Developed by the Somerville Food Security Coalition, with support from the Somerville Community Health Agenda at Cambridge Health Alliance, SomerPromise, and Shape Up Somerville.

[Updated 12/2019]

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For more details & additional resources, visit: somervillefoodsecurity.org
COMMUNITY MEALS

Come to the Table: East Somerville Community Meals
Connexion Church, 149 Broadway, Somerville
Dinner 4th Wednesday of each month, 5:00–7 PM
Free meals available to all. Take home food, and enjoy Community arts!
For more info: www.somervillefoodsecurity.org

Project SOUP
First Church, 89 College Ave, Somerville. Monday dinner at 4:30 PM

Salvation Army
402 Massachusetts Ave, Cambridge
Monday–Friday: morning snack 9–11am, lunch at 12–12:30pm;
Saturday lunch at 11:30 AM; Sunday lunch at 1:30 PM

Dormition Family Table
Dormition of the Virgin Mary Church, 29 Central St, Somerville, 617-791-2994
Dinner 1st and 3rd Wednesday of each month, 4–6 PM

Hearty Meals for All
Somerville Community Baptist Church, 31 College Ave, Somerville
Dinner 2nd Friday of each month, 6:30 PM

Somerville Council on Aging
Seniors only, bring photo ID
- Holland St Center, 167 Holland St, Somerville; (617) 625-6600 x 2300
  Lunch Thursday and Friday at 11:30 AM
- Cross St Center, 165 Broadway, Somerville; (617) 625-6600 x 2335
  Lunch Monday, Tuesday and Thursday at 11:30 PM
- Ralph & Jenny Center, 9 New Washington St, Somerville; (617) 666-5223
  Tuesday and Thursday at 11:30 AM
  Call for reservation by noon of previous day

CHA Cambridge Senior Meal
1493 Cambridge St, Cambridge, (617) 628-2601 x 3117, $2 donation,
Supper: Monday-Friday 4:45–6 PM
Free shuttle from Somerville Hospital @ 4:15, 4:45, 5:15 PM
Depart from Cambridge @ 5:00, 5:30, 6:00, 6:30 PM

Check SomervilleFoodSecurity.org for more options and updates.
Food Pantries
Call Ahead for Times and Capacity

Cambridgeport Baptist Church - The Harvest Food Pantry
(617) 576-6779, 549 Putnam Ave, Cambridge
1st and 3rd Saturday of month, 9–11 AM. Bring any form of ID. No income restrictions.

Catholic Charities
617-506-6628, 270 Washington St, Somerville
Fresh Produce, meat, bread, dairy and non-perishables.
Tuesday and Thursday, 1:30–4 PM
Bring Photo ID and Bags.

Elizabeth Peabody House
617-623-5510, 277 Broadway (Grant St. entrance), Somerville
Wednesday 5:15 PM–until food runs out; Photo ID, 1 visit per individual/month

Helping Hand
617-547-4070, 364 Rindge Ave, (rear door) Cambridge
Second Saturdays, 11 AM–1 PM
No ID required. Bring bag, cart, or basket.

Holy Bible Baptist Church
781-346-4653, 64 College Ave, Somerville
Fresh produce, meat, bread, dairy and non-perishables.
Every 2nd and 4th Monday of the month, 4–6 PM; Bring photo ID and Bags.

Margaret Fuller House
617-547-4680, 71 Cherry St, Cambridge
Wednesday 5–7:30 PM; Thursday 2–5 PM; Friday and Saturday 9 AM–12 PM
ID, letter from place of residence

Mission Church Shepherd’s Kitchen
130 Highland Ave, Somerville (rear entrance on Trull Lane)
1st Saturday of the month 11 AM–1 PM, 3rd Wednesday 5:30–6:30 PM
Fresh produce, meat, bread, dairy and non-perishables.
Project SOUP
617-776-7687, 165 Broadway, East Somerville
Tuesday 12–4 PM; Wednesday 10 AM–3 PM;
Thursday 2 PM–7 PM; Friday 10 AM–3 PM; Saturday 9 AM–12 PM
Fresh produce, meat, bread, dairy and non-perishables.
Somerville residents only: bring photo ID and proof of residency and bags.
1 visit per household/month.
Applications are available for monthly grocery deliveries for the eligible elderly and disabled.

