



**PROJECT  
BREAD**



# Can't afford enough food? **Let's chat.**

**CALL: 1 (800) 645-8333**

**Hotline Hours Mon-Fri: 8am-7pm Sat: 10am-2pm**

No matter what you're going through, we understand that food is a must. We want to help you. PROJECT BREAD can connect you to programs that will help you afford groceries and put food on the table. Always free & confidential for all Massachusetts residents, our counselors are ready to assist callers in 180 languages.

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## **SNAP (Supplemental Nutrition Assistance Program)**

SNAP is a federal nutrition program that provides monthly financial assistance for groceries. Could you be eligible? Find out today and get help applying.

## **Free Summer Meals for Kids & Teens**

Summer Eats provides free meals to all kids and teens ages 18 and under at hundreds of locations across Massachusetts during the summer months.

No registration or ID is required. Call to find meals near you!

## **Food Pantries**

If you need food right now, we can direct you to emergency food programs near you, including food pantries and meal programs.

## **Referrals to Additional Resources**

We can help you find additional support, including referrals to WIC (a federal nutrition program for Women, Infants, and Children), housing, and utility assistance.



Call today or learn more at [projectbread.org/gethelp](https://projectbread.org/gethelp)

