

Family Education Sheet

Boston Area Food Resources



Boston Children's Hospital

Where the world comes for answers

View more health education materials at
www.bostonchildrens.org/familyeducation

Supplemental Nutrition Assistance Program (SNAP)

SNAP (formerly food stamps) provides a monthly benefit to buy food.

Find out more here: <https://www.mass.gov/how-to/apply-for-snap-benefits-food-stamps>

Request assistance applying for SNAP:
<https://www.gbfb.org/what-we-do/our-programs/snap/>

Learn more:



Request help:



Healthy Incentives Program (HIP)

"HIP puts money back on your EBT card* when you use SNAP to buy healthy, local fruits and vegetables from HIP farm vendors." (*Mass.gov, 2024*)

*up to a monthly cap of \$40, \$60, or \$80

Find out more: <https://www.mass.gov/info-details/massachusetts-healthy-incentives-program-hip-frequently-asked-questions>

Learn more:



Women, Infants and Children Nutrition Program (WIC)

Provides food, healthcare referrals and nutrition education for income-eligible pregnant, breastfeeding and non-breastfeeding postpartum people, and children up to 5.

Find out more here: <https://www.mass.gov/how-to/apply-for-the-women-infants-children-wic-nutrition-program>

Learn more:



Project Bread

Call the Food Source Hotline at **(800) 645-8333** for help applying for SNAP (formerly food stamps) and find local food resources, such as food pantries.

Hotline hours: Monday-Friday 8am-7pm / Saturday 10am-2pm.

Website: <https://projectbread.org/>

Website:



Fair Foods

12-pound bags of produce for \$2.00

Find a location near you or visit their store in **Jamaica Plain (3702 Washington St., Jamaica Plain, MA 02130)**

Be sure to check hours of operation before you go!

Find a location near you: <https://www.fairfoods.org/oursites>

Find a location
near you:



Vital CnXS

Visit Vital CnXS for a list of local food resources that is updated weekly.

Website: <https://www.vitalcxns.org/food>

Local food resources:



Boston Children's Hospital Family Food Connections Food Pantry

Hours of operation:

Tues: 12-6pm

Weds, Thurs, Friday: 11am-4pm

Closed: Sat, Sun, Mon.

Find out more about the 30 Bickford St., Jamaica Plain, MA 02130 food pantry here:

<https://www.childrenshospital.org/patient-resources/family-food-connections>

Learn more:



Greater Boston Food Bank (GBFB)

Scan this code or follow this link to find food assistance in your area:

<https://www.gbfb.org/need-food/>

You can also visit <https://www.gbfb.org/> and click on **"Need Food"** at the top of the page.

Learn more:



Daily Table

Daily Table grocery stores in Dorchester, Mattapan, Central Square, Roxbury and Salem offer a wide variety of EBT/SNAP-eligible and reduced-price foods.

Find out more here: <https://www.dailytable.org/>

Learn more:



Looking for more information on food resources?

Visit <https://www.mass211.org/> or call (877) 211-6277

Boston Children's Hospital takes no responsibility and has no control over the links and information found on these sheets. You should confirm the information is accurate. You should act only if you are comfortable with the action steps. If you have any questions, you should seek the advice of experts and/or an attorney.