Project SOUP West Pantry (Emergency Pantry)
617-623-6111, 1 Davis Sq., Somerville
Monday–Friday, 9 AM–5 PM
Non-perishables, 1 visit per individual/month

Somerville Hispanic Association for Community Development- Food4All
617-776-7515, 59 Cross St., Somerville
Monday 12 PM–7 PM; Tuesday 9 AM–2 PM
For residents of Somerville, Medford, and Cambridge.
Please bring proof of address, new clients must register on-site, 1 visit per month.

Check SomervilleFoodSecurity.org for more options and updates.
**FARMERS’ MARKETS**

**Farmers’ Markets**

**Central Square Farmers Market (May 13 – November 25)**  
Parking lot # 5, 76 Bishop Allen Dr., Cambridge  
Mondays 12–6 PM  
Accepts SNAP/EBT, Some vendors accept WIC Coupons & Senior Coupons.  
$1-for-$1 match up to $15 each week.

**Davis Square (May 15 – November 27)**  
At Day & Herbert St, Somerville  
Wednesdays 12–6 PM  
Accepts SNAP/EBT. Some vendors accept WIC Coupons and Senior Coupons.

**Union Square (May 12– November 17)**  
Where Prospect St, Washington St, and Somerville Ave meet, Somerville  
Saturdays 9 AM–1 PM  
Accepts SNAP/EBT, $1-for-$1 match up to $10 each week.  
Some vendors accept WIC Coupons & Senior Coupons.

**Somerville Winter Farmers’ Market (December – midApril)**  
The Armory, 191 Highland Ave, Somerville  
Saturdays 9:30 AM–2 PM  
Accepts SNAP/EBT. $1-for-$1 match up to $10 each week.  
Some vendors accept WIC Coupons & Senior Coupons.
Farmers’ Markets

Somerville Mobile Farmers’ Market (July 12 – October 19)
Accept SNAP/EBT, WIC, and Senior coupons; 50% off for residents of Mystic or North Street Housing, or for showing SNAP, WIC, or Senior Coupons
Website: www.somervillema.gov/sus
617-625-6600 x4321

Fridays, 10:30 AM–12:30 PM:
Council on Aging/SCALE (167 Holland St.)

Fridays, 2:30 PM–4:30 PM:
East Somerville Community School (50 Cross St.)

Saturdays, 10:00 AM–12:00 PM:
North Street Housing Development (26 North St.)

Saturdays, 1:30 PM–3:30 PM:
Mystic Housing Development (530 Mystic Ave)
Growing Your Own Food

You can save money and have fresh food by growing your own. Containers or raised beds are a great way to safely fit a garden into an urban space and avoid the issue of lead in the soil. Make sure to get a soil test if you are thinking about planting directly in the ground. For a small fee, UMass Amherst does soil tests: umass.edu/soiltest. You can use your SNAP benefits to get started! Visit a local SNAP retailer to buy seeds or seedlings for producing edible plants and spices. Visit www.snapgardens.org for more information.

Community Gardens

If you do not have space for a garden at your home, community garden plots managed by the Somerville Conservation Commission are available on a first-come-first-served basis. If no plot is available, your name can be added to a “wait list”. Gardeners are charged a nominal fee. If you are interested in getting a plot in one of Somerville's Community Gardens, visit www.somervillema.gov/departments/programs/communitygarden-program
Bag Programs
For free or a small fee, receive a pre-packaged bag of groceries.

**Fair Foods Program**
Cambridge: St. Paul's Church, 29 Mt. Auburn St, Harvard Square,
Saturday 11–11:30 AM
$2/bag of 12 pounds of mixed fresh produce; may take multiple bags
Please arrive by 9 AM for ticket

**Somerville Cambridge Elder Services/Greater Boston Food Bank**
Arts at the Armory, 191 Highland Ave, Somerville.
Tuesdays 2019: 5/14, 6/11, 7/9, 8/13, 9/10, 10/8, 11/12, 12/10
To register call: 617-628-2601.
Bring bag, cart, or basket to carry food.

