a Wakefield Social Agency (DDS & Communitas are included)

Pantry of Hope at Melrose First Baptist Church, 561 Main Street, Melrose MA 02176 (781)-665-4470 melrosefbc.org/pantry-of-hope Pantry of Hope serves the Melrose community.

Freedom Hill Community Church Food Pantry, 77 Kennedy Drive, Malden MA (781)-321-2121
freedomhillcommunitychurch.org/food-pantry/ Freedom Hill Food Pantry-no residency requirement, all are welcome! Guests receive a nutritious supply of groceries.

First Church Stoneham Pantry, 1 Church Street, Stoneham MA 02180 (781)-438-0097
firstchurchstonehampantry.org Any resident of Stoneham who is facing food insecurity is able to obtain food from the Pantry. Requires brief registration & proof of Stoneham residency before first visit.

Good Hope Foods at Calvary Christian Church, 47 Grove Street, Lynnfield
goodhopeinc.org/food-pantry/ Good Hope Foods- no residency requirement, all are welcome!

Metro North Area Food Pantries & No Cost Meals



Everett Mobile Market, Lafayette School, 117 Edith Street, Everett, MA (781)-397-0404 breadoflifemalden.org/ "Grab-and-go" distribution by drive-thru or walk-up. Open to residents of Everett only. Must complete a pantry application in advance of receiving food. Applications are completed in person at 54 Eastern Avenue, Malden, MA, on Mondays 12-5pm, Wednesdays 1-4pm or Fridays 1-4pm.

Community Cupboard Food Pantry at Unitarian Universalist Medford Church, 147 High Street, Medford uumedford.org/connection/food-pantry/ Community Cupboard Food Pantry is open to anyone 18+, there is no residency requirement, all are welcome! Clients can receive two bags of food (self-selected). Enter the front door of church between 5:30pm and 7:30pm.

A Servant's Heart Food Pantry at Faith Evangelical Church, 200 Franklin Street, Melrose faithchurchac.org/food-pantry/ A Servant's Food Pantry is open to Melrose residents and surrounding communities.

Everett Grace Food Pantry, 50 Church Street, Everett (617) 799-9440 Everett Grace Food Pantry & Outreach offers a food pantry has no residency requirement, all are welcome! Bring your own bags, no ID required. Arrive early to get a number.

COMMUNITY MEALS

EVERY SUNDAY 11:30 AM-12 PM Meal Distribution-Melrose Community Freezer @ First United Methodist Church, 645 Main Street, Melrose thefooddrive.org/community-freezer Melrose Community Freezer has no residency requirement, all are welcome!

MONDAY, WEDNESDAY, SATURDAY 5PM-6:45PM The Dwelling Place, United Methodist Church, 523 Main Street, Woburn (781)-369-5230 thedwellingplacewoburn.org/ The Dwelling Place offers to-go meals. No residency requirement, all are welcome!

MONDAY 5PM-6:45PM The Dwelling Place, United Methodist Church, 523 Main Street, Woburn (781)-369-5230 thedwellingplacewoburn.org/ The Dwelling Place offers to-go meals. No residency requirement, all are welcome!

MONDAY-FRIDAY 12PM-6PM, SATURDAY & SUNDAY 2PM-4:30PM My Brother's Table, 98 Willow Street, Lynn, MA, 01901 (781)-595-3224 mybrotherstable.org My Brother's Table- no residency requirement, all are welcome!



Metro North Area Food Pantries & No Cost Meals

TUESDAY-FRIDAY 4PM-5:30 PM Bread of Life-Malden, 54 Eastern Avenue, Malden MA (781)-397-0404 breadoflifemalden.org/ Bread of Life Evening Meals--no residency requirement, all are welcome!

MONDAY, TUESDAY, THURSDAY & FRIDAY 4PM-5:30PM Citizens Inn Haven from Hunger, 71 Wallis Street, Peabody (978) 531-1530 citizensinn.org/haven-from-hunger/ resourcecenter@citizensinn.org Citizens Inn Community Meal--no residency requirement, all are welcome!

