



**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 pickup 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



Ou pa ka achte ase manje? An nou tchat.

RELE NIMEWO: 1 (800) 645-8333

Lendi-Vandredi: 8am-7pm

Samdi: 10am-2pm

Kèlkeswa sa ou ap traverse, nou konprann ke manje se yon nesesite. Nou vle ede w. PROJECT BREAD ka mete w an kontak ak pwogram ki pral ede w fè pwovizyon epi mete manje sou tab la. Toujou gratis epi konfidansyèl pou tout rezidan Massachussetts yo, konseye nou yo pare pou ede moun k ap rele yo nan 180 lang.

SNAP (Pwogram Èd Nitrisyon Sipleman tè)

Snap se yon pwogram nitrisyon federal (ki te rele food stamps anvan) ki bay bourad lajan chak mwa pou achte manje angwo. Èske ou kalifye? Chèche konnen jodi a epi jwenn èd pou aplike.

Manje Gratis pou Timoun Ak Adolesan

Tout timoun ki gen laj 0-18 tan, epi nan kèk kote timoun ki gen jiska laj 21 lane kapab resevwa manje gratis pou al lakay nan plis pase 100 kote nan tout eta. Enskripsyon oswa I.D. pa obligatwa. Jwenn yon kote ki bay manje gratis toupre w.

Depo Manje

Si ou bezwen manje touswit kounye a, nou kapab voye ou nan pwogram manje an ijans ki toupre ou, tankou depo manje ak pwogram repa.

Referans nan Lòt Resous

Nou kapab ede ou jwenn lòt sipò, tankou referans nan WIC (yon pwogram nitrisyon federal pou Fanm, Tibebe ak Timoun), lojman ak èd pou peye sèvis piblik.



Pou jwenn plis enfòmasyon, rele nimewo:

1-800-645-8333