**Greater Boston Food Bank Mobile Market**
Clarendon Hill Towers Administration Building, 1372 Broadway
Somerville Second Saturdays,
First time registration at 8 AM, or call 617-625-7150
Photo ID to register, and bag, cart, or basket to carry food.

**Somerville Council on Aging/Greater Boston Food Bank**
Ralph and Jenny Center, 9 New Washington Street
4th Thursday of each month, 9:30–12:30 PM.
Call Council on Aging 617-625-6600 x2319 for application
Photo ID needed to register. No cost.

For seniors, 60 or older (or resident of an elder/disabled housing site):
Somerville Council on Aging- 617-625-6600 x230
Somerville-Cambridge Elder Services Nutrition and Meals- 617-628-2601
FOR FAMILIES WITH CHILDREN

For Families with Children

During the school year:
• Free breakfast, before school starts
• Free or reduced lunch for income eligible families
  (Paperwork needs to be completed at beginning of school year.)

In the Summer:
Free summer meals for kids 18 and under are available in Somerville and across the state. For information on summer meals, visit http://www.somerville.k12.ma.us/district-departments/food-nutrition-services/summer-meals-program

School Resources:
• Somerville Public Schools Food and Nutrition Services:
  Visit www.somerville.k12.ma.us/foodservice or call 617-625-6600 x 6085 to learn more.
• Somerville Family Learning Collaborative (SFLC): Parents or guardians of Somerville Public School students, talk to your school’s SFLC Family and Community Liaison for more information about school programs, food resources such as the Backpack Program, or to connect to services. Or visit the SFLC offices at 42 Prescott Street, Somerville 02143 or SFLC Basic Needs Liaison, for clothes, food, etc., call 617-625-6600 x6994.
• Somerville HUB: to find information about family and child resources, www.somervillehub.org

WIC:
If you are pregnant, a breastfeeding or postpartum mother, or have a child under the age of 5 and are income qualified (below 185% of the poverty level), contact the Somerville/Cambridge WIC office located at 366 Broadway, Somerville, to see if you qualify for free food and nutritional consulting. Call 617-575-5330, www.challiance.org/wic

Resource Guide for People Homeless in Somerville and Arlington has a number of resources for families in need regardless of housing status: https://www.somervillema.gov/sites/default/files/homelessness-resource-guide.pdf

Parents or guardians of Somerville Public School students who are experiencing homelessness can call the District Homeless Liaison at 617-625-6600 x6962.
Harvard School of Public Health’s Healthy Eating Plate

- **Eat MORE of these nutrients:**
  - Dietary Fiber, Vitamin A, Vitamin C, Iron
- **Eat LESS of these nutrients:**
  - Saturated Fat, Cholesterol, Trans Fat, Sodium
How to read a nutrition facts panel

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container about 2

Amount Per Serving
Calories 250 Calories from Fat 110
% Daily Value*

Total Fat 12g 18%
  Saturated Fat 3g 15%
  Trans Fat 3g
Cholesterol 30mg 10%
Sodium 470mg 20%
Total Carbohydrate 31g 10%
  Dietary Fiber 0g 0%
  Sugars 5g
Proteins 5g

Vitamin A 4%
Vitamin C 2%
Calcium 20%
Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Calories 2,000</th>
<th>Calories 2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>Less than 80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>Less than 25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

For More Information on Nutrition Labeling, visit:
www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#see5

For nutritious and affordable recipes:
- Free, printable online recipe book, Good and Cheap: How to Eat Well on $4/day at: www.leannebrown.com/buy/good-and-cheap
- Free recipes from Harvard School of Public Health organized by food category at: www.hsph.harvard.edu/nutritionsource/recipes-2/home-cooking
- Check out Click 'N Cook, easy healthy recipes with everyday ingredients from Greater Boston Food Bank: http://clickncook.org/
SNAP

Supplemental Nutrition Assistance Program

What is SNAP?
The Supplemental Nutrition Assistance Program (SNAP, formerly called “Food Stamps”) is a government assistance program that helps low-income households buy food. SNAP can be used to buy almost any food item in any supermarket where you usually shop. The amount of SNAP money a household gets depends on the household’s size, income, and expenses.

