



**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.

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## **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](https://projectbread.org/gethelp)





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# 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.

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## **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 nesestáriu. 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**

