

Family Education Sheet

Massachusetts 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: <https://www.mass.gov/how-to/apply-for-snap-benefits-food-stamps>

Request help applying for SNAP: <https://www.gfbf.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: <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** to help you apply for SNAP (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:



Food Bank of Western Massachusetts

Find pantries and programs throughout Western, MA.

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

Find a location
near you:



Worcester County Food Bank

Find pantries and programs in Central MA.

Find a location near you: <https://foodbank.org/>

Find a location
near you:



Merrimack Valley Food Bank

Find pantries and programs in Northeastern MA.

Find a location near you: <https://mvfb.org/>

Find a location
near you:



Find your Local Food Bank through Feeding America

Search by zip code or state.

Find a location near you: <https://www.feedingamerica.org/find-your-local-foodbank>

Find a location
near you:



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: <https://www.dailystable.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.