

**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.

Free Meals for Kids & 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:

- Visit www.meals4kids.org/summer to find a location near you. Locations will continue to be updated throughout the summer.



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.

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.

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

ADDITIONAL FOOD RESOURCES & SUPPORT

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

Para información en Español, visite la página

www.projectbread.org/comida