



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 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](http://projectbread.org/gethelp)

