

Food Pantries and Free Meals
- AN OVERVIEW -

For more information, click on the questions below:

What are food pantries and free meals?

Food pantries are places where people in need can go to get free wholesome uncooked food to take home with them to prepare. Free meals programs, such as soup kitchens, are places where people can go to eat cooked meals free of charge.

Am I eligible?

Anyone in need is welcome at these programs. You do not have to apply, though some programs limit your visits or ask that you meet certain income guidelines. Food and meals are offered free of charge. The Project Bread FoodSource Hotline, 1-800-645-8333, has information on all the Massachusetts food pantries and free meals programs. All the shelters in Massachusetts also have information on these programs. Call before you go.

Where do I go for food pantries and free meals?

Food pantries and free meals programs are available in almost every community throughout Massachusetts. Call the Project Bread FoodSource Hotline, 1-800-645-8333, to find a program near you. The food pantries and free meals programs have specific days and hours when they are open. Call before you go.

Useful links

Links to other web sites with information about food pantries and free meal programs.

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