



# Food and Nutrition

Accessing these food resources will NOT affect your immigration status.

## SHORT TERM OPTIONS

### **Dollar-A-Bag**

Various locations throughout Boston

(617) 288-6185

(617)-282-0728

Bring a grocery bag and fill it with food for only \$1. Call the number above or ask us for the location nearest you. No ID necessary, no questions asked. Arrive early in order to get the best foods.

### **BMC Food Pantry**

Dowling Building, 4<sup>th</sup> Floor

(617) 414-5263

You need a referral form your doctor in order to use the BMC Food Pantry. The Food Pantry is open Mondays through Fridays from 10am to 4:40 pm. It is free and no ID is required as long as your referral form has your medical record number.

### **Project Bread / FoodSource Hotline**

160 N. Washington, 5th floor, Boston

1-800-645-8333

Call this phone number for local food pantries which you can visit once a month. Please note that you must have identification (but not social a security number) for the entire family, as well as proof of address.

### **Farmer's Markets**

Various locations throughout Boston

(781)-893-8222

David Weber, Department of Agricultural Resources

(617)-626-1754

Call their phone number in order to find locations. These markets sell fresh fruits and vegetables below supermarket prices. It is available from July to November.

## LONG TERM OPTIONS

### **Women, Infants, and Children (WIC)**

Dowling Building, 4<sup>th</sup> floor

1-800-942-1007

WIC provides food to pregnant women and children less than 5 years old. There are NO immigration restrictions. You can apply at BMC.

### **Food Stamps**

Please speak with someone from the Help Desk in order to determine whether you may be eligible for food stamps or speak to your DTA caseworker if you have one. There is no public charge for using food stamps.

### **SERVE New England (Food Cooperative)**

Various locations throughout Massachusetts

508-436-7663

Work 2 hours a month and pay \$14 for food that is usually worth \$25-\$32.

### **Rosie's Place (Food Cooperative)**

889 Harrison Avenue, Roxbury

(617) 442-9322

Only a few blocks from the BMC, you can save 40% on supermarket prices. No ID is required.

**Family Help Desk | Fifth Floor of ACC at Boston Medical Center | (617) 414-4349**

Updated 4/13/09