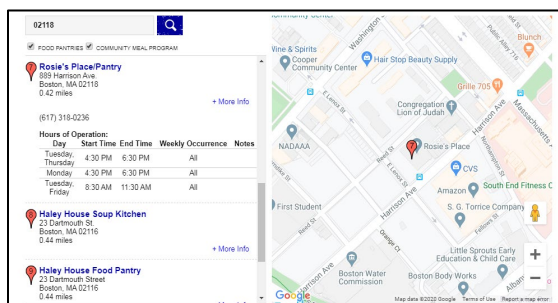


Need Food?

The Greater Boston Food Bank (GBFB) partners with 500+ hunger-relief agencies, including food pantries, community meal programs and other food assistance providers throughout the nine counties and 190 towns and cities across Eastern Massachusetts.

CHECK OUT OUR AGENCY LOCATOR

A list of food assistance options in each community that we serve, the days and hours of operation, and other information you need to access food for you and your family



Visit our [Need Food](https://www.gbfb.org/need-food) page:
GBFB.org/need-food

- Search your city or **zip code** for a list of agencies in your community.
- Select **'More Info'** for agency hours of operation and phone number. *(We recommend calling ahead to verify agency hours.)*

SNAP

Get help applying for the Supplemental Nutrition Assistance Program (SNAP), formerly food stamps, which helps people buy the food needed for good health. SNAP benefits are put on an electronic card that is used like an ATM or bank card, and can be used at most supermarkets, convenience stores, and some farmers' markets.



Household Size	Gross Monthly Income Limit <i>(before taxes or healthcare is taken out)</i>
	\$2,127
	\$2,873
	\$3,620
	\$4,367
Each additional member	+\$747

Who is eligible?

SNAP is for everyone—families, seniors, disabled, homeless, unemployed, employed, veterans, and active military. If you are within the income limits listed, you may be eligible.

Contact us to determine your eligibility, to complete an application, or for help with your existing case:

Call: 617-598-5022
Email: SNAP@gbfb.org
Online: [GBFB.org/SNAP](https://www.gbfb.org/SNAP)

ADDITIONAL RESOURCES

Project Bread's FoodSource Hotline
Food resources in your community
1-800-645-8333 | TTY 1-800-377-1292
Hotline Hours:
Mon-Fri – 8AM-7PM | Sat – 10AM-2PM



Mass2-1-1

A statewide human service information and referral platform powered by your local United Way
Simply Dial 2-1-1 or visit MASS211.org
24 Hours – 7 Days – Free – Confidential – Multilingual