

# GENERAL FOOD RESOURCES

## Catholic Charities

(617-482-5440) Please ask for the chapter that covers your town/city.

## Department of Transitional Assistance (DTA)

(1-800-249-2007) Call for food stamp information.

## Fair Foods

(617-288-6185) Dollar a bag food resources, call to find nearest site.

## Food Source Hotline

(800-645-8333) Information on local food sources and programs.

## Helping Hand Food Pantry

(617-576-2329) Serves Greater Boston area.

## Project Bread

(800-645-8333) Can help apply for SNAP and finding local resources.

## Rosie's Place

(617-442-9322) Food pantry with daily meals for women and children.

## SPECIAL GROCERY STORE HOURS DUE TO COVID-19

**Daily Table Grocery** Monday-Saturday 9-10am, Sunday 11-12pm  
(For ages 60+ and high risk)

**Foodies Market** Tuesdays and Thursdays 8-9am. (For ages 60+)

**Fruit Center Marketplace** Daily 7-8am. (For ages 60+ and high risk)

**Hannafords** Tuesday-Thursday 6-7am. (For ages 60+ and high risk)

**Market Basket** Tuesday-Thursday 5:30-7am. (For seniors)

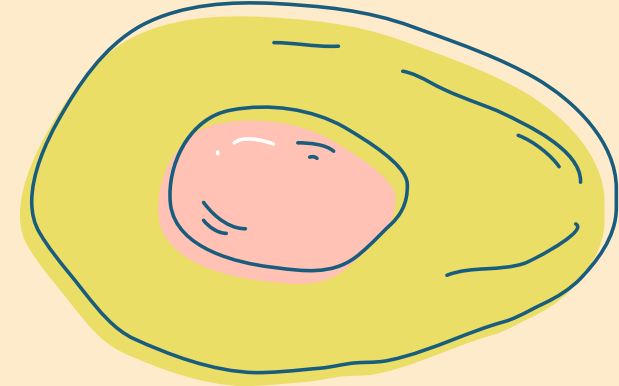
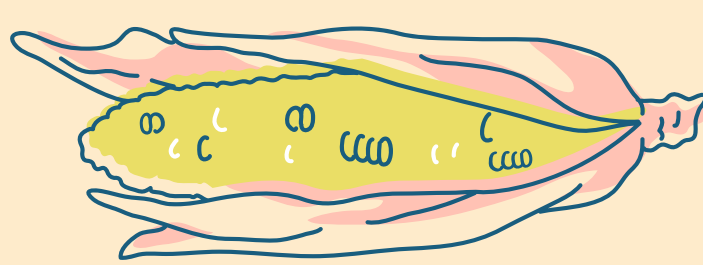
**McKinnon's Supermarket** Daily 7-8am. (For seniors)

**Shaws** Daily 6-7am, Tuesdays/Thursdays 7-9am. (For seniors and high risk)

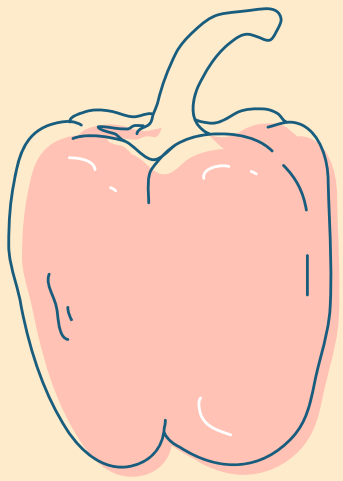
**Stop & Shop** Daily 6-7:30am, (For ages 60+ and high risk)

**Russo's Market** Daily 8-9am, (For seniors)

**Whole Foods** One hour before opening to the general public, (For ages 60+ and high risk)



# BOSTON FOOD RESOURCES

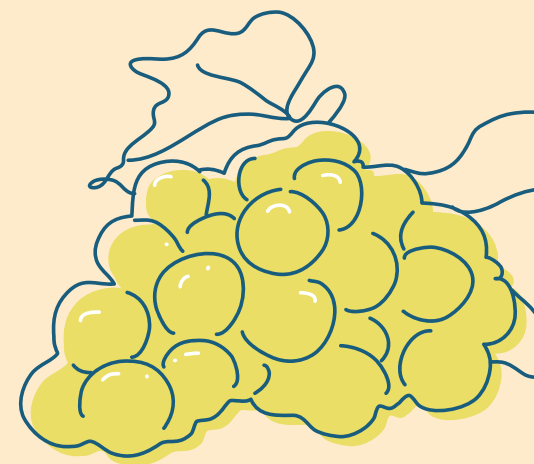
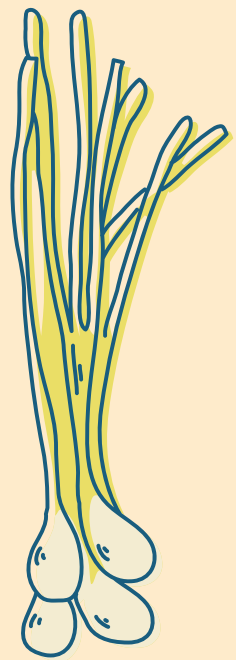
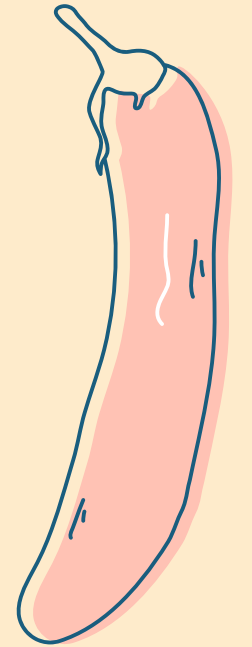


**Action for Boston Community Development**  
(617-348-6329) Call for information on food. Also have other essentials and Covid-19 Supports.

**American Red Cross of Boston Food Pantry**  
(617-375-0735) Pantry open Wednesdays and Saturdays from 9-12pm.

**Harvest on the Vine Food Pantry**  
(617-990-7314) Pantry open second Saturday at 10am, and last Tuesday at 2pm.  
Bring photo ID for proof of residence.

**The Paulist Center Food Pantry**  
(617-442-4460) Hot meals Wednesdays at 6pm.  
Pantry open Tuesdays 1:30-3pm  
Bring a photo ID with a Boston area address.



# UTILITY, HEATING, GAS AND ELECTRICITY RESOURCES

**Action for Boston Community Development**  
(617-348-6000) Offers a fuel assistance program, heating systems repair and replacement, weatherization assistance program, conservation program, and utility bill advocacy.

**Joe-4-Oil**  
(877-563-4645) The Joe-4-Oil Heating Program delivers 100 gallons of oil to eligible households once per heating season, free of charge.

**Metro Housing Boston**  
(617-425-6700) Offer Residential Assistance for Families in Transition (RAFT) and Emergency Rent and Mortgage Assistance (ERMA). These can be used to pay utilities.

**Salvation Army Good Neighbor Fund**  
(800-334-3047) Offers one time grants for energy assistance. For those experiencing temporary financial hardship and are not eligible for state or federal assistance.

