

# Greater Boston Area Food Access Information

Below are some organizations that aim to serve food-insecure families in the local community. Please feel free to share this sheet with anyone who might find these resources useful.

## Free Meals and Groceries for Families and Kids:

- Greater Boston Food Bank | (617) 427-5200 | 70 S Bay Ave, Boston, MA, 02118
  - Mobile Market Locations: <https://www.gbfb.org/what-we-do/our-programs/mobile-markets/>
  - Commodity Supplemental Food Program: <https://www.gbfb.org/what-we-do/our-programs/commodity-supplemental-food-program/>
  - Food Finder Locator: <https://www.gbfb.org/need-food/>
- Worcester County Food Bank | (508) 842-3663 | 474 Boston Turnpike, Shrewsbury, MA 01545
  - <https://foodbank.org/find-food/>
- Merrimack Valley Food Bank | (978) 454-7272
  - Mobile pantry, community market, summer meals for kids 18 and younger, take-home bags for kids in school, and food pantry available
  - Food Pantry List: <https://mvfb.org/member-agencies/>
- Food Bank of Western Massachusetts | (978) 413-9738
  - <https://www.foodbankwma.org/get-help/covid-19-food-pantry-meal-program-schedule-2/>
- Supplemental Nutrition Assistance Program (SNAP): a SNAP debit card at farmer's markets in Massachusetts can get you double dollars! (ie: \$20 worth of groceries for \$10)
  - [www.fns.usda.gov/snap/supplemental-nutrition-assistance-program](http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program)
- Project Bread: FoodSource Hotline | 1-800-645-8333
  - Assists callers with SNAP regarding information, eligibility screening, and over-the-phone applications, as well as finding free meals for kids and school meal sites, and food pantries

## Low-Cost Grocery Stores:

- Daily Table: Low-cost grocery stores that have SNAP incentives and free summer meals for children 18 years and younger
- Locations: <https://dailytable.org/locations>

## Free Meals in the Community:

- Brown Bag: Food for Elders: <https://www.foodbankwma.org/get-help/brown-bag-food-for-elders/>
- Community Fridges in the City of Boston: (617) 635-3717
- City of Boston Summer Eats Program:

Free breakfast and lunch for children 18 years and younger

- Map of Sites: <https://www.boston.gov/departments/food-access/summer-eats#map--446156>
- Allston-Brighton Health Collaborative
  - Resource guides in 4 languages include food pantries, community meals, winter markets and more
  - <https://abhealthcollaborative.org/food-access/>

## ALLSTON-BRIGHTON WEEKLY FOOD RESOURCE GUIDE



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>ABCD Food Pantry</b> 640 Washington St Suite 203, Brighton 11am-4pm. Must call ahead at 617-903-3640 and show proof of ID, income, and address. (Free)</p> <p><b>Allston Brighton APAC Food Pantry</b> 406 Cambridge St, Allston 12pm-4pm. Call ahead at 617-783-1485 and show proof of income and residency. (Free)</p> <p><b>Charles River Community Health Mobile Market</b> 495 Western Ave, Brighton. Every 3rd Tuesday of the month from 2:30pm-3:30pm. Call ahead at 617-783-0500 and Must be a patient. (Free)</p> <p><b>Gardner Pilot Academy Family Food Access</b> 30 Athol St, Allston 2:15pm-3pm. No sign up or registration necessary but must be a member of GPA. (Free)</p> <p><b>Open Door Free Meal Program</b> 62 Harvard Ave, Allston 6pm-7pm. Walk up and welcome to all. No sign up or registration necessary. (Free)</p>	<p><b>Allston Brighton APAC Food Pantry</b> 406 Cambridge St, Allston 12pm-4pm. Call ahead at 617-783-1485 and show proof of income and residency. (Free)</p> <p><b>Charles River Community Health Mobile Market</b> 495 Western Ave, Brighton. Every 3rd Tuesday of the month from 2:30pm-3:30pm. Call ahead at 617-783-0500 and Must be a patient. (Free)</p> <p><b>Gardner Pilot Academy Family Food Access</b> 30 Athol St, Allston 2:15pm-3pm. No sign up or registration necessary but must be a member of GPA. (Free)</p>	<p><b>ABCD Food Pantry</b> 640 Washington St Suite 203, Brighton 10am-4pm. Must call ahead at 617-903-3640 and show proof of ID, income, and address. (Free)</p> <p><b>Allston Brighton APAC Food Pantry</b> 406 Cambridge St, Allston 12pm-4pm. Call ahead at 617-783-1485 and show proof of income and residency. (Free)</p> <p><b>Community Supper, Brighton Allston Congregational Church</b> 404 Washington St, Brighton 4:30pm-6pm. Can call ahead at (617) 254-4046. Walk up and welcome to all. No sign up or registration necessary. (Free)</p>	<p><b>ABCD Food Pantry</b> 640 Washington St Suite 203, Brighton 10am-2pm. Must call ahead at 617-903-3640 and show proof of ID, income, and address. (Free)</p> <p><b>ABCD Levin Spoonfuls Food Pantry</b> 640 Washington St Suite 203, Brighton 2:30pm-4:30pm. Must call ahead at 617-903-3640 and show proof of ID, income, and address. (Free)</p> <p><b>Allston Brighton APAC Food Pantry</b> 406 Cambridge St, Allston 12pm-4pm. Call ahead at 617-783-1485 and show proof of income and residency. (Free)</p> <p><b>Faneuil Gardens Food Distribution</b> 51 Faneuil St, Brighton 11am-1pm. Only open to tenants of the building at the Tenant office located on Basement floor. (Free)</p>	<p><b>ABCD Food Pantry</b> 640 Washington St Suite 203, Brighton 10am-4pm. Must call ahead at 617-903-3640 and show proof of ID, income, and address. (Free)</p> <p><b>Allston Brighton APAC Food Pantry</b> 406 Cambridge St, Allston 12pm-4pm. Call ahead at 617-783-1485 and show proof of income and residency. (Free)</p> <p><b>*All times subject to change. Confirm availability directly with each location</b></p>