Massachusetts households approved for SNAP get a plastic debit card called an Electronic Benefits Transfer (EBT) card. They can use this card to pay for food at supermarkets, convenience stores, and other food stores. Each month, SNAP benefits are directly deposited into the household’s EBT account.

Who is eligible for SNAP? Can I apply for my family?
A SNAP household is an individual or a group of people who live together and buy food and prepare meals together (most of the time) to eat at home. Members of a SNAP/food stamp household get their benefits together, and their incomes are counted (together) as a group in determining eligibility. Household members do not have to be related to each other. You must have an income within the program limits for your family size.

Noncitizens may receive SNAP, although there are certain rules about which immigrants and refugees qualify for these benefits. Non-citizens with citizen children can apply for SNAP for their families using the child’s social security number. There are also special exceptions for elders and people with disabilities, as well as special expedited benefits in certain cases. Visit www.fns.usda.gov/snap/eligibility to learn more about these exemptions. According to the US Citizenship and Immigration Services (USCIS), at the time of this publication, SNAP benefits are NOT subject to public charge consideration and benefits will not affect immigration of permanent status. Check the most up-to-date information on public charge consideration at www.uscis.gov/greencard/publiccharge

The best way to determine whether your household is eligible for SNAP is to contact a social service organization that can assist you with this process. You can also check your eligibility online using Project Bread’s SNAP calculator available at: gettingfoodstamps.org/canigetsnap.html or call 1-800-645-8333
SNAP

Where can I apply for SNAP?

• Project Bread Food Source Hotline, 1-800-645-8333 / TTY 1-800-377-1292, gettingsnap.org
  Monday–Friday, 8 AM–7 PM, Saturday 10 AM–2 PM

• Online via the Massachusetts’ Health and Human Services website: https://www.mass.gov/snap, where you can also find the DTA Connect mobile app information

• If you do not have an address or phone for DTA to contact you to complete the process, call Project Bread or go to Malden Office, 245 Commercial St, Malden, 781-388-7300 or Chelsea Office, 80 Everett Ave., 617-551-1700, M–F, 8 AM–5 PM

How do I complete an application for SNAP?

• As part of your application, you will need to submit verification to document that your household qualifies for SNAP. Details on what information you need to provide and how to submit documentation can be found here: https://www.mass.gov/service-details/snap-verifications

• After you submit your initial application, you need to complete an interview with someone from the DTA either over the phone or in person at a local DTA office. A caseworker from the DTA will call you to schedule the interview while they are processing your application. You can bring a friend, family member, advocate or lawyer to help you at any meeting you may have with the DTA.
  masslegalhelp.org/income-benefits/food-stamp-rights
SNAP

Mailing Address for all DTA locations:
- DTA Document Processing Center, P.O. Box 4406, Taunton, MA 02780-0420

DTA Assistance Line:
- 1-877-382-2363 (staffed 8:15 AM–4:45 PM), M-F
- DTA Connect Mobile app helpdesk: dtaapphelpdesk@state.ma.us
- My Account Page: mass.gov/vg/selfservice

Because the SNAP application is long and has multiple parts, the best way to ensure that your application is successful is to apply through an agency where the staff are trained to know about the SNAP program. Some of these organizations in the Somerville area are listed below. Many places require you to call and make an appointment before receiving services. Additional information available at: somervillefoodsecurity.org

Immigration Information
On the form for Permanent Resident Status (1-485, Part 3, Question 2), you DO NOT answer yes to having received public assistance if you receive SNAP benefits. If your lawyer recommends you answer yes, your lawyer may be unaware that SNAP benefits are not a public charge at the time of this publication.
SNAP

What if the DTA denies my SNAP application or cuts my benefits?
If the DTA denies benefits because your application was missing verification documents or proofs, you have 30 days to submit the documents or proofs and ask the DTA to reopen the case. If DTA denies your SNAP benefits or stops or lowers your monthly amount, you can ask for a "fair hearing."

