



VIL MEDFORD

RESOUS MANJE

MIZAJOU NAN DAT
16/10/2025



- **Lekòl Piblik Medford** – Dejene ak manje midi gratis pou tout elèv Massachusetts yo. Pou asire pitit ou a resevwa repa gratis li yo, tanpri asire w ke ou gen nimewo LASID li a disponib. Kontakte meals@medford.k12.ma.us oubyen vizite www.mps02155.org/students-families/school-breakfast-and-lunch.
- **Mystic Kominote Mache** – Yon depo manje gratis ki sitiye nan 291 Mystic Ave. Ouvè lendi ak mèkredi soti 3:30 p.m. rive 7:00 p.m., jedi soti 3:30 p.m. rive 7:00 p.m., vandredi soti 3:30 p.m. rive 6:00 p.m., epi samdi soti 9:00 a.m. rive 2:00 p.m., oubyen rele 617-629-5120 pou pran yon randevou.
- **Gadmanje Medford** – Pawas San Rafael – Madi 9è dimaten pou rive midi.
- **Mikwo gadmanje** – Gen 15 mikwo-gadmanje ki ouvè 24 sou 24, 7 jou sou 7 nan kominote nou an. Jwenn kote yo sou sanctuaryucc.org.
- **Frijidè kominote a** – Sitiye nan 75 Riverside Ave. Pou moun k ap fè donasyon, tanpri sonje ke sa a se sèlman yon frijidè, se pa yon frizè.
- **Sant pou Granmoun Aje ak Manje Livrezon Lakay** – Konsèy sou Granmoun Aje a òganize yon depo manje chak de madi soti 11 a.m. rive 1 p.m. Tanpri enskri nan 781-396-6010. Mystic Valley Elder Services, Meals on Wheels, bay livrezon manje midi byen balanse chak semèn bay plizyè milye granmoun aje. Rele Sèvis Nitrisyon nan 781-324-7705.

- **SNAP/EBT/Koupon Manje** – Biwo SNAP ki pi pre nou an se Depatman Asistans Tranzisyonèl (DTA) nan 245 Commercial St., Malden. DTA ofri Pwogram Asistans Nitrisyonèl Sipleman (SNAP), ke yo te konnen anvan kòm koupon manje. Li se yon pwogram benefis nitrisyonèl federal pou fanmi ki gen ti revni ki bay sipleman lajan kach pou sèten acha manje. Pou plis enfòmasyon, vizite <https://www.mass.gov/snap-benefits-formerly-food-stamps>.
- **WIC** – Biwo WIC ki pi pre nou an sitiye nan 239 Commercial St nan Malden. WIC se yon pwogram nitrisyon ki bay manje ki bon pou sante, edikasyon sou nitrisyon, sipò pou bay tete, ak referans pou swen sante ak lòt sèvis, gratis, pou fanmi ki kalifye nan Massachusetts. Li ofri tou sèvis a distans: rele (781) 338-7578 oswa voye yon imèl bay Sharon Burton nan sburton@hallmarkhealth.org.
- **Lazay renmen** – Kòmande lazay sou sit entènèt yo nan www.Lasagnalove.org/request-a-meal/.
- **Gwoup Facebook yo** – Everything is Free Medford, Medford Micro Pantry Food Mission, Medford MA, LOPH'S Community Fridge, City of Medford Community Engagement Team.
- **Ekip Angajman Kominotè Medford la** – 781-475-5644. Kontakte nou si ou gen kesyon, enkyetid, oswa si w ap chèche èd pou aplike pou SNAP oswa pou jwenn aksè a resous manje. Vizite www.medfordma.org/medford-connects pou plis enfòmasyon.

- **Mache Manje Mobil Lopital MelroseWakefield** – Kontakte Eileen Dern pou asistans: eileen.o.dern@tuftsmedicine.org.
- **Pwogram Manje pou Timoun ak Adilt** – Vizite <https://www.doe.mass.edu/cnp/nprograms/cacfp.html> pou plis detay.
- **Vida Real** – 98 George P. Hassett Dr. Jedi, 1:30–2:30 p.m. Antre gratis pou manm kominote a. Pa bezwen rezèvasyon.
- **MAMAS** – Èd Mityèl Medford ak Somerville. Bay resous ak sipò pou vwazen nou yo nan Somerville ak Medford atravè èd mityèl. Vizite <https://mutualaiddisasterrelief.org/co-conspirators/mutual-aid-medford-and-somerville/> pou plis detay.
- **Gadmanje Kominotè Legliz Initarisyon Medford** – Jedi soti 6:00 p.m. pou rive 7:30 p.m. nan 147 High Street.
- **Pwogram Depo ak Livrezon Manje Malden YMCA a** – Pou moun ki pa kapab fè lè nan gadmanje akòz travay oswa lòt konplikasyon. Livrezon lakay se yon opsyon pou manm kominote a ki pa ka soti lakay yo. Kontakte Joshua Chu, Direktè Aksè a Manje ak Sante Kominotè a, nan jchu@mv-ymca.org oswa rele 7818514452.
- **Tanpri gade sit entènèt sa yo pou plis resous:**
 - <https://mafoodsystem.org/organizations/>
 - <https://foodforfree.org/need-food/>
 - <https://massoptions.org>

