



**PROJECT
BREAD**



Can't afford enough food? **Let's chat.**

CALL: 1 (800) 645-8333

Hotline Hours Mon-Fri: 8am-7pm Sat: 10am-2pm

No matter what you're going through, we understand that food is a must. We want to help you. PROJECT BREAD can connect you to programs that will help you afford groceries and put food on the table. Always free & confidential for all Massachusetts residents, our counselors are ready to assist callers in 180 languages.

SNAP (Supplemental Nutrition Assistance Program)

SNAP is a federal nutrition program that provides monthly financial assistance for groceries. Could you be eligible? Find out today and get help applying.

Free Meals for Kids & Teens

All children ages 0-18, and in some locations up to age 21, can receive free meals for pick-up at hundreds of locations around the state. No registration or I.D. is required. Find a free meal site near you.

Food Pantries

If you need food right now, we can direct you to emergency food programs near you, including food pantries and meal programs.

Referrals to Additional Resources

We can help you find additional support, including referrals to WIC (a federal nutrition program for Women, Infants, and Children), housing, and utility assistance.



Call today or learn more at projectbread.org/gethelp





PROJECT
BREAD



Ka stá ta podi kunpra kumida sufisienti? **Nu ben troka mensajens.**

TXOMA:1 (800) 645-8333

Oráriu di linha direta

Segunda-Sesta: 8:00-19:00 Sabadu:10:00-14:00

Ka ta inporta kuzé ki stá ta pasa, nu ta entendi ki kumida é un obrigason. Nu kre djudá-bu. PROJECT BREAD podi liga-bu ku programmas ki ta djuda kunpra mantimentu y koloka kumida na meza. Senpri di grasa y konfidensial pa tudu rezidentis di Massachusetts, nôs konselherus stá pruntu pa djuda kenha ki liga na 180 linguas.

SNAP (Programa de Asisténsia Nutrisional Suplementar)

SNAP é un programa federal di nutrison ki ta fornesi asisténsia finanseru mensal pa mantimentus. Bu podia stá kualifikadu? Deskubri oji mesmu y konsigi djuda pa inskrevi.

Refeison gratis pa krianças y adolesentis

Tudu kriansas di 0 pa 18 anu y, na alguns lokal, ti 21 anu, podi resebi refeison di grasa pa rekodji na sentenas di lokal na tudu stadu. Sen rejistu ô I.D. é nesesaríu. Inkontra un lokal pa refeison di grasa pertu di bô.

Dispensas di alimentu

Si bu presiza di kumida agora, nu podi enkaminhá-bu pa programmas alimentar di emerjénsia pertu di bô, inkluidu dispensas di alimentu y programmas di refeison.

Referénsias pa rekursus adisional

Nu podi djudá-bu pa enkontra apoiu adisional, inkluidu referénsias pa WIC (un programa federal di nutrison pa mudjeris, bebês y kriansas), moradia y asisténsia médiku.



Txoma oji: 1-800-645-8333