To keep getting your SNAP while you wait for a hearing, send the appeal within 10 days of the date on the notice. Fill out the appeal form on the back of the denial notice and send it into Division of Hearings, DTA at Division of Hearings, DTA PO Box 4017, Taunton, MA 02780-9805. You can also fax it, or a letter requesting a hearing, to the Division of Hearings at 617-348-5311

Keep a copy of the appeal, and call the Division of Hearings at 617-348-5321 or 1-800-882-2017 to make sure that they got it. You also have the right to ask for a hearing if your worker threatens you, does not follow the rules, violates your privacy or does not treat you with dignity and respect. You can bring a friend, family member, advocate or lawyer to help you at any meeting you may have with the DTA.
https://www.masslegalservices.org/FindLegalAid

Recertification
About 45 days before the end of the certification period (the block of time when SNAP benefit approval is active) the DTA caseworker sends you a cover letter and a recertification form. Make sure you fill this out and send it in to keep your benefits.
### SUPERMARKETS IN & AROUND SOMERVILLE

<table>
<thead>
<tr>
<th>SUPERMARKET</th>
<th>COST</th>
<th>FEATURES</th>
<th>SNAP/EBT, WIC</th>
<th>COUPONS</th>
<th>NEAREST TRANSIT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Market Basket (Demoulas)</strong></td>
<td>$</td>
<td>Large variety of fresh fruits &amp; vegetables; damaged produce at discount cost. Store-brand alternatives.</td>
<td>Accepts SNAP/EBT &amp; WIC.</td>
<td>No reusable bag discount. Weekly circular available <a href="http://mydemoulas.com">mydemoulas.com</a></td>
<td>Somerville Ave @ Church St. &amp; @ School St. (Bus 87)</td>
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<td>400 Somerville Ave, Somerville</td>
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<tr>
<td>Mon-Sat: 7AM–9PM, Sun: 7AM–7PM</td>
<td>617-666-2420</td>
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<tr>
<td><strong>McKinnon’s</strong></td>
<td>$$</td>
<td>Offers large selection of quality meats and seafood at low prices. Pre-marinated meats available</td>
<td>Accepts Snap/EBT. <strong>Does not accept WIC</strong></td>
<td>Accepts manufacturer coupons. No double coupons. <a href="mailto:mckinnons@market.com">mckinnons@market.com</a></td>
<td>Elm St. @ Chester St. &amp; Grove St. @ Highland Ave (Buses 87, 88, 89, 90, 94, 96) Elm St. @ Russell St. (87, 96) MBTA: Davis Sq. Station (Red Line)</td>
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<tr>
<td>Davis Sq., 239 Elm St., Somerville</td>
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<td>Mon-Sat: 7AM–8PM, Sun: 8AM–6PM</td>
<td>617-666-0888</td>
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<tr>
<td><strong>ALDI Fellsway Plaza</strong></td>
<td>$</td>
<td>Store brand groceries for low prices. Charges for bags, &amp; one quarter to rent a shopping cart. No credit cards (but takes debit).</td>
<td>Accepts Snap/EBT. <strong>Does not accept WIC</strong></td>
<td>None</td>
<td>Wellington Station (orange line)</td>
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<td>630 Fellsway, Medford</td>
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<td>Mon-Sat: 9AM–9PM, Sun: 10AM–7PM</td>
<td>855-955-2534</td>
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<tr>
<td><strong>Trader Joe’s</strong></td>
<td>$$</td>
<td>Healthy, inexpensive, store-brand, pre-made food.</td>
