



Food Resources 2022



1

Medford Public Schools

Medford public school breakfast and lunch will again be free for all students in Medford and across Massachusetts. Please continue to fill out registration for free and reduced lunch, as it helps support our schools with funding at www.mps02155.org.

2

Mystic Community Market

The place to access a variety of food at **no cost** is the Mystic Community Market at 291 Mystic Ave. Open on Monday and Wednesday 3:30PM - 7:00PM, Thursday 3:30PM - 7:00PM, Friday 3:30PM - 6:00PM and Saturday 9:00AM - 2:00PM. or call 617-629-5120 to make an appointment.



3

Medford Food Pantries

St. Raphael's Church on 38 Boston Ave, Tues, 10 AM - 12 PM
Evangelical Holiness Church - 55 Otis St, last Sat of the month 4 PM - 6 PM
Community Baptist Church - 470 Fulton St, Wed 2 PM - 6 PM, Sun 9:30 AM - 10 AM

4

Micro Pantries

The Medford Micro Pantry Food Mission is dedicated to ending hunger in Medford, MA with 15 micro pantries open 24/7 around our community. Find locations at sanctuaryucc.org or foodmedford.org.



5

Community Fridge

Located at 75 Riverside Ave, the LOPH'S Community Fridge provides access to refrigerated food 24/7.

6

Senior Center & Meals-on-Wheels

Medford's council on aging hosts a food pantry every other Tuesday from 11 PM - 1 PM. Please register at 781-396-6010.

Mystic Valley Elder Services, Meals on Wheels offers weekly delivery of well-balanced lunches to thousands of older adults. Call Nutrition Services at 781-324- 7705.



7

EBT/SNAP

The Department of Transitional 245 Commercial St Malden offers the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps. It is a federal nutrition benefit program for families with low incomes that provides monetary supplements for certain food purchases.

8

WIC

North Suburban WIC program is located at 239 Commercial St in Malden.

WIC is a nutrition program that provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services, free of charge, to Massachusetts families who qualify.