THIRD TUESDAY 5PM-6PM Emmanuel Episcopal Dinner served at Horizon House, 78 Water Street, Wakefield emmanuelwakefield.org/copy-of-pastoral-care Emmanuel Episcopal Dinner--no residency requirement, all are welcome!

SECOND WEDNESDAY 5PM-6PM MBS Community Dinner at Most Blessed Sacrament Parish, 1155 Main Street, Wakefield MA mbsparishwakefield.com/community-dinners.html community.dinners@mbsparishwakefield.com MBS Community Dinners-no residency requirement, all are welcome!

FIRST THURSDAY 5PM-5:30PM St. Joseph's Table at St. Joseph Parish, 173 Albion Street, Wakefield MA stjosephwakefield.org/st-joseph-table/ St. Joseph's Table meals-no residency requirement, all are welcome! Grab & Go or sit-down meal.

THIRD FRIDAY 6 PM Melrose Community Dinners at Faith Evangelical Church, 200 Franklin Street, Melrose MA faithchurchac.org/ Melrose Community Dinners-no residency requirement, all are welcome!

EVERY SATURDAY AND SUNDAY 2PM-4:30PM My Brother's Table, 98 Willow Street, Lynn, MA, 01901 (781)-595-3224 mybrotherstable.org My Brother's Table--no residency requirement, all are welcome!

THIRD SATURDAY 9 AM to 10:30 AM Community Breakfast/Clothing Closet, First Parish Congregational Church 1 Church Street, Wakefield (781)-245-1539 office@fpccwakefield.org no residency requirement, all are welcome!

Food Resources available in multiple communities



- **Malden Food Mart** - 54 Eastern Ave, Malden - Malden, Everett, Medford, Melrose, Saugus, Stoneham → Proof of residency
- **Family Care Pantry** The Family Church 1691 Revere Beach Pkwy, Everett → Any community, no application
- **Phoenix Food Hub** 8 Sillsbee St, Lynn, MA - Lynn and Saugus
- **Mystic Community Market** 291 Mystic Avenue, Medford, MA - Any community, no ID or proof of residency. Appointment required.
- **UU Church Of Medford** - 147 High St, Medford - All communities/anyone in need
- **The Elizabeth Peabody House** - 277 Broadway, Somerville - Register online, no ID, no residency requirement
- **Freedom Hill Community Church** - 77 Kennedy Dr, Malden - Open to ALL
- **CHA Mobile Market** - CHA Revere Care Center 454 Broadway - Open to ALL
- **Mystic Valley YMCA** - 99 Dartmouth St, Malden - Appointment and registration needed. Open to ALL
- **Bread of Life Malden** - 54 Easter Ave, Malden - serves Malden, Everett, Medford, Melrose, Saugus
- **Salvation Army - Lynn** 1 Franklin St, Lynn, MA 01902 - Lynn, Lynnfield, Saugus, Malden, Melrose
- **BCYF Paris St** - East Boston 112 Paris St 617-635-5125 - Open to ALL
- **Outreach Van Project** Central Square Park 197 Border St, East Boston - Open to All
- **EBNHC - Community Resource and Wellness Center**, 282 Meridian Street, East Boston, 617-568-4845 (Call to Schedule Appt.)
- **Eastie Farm** - East Boston 6 Chelsea Terrace/294 Sumner St - Open to ALL
- **Central Assembly of God Church** 50 Bennington St., East Boston - open to ALL

Healthy Incentives Program

Families receiving SNAP should leave at least \$1 on their cards going into November because HIP benefits continue for 60 days after SNAP discontinues per the website. Based on family size, this is a smaller separate pool of money to be used at farmers markets/farm stands etc for fruit and vegetables (locator on the FAQ page) and may be overlooked as a resource! <https://www.mass.gov/info-details/massachusetts-healthy-incentives-program-hip-frequently-asked-questions>