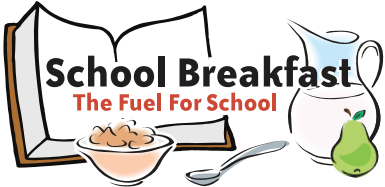
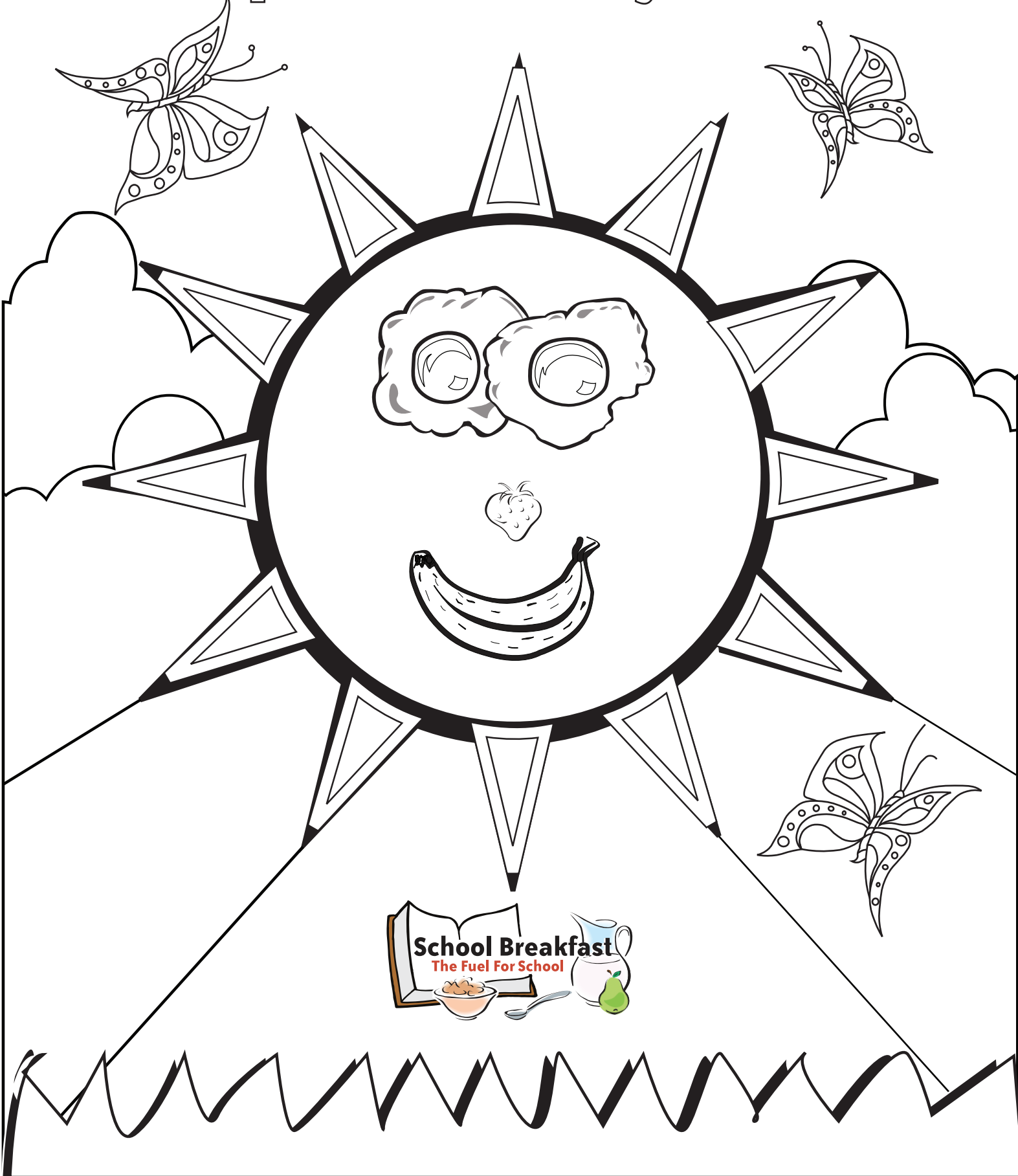


Wake up to a Healthy Breakfast!





HELPING YOU FEED YOUR FAMILY

Every family experiences hard times. If your family is in crisis, you don't have to go without food. There are many different programs that can help you buy more food, and many places where you can go to get free and reduced price meals and groceries. For more information, contact any of the following places:

Project Bread's FoodSource Hotline 1-800-645-8333

Call the toll-free FoodSource Hotline to get information about programs that can help you feed your family. Hotline counselors can help you in 140 different languages. They can tell you about:

- SNAP/formerly Food stamps
- School and summer meal programs
- Food pantries and soup kitchens
- And many other programs

Extended Hours:
Monday-Friday: 8AM-5PM
Saturday: 10AM-2PM

SNAP/Food Stamps

Use the calculator at www.gettingfoodstamps.org to see if you are eligible for SNAP/food stamps and to find out how to apply.

Department of Transitional Assistance 1-800-249-2007

Call to get information or apply for SNAP/food stamps, cash assistance, job assistance, or emergency shelter.

WIC 1-800-942-1007

Learn more about nutrition and health services for women, infants and children.

SERVE New England 1-888-742-7363

Get information about purchasing groceries at a reduced price.

School Meals

Call your child's school to see if he or she is eligible for free or reduced price school meals. To learn more, visit www.meals4kids.org.

