

## THE WHOLE FAMILY



### HOW CAN I GET HELP WITH PROVIDING NUTRITIOUS FOOD FOR MY FAMILY?

**A.** Food stamps are a great way to stretch your food buying power and give your family the healthy food they need at home. If you work for limited wages, work part-time, are unemployed, receive welfare or other public assistance payments, or are homeless, you may be eligible. Food stamps come in a convenient debit card that automatically deducts from your monthly benefits each time you use it at the grocery store.

### TO FIND OUT IF YOU ARE ELIGIBLE FOR FOOD STAMPS . . .

- 1) Call Project Bread's FoodSource Hotline at 1-800-645-8333.
- 2) Check out [www.gettingfoodstamps.org](http://www.gettingfoodstamps.org). The Web site can help you determine if you are eligible and estimate your benefits. You can also print out an application.

### TO APPLY FOR FOOD STAMPS . . .

- 1) Visit the Department of Transitional Assistance (DTA) in person. The office that serves New Bedford is

160 West Rodney French Boulevard  
New Bedford, MA 02744  
508-961-2000  
Fax: 508-961-2100  
Hours: Mon.–Fri.:  
7:15 A.M.–5:00 P.M.



- 2) If you are unable to visit the DTA office, you may mail or fax an application to them. Call DTA at 1-800-249-2007 to request an application.

### WHERE CAN I SHOP FOR FREE OR LOW-COST FOOD?

**A.** SERVE is a program that enables people to purchase nutritious groceries once a month at a reduced price. You can become a participant by contributing two hours of community service each month anywhere in your area. Grocery packages include meats, grains, fresh fruits, and vegetables.

For information, call SERVE New England at 1-888-742-7363.



### WHERE DO I GO WHEN I NEED FOOD RIGHT AWAY?

**A.** Every family experiences hard times. If your family is in crisis, it's no time to go without food. The following services are offered free of charge:

### FOOD PANTRIES AND SOUP KITCHENS IN NEW BEDFORD

Food pantries and soup kitchens are programs that help people in need to put food on the table. To find out about the locations and hours of food pantries and soup kitchens in New Bedford, contact

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



## SCHOOL-AGE CHILDREN



### MY CHILDREN ARE IN SCHOOL. HOW DO I GET THEM INTO SCHOOL BREAKFAST AND LUNCH PROGRAMS?

**A.** A good breakfast and lunch are key to learning. Good news! Many low-income working families are eligible for free or reduced-price school meals and because eligibility requirements for school lunch and breakfast are identical, only one application is required. If you receive TAFDC or food stamps, your child is automatically enrolled for free meals and can start participating now.



Call your child's school for more information or visit [www.meals4kids.org](http://www.meals4kids.org).

### HOW CAN I GET FOOD FOR MY CHILDREN OVER THE SUMMER?

**A.** Kids need good food all year long! That's why the Summer Food Service Program provides free, nutritious meals to help children 18 years of age and under receive the nutrition they need to learn and grow throughout the summer months. Recreational, educational, and athletic activities are often provided at these meal sites. For an updated list of sites in New Bedford, call **Project Bread's FoodSource Hotline** at 1-800-645-8333 or visit [www.meals4kids.org](http://www.meals4kids.org) between June and August each year.

## INFANTS AND YOUNG CHILDREN

### I HAVE CHILDREN UNDER FIVE AND/OR I AM PREGNANT. I WANT MY KIDS TO BE HEALTHY. IS THERE A PROGRAM THAT CAN HELP US?

**A.** The WIC program (WIC stands for Women, Infants, and Children) provides vouchers to buy nutritious foods to low- to moderate-income families with children under five. WIC also assists these families with nutrition education, immunization screening, and coupons to buy fresh fruits and vegetables at farmers' markets in the summer.

Even if you're working, you may be eligible for WIC services. If you are already receiving TAFDC, food stamps, or Medicaid, you're automatically eligible. Fathers, guardians, or foster parents may also apply for WIC for their children.

Contact New Bedford WIC at  
The Greater New Bedford  
Community Health Center  
874 Purchase Street  
New Bedford, MA 02740  
508-997-1500  
Fax: 508-990-7550  
Hours:  
Mon.–Fri.: 8:30 A.M.–4:30 P.M.



# I MPORTANT INFORMATION

## *Project Bread's FoodSource Hotline*

1-800-645-8333

## *Department of Transitional Assistance*

(to request a food stamp application)

1-800-249-2007

## *Department of Transitional Assistance (Local Office)*

160 West Rodney French Boulevard  
New Bedford, MA 02744

508-961-2000

Fax: 508-961-2100

## *SERVE New England*

1-888-742-7363

## *WIC*

The Greater New Bedford  
Community Health Center

874 Purchase Street

New Bedford, MA 02740

508-997-1500

Fax: 508-990-7550

[www.gettingfoodstamps.org](http://www.gettingfoodstamps.org)

[www.meals4kids.org](http://www.meals4kids.org)



**W**hen your family needs food,

it's good to know there is help

here at home. We have resources

in New Bedford ready to provide

food and nutrition counseling for

low- to moderate-income fami-

lies. Finding out about these

resources—and using them—are

the critical first steps in helping

your children stay healthy and do

well in school.

## **GOT A FOOD QUESTION WE HAVEN'T ANSWERED?**

For information about food resources,  
contact the Project Bread FoodSource  
Hotline at 1-800-645-8333.

The toll-free hotline screens callers for eli-  
gibility for food stamps, refers callers to  
emergency food programs in their neigh-  
borhoods, and provides information on  
meal sites for the elderly, meals-on-wheels  
programs, food distribution sites, and  
other programs supplying free or low-cost  
food. The hotline has the ability to help  
hungry families in 140 languages.

*Feeding children where they live,  
learn, and play!*

**W**ith the support of Senator  
Mark C. Montigny, New Bedford  
community partners have organ-  
ized to help families stretch their  
food purchasing power. This guide  
provides basic information on the  
programs that exist to help your  
family stay strong and healthy.



# Helping You Feed Your Family

## THE NEW BEDFORD GUIDE TO FOOD RESOURCES



**Project  
Bread**  
*Feeding people. nourishing hope*

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**PROJECT BREAD'S  
MASSACHUSETTS  
CHILD HUNGER INITIATIVE**