

## THE WHOLE FAMILY



### HOW CAN I GET HELP PROVIDING NUTRITIOUS FOOD FOR MY FAMILY?

**A.** Food stamps are a great way to stretch your food buying power and give your family the healthy food they need at home. If you work for limited wages, work part-time, are unemployed, receive welfare or other public assistance payments, or are homeless, you may be eligible. Food stamps come in a convenient debit card that automatically deducts from your monthly account balance each time you use it at the grocery store or supermarket.

#### TO FIND OUT IF YOU ARE ELIGIBLE FOR FOOD STAMPS:

- 1) Call **Project Bread's FoodSource Hotline** at 1-800-645-8333.
- 2) Check out [www.gettingfoodstamps.org](http://www.gettingfoodstamps.org). The website can help you determine if you are eligible and estimate your monthly benefits. You can also print out an application.

#### TO APPLY FOR FOOD STAMPS:

- 1) Visit the Department of Transitional Assistance (DTA) in person. To find the office nearest to you, call **Project Bread's FoodSource Hotline** at 1-800-645-8333 or go to [www.mass.gov/dta](http://www.mass.gov/dta) and under Key Resources click on DTA office locations.
- 2) If you are unable to visit the DTA office, you may mail or fax an application. Call DTA at 1-800-249-2007 to request an application.
- 3) You can apply for food stamps online in your own neighborhood. For a list of agencies go to [www.gettingfoodstamps.org](http://www.gettingfoodstamps.org) and click on **How do I apply?** You can also call **Project Bread's FoodSource Hotline** at 1-800-645-8333.



### WHERE DO I GO WHEN I NEED FOOD RIGHT AWAY?

**A.** Every family experiences hard times. If your family is in crisis, it's no time to go without food. Food pantries are programs that provide free food for people in need.

To find out about the locations and hours of food pantries and soup kitchens in your area, contact:

**Project Bread's FoodSource Hotline**  
1-800-645-8333



### WHERE CAN I SHOP FOR FREE OR LOW-COST FOOD?

**A.** SERVE is a program that enables people to purchase nutritious groceries once a month at a reduced price. You can join the program by contributing two hours of community service each month anywhere in your area. Grocery packages include meats, grains, fresh fruits, and vegetables.

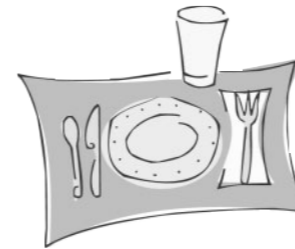
For information, call SERVE New England at 1-888-742-7363.

## SCHOOL-AGE CHILDREN



### MY CHILDREN ARE IN SCHOOL. HOW DO I GET THEM INTO SCHOOL BREAKFAST AND LUNCH PROGRAMS?

**A.** A good breakfast and lunch are key to learning. Good news! Many low-income working families are eligible for free or reduced-price school meals. Because eligibility requirements for school lunch and breakfast are identical, only one application is required. If you receive TAFDC or food stamps, your child is eligible for free meals and can start participating now.



Call your child's school for more information or visit [www.meals4kids.org](http://www.meals4kids.org). The Boston Public School's administrative office can be reached at 1-617-635-9050.

### HOW CAN I GET FOOD FOR MY CHILDREN OVER THE SUMMER?

**A.** Kids need good food to learn and grow all year long! That's why the Summer Food Service Program provides free, nutritious meals to help children 18 years of age and under throughout the summer months. Recreational, educational, and athletic activities are often provided at these meal sites. For an updated list of sites in your area, call **Project Bread's FoodSource Hotline** at 1-800-645-8333 or visit [www.meals4kids.org](http://www.meals4kids.org) between June and August each year.

## INFANTS AND YOUNG CHILDREN

### I HAVE CHILDREN UNDER 5 AND/OR I AM PREGNANT. I WANT MY KIDS TO BE HEALTHY. IS THERE A PROGRAM THAT CAN HELP US?

**A.** The WIC program (Women, Infants, and Children) provides vouchers to low- to moderate-income families with children under five to buy nutritious foods. WIC also provides families with nutrition education, immunization screening, and coupons to buy fresh fruits and vegetables at farmers' markets in the summer.

Even if you're working, you may be eligible for WIC services. If you are already receiving TAFDC, food stamps, or Medicaid, you're automatically eligible. Fathers, guardians, or foster parents may also apply for WIC for their children.

To find out about a local WIC program near you, call 1-800-942-1007.



# I MPORTANT INFORMATION

## *Project Bread's FoodSource Hotline*

1-800-645-8333

## *Project Bread's Food Resource Websites*

www.gettingfoodstamps.org  
www.meals4kids.org

## *Department of Transitional Assistance*

(to request a food stamp application)  
1-800-249-2007

## *SERVE New England*

1-888-742-7363

## *Boston Public Schools*

1-617-635-9050

## *WIC*

1-800-942-1007

Information on nutrition and health services for women, infants and children



**W**hen your family needs food, it's good to know there is help here at home. There are many resources in Boston that provide food and nutrition counseling for low- to moderate-income families. Finding out about these resources—and using them—are the first steps in keeping your children healthy and helping them do well in school.

## **GOT A FOOD QUESTION WE HAVEN'T ANSWERED?**

For information about food resources, contact the Project Bread FoodSource Hotline at 1-800-645-8333.

The toll-free hotline can screen you for food stamp eligibility; refer you to emergency food programs in your neighborhoods; and provide you with information on meal sites for the elderly, meals-on-wheels programs, food distribution sites, and other programs supplying free or low-cost food. The hotline has the ability to help you and other families in 140 languages.

*Feeding children where they live, learn, and play!*

**W**ith the support of Mayor Thomas M. Menino, House Speaker Salvatore F. DiMasi, Senate President Robert E. Travaglini, and the Boston Legislative Delegation, Boston community partners have organized to help families stretch their food buying power. This guide provides basic information on the programs that exist to help your family stay strong and healthy.



# Helping You Feed Your Family

## THE BOSTON GUIDE TO FOOD RESOURCES



## PROJECT BREAD'S MASSACHUSETTS CHILD HUNGER INITIATIVE



Tel 617-723-5000 • www.projectbread.org  
Project Bread's FoodSource Hotline 1-800-645-8333