

THE WHOLE FAMILY



HOW CAN I GET HELP 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 account balance 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. The website can help you determine if you are eligible and estimate your monthly 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 Salem is located at:

35 Congress Street
Salem, MA 01970
978-825-7300
Fax: 978-741-4869
Hours: Mon. – Fri. 7:00 A.M. – 5:00 P.M.



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

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. Food pantries and soup kitchens are programs that provide free food for people in need. To find out about the locations and hours of food pantries and soup kitchens in Salem, contact:

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



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 join the program by contributing two hours of community service each month anywhere in your area. Grocery packages include meats, grains, fresh fruits, and vegetables.

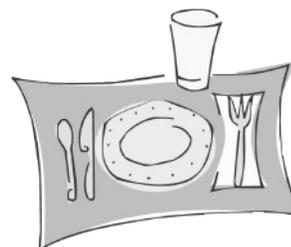
For information, contact:
SERVE New England at 1-888-742-7363.

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. 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. The Salem Public Schools administrative offices can be reached at 978-744-1212.

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

A. Kids need good food to learn and grow all year long! That's why the Summer Food Service Program provides free, nutritious meals to children 18 years of age and under throughout the summer months. Recreational, educational, and athletic activities are often provided at these meal sites. For an updated list of sites in Salem, call **Project Bread's FoodSource Hotline** at 1-800-645-8333 or visit 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 (Women, Infants, and Children) provides vouchers to low- to moderate-income families with children under five to buy nutritious foods. WIC also provides 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 WIC at:

35 Congress Street
Salem, MA 01970
978-744-2626



Hours: Mondays 9:30 A.M. – 2:00 P.M.
and 3:00 P.M. – 6:00 P.M.;
Tuesdays, Wednesdays & Fridays 8:30 A.M. – 2:00 P.M.
and 3:00 P.M. - 5:00 P.M.; Closed Thursdays.



I MPORTANT INFORMATION

Project Bread's FoodSource Hotline

1-800-645-8333

Project Bread's Food Resource Websites

www.gettingfoodstamps.org
www.meals4kids.org



Department of Transitional Assistance

(to request a food stamp application)
1-800-249-2007

Department of Transitional Assistance (Local Office)

35 Congress Street
Salem, MA 01970
978-825-7300
Fax: 978-741-4869

SERVE New England

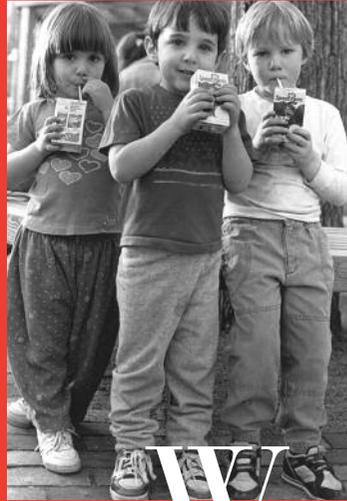
1-888-742-7363

Salem Public Schools

978-740-1212

WIC

35 Congress Street
Salem, MA 01970
978-744-2626



When your family needs food, it's good to know there is help here at home. There are many resources in Salem that provide food and nutrition counseling for low- to moderate-income families. Finding out about these resources—and using them—are the first steps in keeping your children healthy and helping them do well in school.

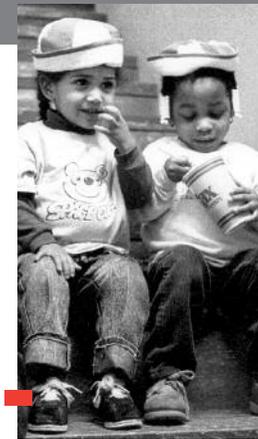
GOT A FOOD QUESTION WE HAVEN'T ANSWERED?

A. For information about food resources, contact **Project Bread's FoodSource Hotline** at 1-800-645-8333.

The toll-free hotline can screen you for food stamp eligibility; refer you to emergency food programs in your neighborhood; and provide you with 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 you and other families in 140 languages.

Feeding children where they live, learn, and play!

With the support of Mayor Kimberley Driscoll, Senator Frederick E. Berry, and Representative John D. Keenan, Salem community partners have organized to help families stretch their food buying 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 SALEM GUIDE TO FOOD RESOURCES



Project Bread
Feeding people. nourishing hope.

Tel 617-723-5000 • www.projectbread.org
Project Bread's FoodSource Hotline 1-800-645-8333

Printed on Recycled Paper with Soy-based Inks

PROJECT BREAD'S MASSACHUSETTS CHILD HUNGER INITIATIVE