



**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





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买不起足够的食物？ 我们聊聊吧。

电话： 1 (800) 645-8333

热线开放时间： 周一到周五: 8am-7pm 周六: 10am-2pm

无论您经历了什么，我们都明白食物是必需品。我们想帮助您。“面包项目”(PROJECT BREAD) 可以把您与那些帮助您买得起食物杂货并将食物摆上餐桌的计划联系起来。我们的咨询顾问随时准备用 180 种语言为所有马萨诸塞州居民提供免费且保密的服务。

SNAP (补充营养援助计划)

SNAP 是一项联邦营养计划，每月提供食品杂货方面的经济援助。您有资格参加吗？今天就找到答案，并找人帮忙申请吧。

儿童和青少年免费餐食

所有 0-18 岁的儿童（在一些地方，年龄可提高到 21 岁）都可以在全州数百个网点免费领取餐食。无需登记或出示身份证明。请就近找到免费供餐网点。

食品分发处

如果您现在就需要食物，我们可以指引您找到附近的紧急食物计划，包括食品分发处和餐食计划。

把您介绍给其他资源

我们可以帮助您寻找更多支持，包括介绍您去找 WIC（联邦妇女、婴儿和儿童营养计划），以及寻求住房和公用事业方面的援助。



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