

Northampton Senior Services Resource Guide

Nutrition & Food Programs

Brown Bag & Mobile Food Bank

413-419-0079 — Hotline

The Brown Bag Food for Elders program of The Food Bank of Western Massachusetts provides a free bag of healthy groceries to eligible seniors once a month at your local senior center. An application is required.

Department of Transitional Assistance (DTA)

Apply for SNAP (Food Stamps) and Cash Benefits

72-100 Front St

Holyoke, MA 01040

413-552-5400

If you need help making ends meet, you can apply for economic assistance (cash benefits) through the (DTA). Emergency Aid to the Elderly, Disabled, and Children (EAEDC), and the State Supplement Pro-gram (SSP). The benefits include 2 monthly payments, health insurance, and employment support while you work to get back on your feet. You cannot apply online.

Easthampton Congregational Church Food Cupboard

112 Main St

Easthampton, MA 01027

413-203 9759

[ecchurchfood@gmail](mailto:ecchurchfood@gmail.com)

The Food Cupboard is open on the second Wednesday of every month from 10 am to 12 pm. Evening hours are available by appointment. Anyone in need of food is welcome to come.

Grow Food Northampton, Inc.

221 Pine St, Suite 349

Florence, MA 01062

413-320-4799

growfoodnorthampton.com

Grow Food Northampton's food access work is building a more equitable local food system.

- SNAP Matching at Tuesday Market Double your SNAP and purchase delicious farm foods from dozens of vendors at Tuesday Market and Winter Market
- Giving Garden: At the Giving Garden on the Grow Food Northampton Community Farm, we partner with local food pantries and meal sites to grow organic vegetables for their participants.
- Free Mobile Farmers Market Grow Food Northampton delivers free local farm food to subsidized housing sites throughout Northampton each week. The Free Mobile Farmers Market makes local farm food available for free each week.
- Grow Food Northampton delivers food to nine housing sites each week and plans events and educational workshops with guidance from the Food Access Advisory Committee.

For dates and times, contact Grow Food Northampton

Highland Valley Elder Services

413-586-2000

highlandvalley.org

- Meals on Wheels — provides short-term or long-term meals to homebound elders who are unable to prepare a nutritionally balanced noon meal for themselves and are unable to attend congregate hot lunches. Volunteers deliver the meals to ensure both daily contact

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and a wellness check for elders who are alone during the day.

- Highland Valley Elder Services Local Dining Center — The goal of the Nutrition Program at Highland Valley is to make sure that every person over 60 receives at least one nutritionally balanced meal each day. The menu, created by a Registered Dietitian, is compliant with national nutrition standards for older adults. Call to register 413-586-2000 or walk in to sign up at the meal site, 81 Conz Street, Walter Salvo Apartments

Manna Community Kitchen

- Monday - Thursday
St Johns Church
48 Elm St
Northampton, MA 01060
- Friday - Saturday
Edwards Church
297 Main St
Northampton, MA 01060

413-887-0500 — Call for dates and times

Northampton Farmers' Market (Saturday)

8 Gothic St,
Northampton, MA 01060
Market Manager: Rick Tracy
intervale5@comcast.net
northamptonfarmersmarket.com
Saturdays: 8 am to 1 pm
April to November: call for start and end dates
Credit/Debit, SNAP/EBT, HIP (Healthy Incentives Program), Senior FMNP (farmers' markets), WIC FMPP (farmers' markets)

Northampton Senior Services Nutritional Outreach

67 Conz St
Northampton, MA 01060

413-587-1228

A collaboration of the Northampton Deals & Steal store and Northampton Senior Center.

Deals & Steals provides a box of food and other items for individuals who are at least 60 years old and a residents of Northampton, Florence, or Leeds. Call to register.

Northampton Survival Center (Northampton Food Pantry)

- 265 Prospect St
Northampton, MA 01060
413-586-6564
- 40 Main St
Goshen, MA 01032
413-268-7578

northampton-survival.org/

The Northampton Survival Center is dedicated to improving the quality of life for low-income individuals and families throughout Hampshire County by providing nutritious food and other resources in an atmosphere of dignity and respect.

Project Bread

Food Source Hotline
800-645-8333

Project Bread's FoodSource Hotline is the food assistance line for all of Massachusetts. Whether you need help paying for food and don't know where to start or you're simply curious about ways to boost your food budget or save on groceries, let's chat!

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SNAP Senior Assistance Office

- PO Box 4406
Taunton, MA 02780
833-712-8027

- St. John's Church
48 Elm St

Northampton, MA 01060

413-887-0500 — Call for dates and times

lee@mannaorthampton.org

Are you 60 or older? The Department of Transitional Assistance's Senior Assistance Office can help you.

The Florence Farmers Market

MA-9

Florence, MA 01062

413-527-8107

Wednesdays 2 pm to 6 pm, rain or shine!

May through October, call for start and end dates

The Florence Farmers Market takes place in the Florence Civic Center parking lot in Florence, Massachusetts.

SNAP/EBT, credit cards, and senior Farmers Market

coupons are accepted at the Florence Farmer's Market.

The Food Bank of Western Massachusetts

25 Carew St

Chicopee, MA 01020

413-247-9738

413-992-6204 — SNAP Assistance Line

Veterans Lunch / free

Easthampton Congregational Church

- 122 Main St
Easthampton, MA 01027

Monthly on the first Wednesday at 12
Hadley Senior Center

- 46 Middle St,
Hadley, MA 01035

Monthly on the second Wednesday at 12 pm