# Ways to help increase food accessibility

For volunteers: The Greater Boston Food Bank | Volunteers play a critical role in helping to end hunger in Eastern Massachusetts. Their role is even more critical given the COVID-19 crisis. Take part in individual and group volunteering and meet people in your community! Visit <https://www.gbfb.org/get-involved/volunteer/> for more information.

For businesses and nonprofits: Apply for grants through Project Bread: <https://www.projectbread.org/grant-opportunities>

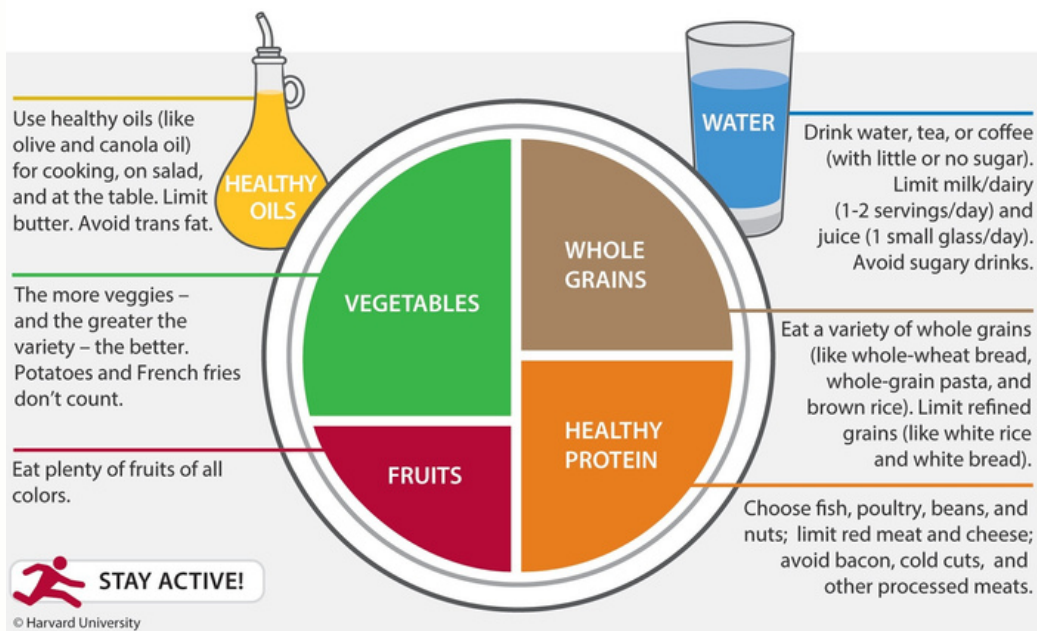
Eating locally sourced foods: <https://www.mass.gov/service-details/buy-local-groups>



## How to eat healthy at no extra cost

Visit [www.hsph.harvard.edu/nutritionsource/healthy-eating-plate](http://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate) for up-to-date information on nutrition.

### HEALTHY EATING PLATE



Did you know you can get plenty of protein from plants? AND it's generally more cost effective than buying animal products. Here are some great plant protein sources to try and home: lentils, tofu, nuts, chickpeas (all beans!), broccoli, seeds, sprouts, edamame, quinoa, and dark leafy greens.



Try to consume added sugars in moderation. The [American Heart Association](#) recommends limiting added sugars to no more than 6% of calories each day (about 6-9 tsp/day for women/men). For children, the recommendation is to limit sugar intake to a maximum 5 tsp/day.

Americans eat on average about 3,400 mg of sodium/day. However, the [Dietary Guidelines for Americans](#) recommends that adults limit intake to less than 2,300 mg/day (equal to about 1 teaspoon of table salt). For children, it's even less!

**To manage salt and sugar intake, a good rule-of-thumb is to limit processed and fried foods.** ✓

For local resources on how to practice plant-forward eating: [www.rootedsantabarbara.org](http://www.rootedsantabarbara.org)

For tips & tricks on how to navigate healthy and affordable food at the grocery store: [www.kidsinnutrition.org/tips-tricks](http://www.kidsinnutrition.org/tips-tricks)

For healthy child-friendly recipes: <https://www.kidsinnutrition.org/recipes>

