

THE WHOLE FAMILY



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

A. A great way to stretch your budget and give your family the food they need is to sign up for SNAP (Supplemental Nutrition Assistance Program, formerly known as the Food Stamp Program). Single people, families, the elderly, working couples — all types of people receive SNAP. Eligibility is primarily based on income and certain household expenses. For an estimate of your benefits, you can call Project Bread's FoodSource Hotline at 1-800-645-8333.

TO FIND OUT IF YOU ARE ELIGIBLE FOR SNAP (FOOD STAMPS) . . .

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

TO APPLY FOR SNAP (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.state.ma.us/dta/ASSIST/location/index.htm.
- 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 may also be able to apply for SNAP/food stamps online at a community agency near you. For information about the locations where this service is offered, please go to www.gettingsnap.org and click on "How Do I Apply" or 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 and soup kitchens 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

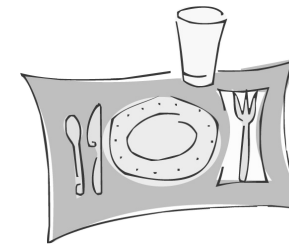


SCHOOL-AGE CHILDREN



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

A. Nutritious meals are key to learning. Good news! Many families are eligible for free or reduced-price meals—school breakfast and school lunch.



Call your child's school for more information or visit www.meals4kids.org.

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 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 between June and August each year.



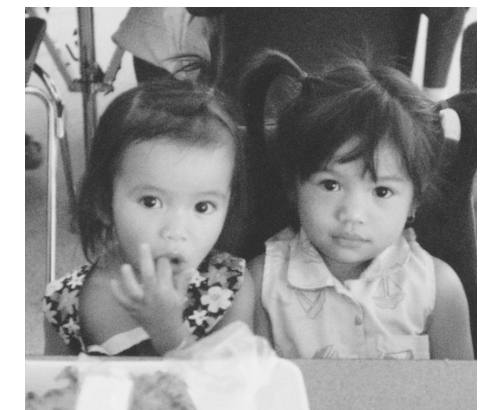
INFANTS AND YOUNG CHILDREN

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 (WIC stands for Women, Infants, and Children) provides vouchers to buy nutritious foods to many families with children under five. 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.



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MPORTANT INFORMATION

Project Bread's FoodSource Hotline

1-800-645-8333

Information on nutrition benefits, food pantries and soup kitchens, summer food programs and other food resources

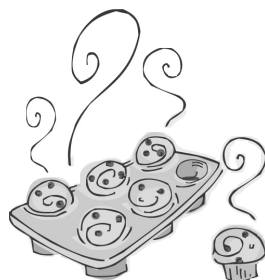
Project Bread's Food Resource Websites

www.gettingsnap.org

Information on food stamps

www.meals4kids.org

Information on school meals



Department of Transitional Assistance

1-800-249-2007

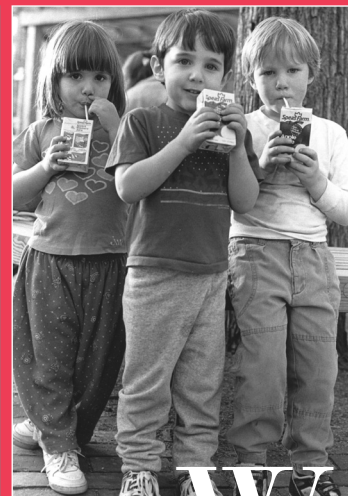
www.state.ma.us/dta/ASSIST/location/index.htm

Information on SNAP and to request a food stamp application

WIC

1-800-942-1007

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



When your family needs food, it's good to know there is help here at home. Many resources that provide food and nutrition counseling for families are available. Finding out about these resources—and using them—are the first steps in keeping your children healthy and helping them do well in school.

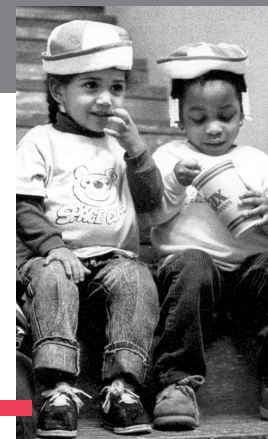
GOT A FOOD QUESTION WE HAVEN'T ANSWERED?

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

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

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

With the support of elected officials and community partners throughout the state, Project Bread is helping families stretch their food buying power. This guide provides basic information on the programs that exist to help your family stay strong and healthy.



PROJECTBREADSM.ORG
THE WALK ^{for} HUNGER

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Food Resources for Massachusetts Families



PROJECT BREAD
HELPING YOU FEED YOUR FAMILY