<td>Accepts Snap/EBT. <strong>Does not accept WIC</strong></td>
<td>No official coupon policy. Accepts manufacturer's coupons.</td>
<td>(Buses 90, 92). MBTA: Assembly Row (Orange Line)</td>
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<td>145 Middlesex Ave, Somerville</td>
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<tr>
<td>Mon-Sun: 9AM–10PM</td>
<td>617-591-0124</td>
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<tr>
<td><strong>Star Market</strong></td>
<td>$$$</td>
<td>Shorter lines at the register.</td>
<td>Accepts SNAP/EBT &amp; WIC.</td>
<td>Weekly circular &amp; coupons available at <a href="http://shaws.com">shaws.com</a>. Double coupons.</td>
<td>Somerville Ave @ Sacramento St., Somerville Ave @ Lowell St., Somerville Ave @ Spring St. (Buses 83, 87)</td>
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<td>275 Beacon St., Somerville</td>
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<tr>
<td>Mon-Sun: 7AM–10PM</td>
<td>617-354-7023</td>
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<tr>
<td><strong>Star Market</strong></td>
<td>$$$</td>
<td>Easily accessible by the MBTA Red Line.</td>
<td>Accepts SNAP/EBT &amp; WIC.</td>
<td>Weekly circular &amp; coupons available at <a href="http://shaws.com">shaws.com</a>. Double coupons.</td>
<td>Elm St. @ Porter Sq. &amp; Elm St. @ Hancock St. (Bus 87), Somerville Ave @ White St. (Bus 83) MBTA: Porter Sq. Station (Red Line)</td>
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<tr>
<td>in Porter Sq., 49 White St.,</td>
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<td>Cambridge</td>
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<tr>
<td>Mon-Sun: 6AM–12AM</td>
<td>617-492-5566</td>
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<tr>
<td>SUPERMARKET</td>
<td>COST</td>
<td>FEATURES</td>
<td>SNAP/EBT, WIC</td>
<td>COUPONS</td>
<td>NEAREST TRANSIT</td>
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<td>------------------------------------------------------</td>
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<tr>
<td>Stop &amp; Shop</td>
<td>$$</td>
<td>Large ethnic food section. Open late. Delivers for a small fee. Dunkin Donuts, Citizens Bank branch, WIFI, &amp; seating area.</td>
<td>Accepts SNAP/EBT &amp; WIC.</td>
<td>Sign up for free Stop &amp; Shop card. Circular available on stopandshop.com</td>
<td>Broadway @ Kensington Ave, @ Macarthur St., @ McGrath Hwy (Buses 101, 89, 89/93) &amp; Buses 80 &amp; 94</td>
</tr>
<tr>
<td>Shaw’s Market</td>
<td>$$$</td>
<td>Located in the Twin City Plaza shopping area with a variety of other stores.</td>
<td>Accepts SNAP/EBT &amp; WIC.</td>
<td>Weekly circular &amp; coupons available on shaws.com. Double coupons.</td>
<td>O’Brien Hwy @ Twin City Plaza &amp; 225 Msgr O’Brien Hwy (Buses 80, 87, 88)</td>
</tr>
<tr>
<td>Whole Foods</td>
<td>$$$</td>
<td>Large variety of fresh fruits and vegetables; healthy pre-made food.</td>
<td>Accepts SNAP/EBT.</td>
<td>Coupons available on wholefoodsmarket.com/ coupons.</td>
<td>Beacon St. @ Cooney St. (Bus 83) &amp; Buses 80 or 94</td>
</tr>
<tr>
<td>Bfresh</td>
<td>$$</td>
<td>Variety of fresh fruits and vegetables; healthy pre-made food</td>
<td>Accepts SNAP/EBT.</td>
<td>Weekly coupons available in-store and online bfresh.com.</td>
<td>Beacon St. @ Cooney St. (Bus 83) &amp; Buses 87, 88, 89, 90, 94, 96</td>
</tr>
<tr>
<td>Wegman’s</td>
<td>$$</td>
<td>Expansive Store with numerous prepared food options. Delivery Available.</td>
<td>Accepts SNAP/EBT.</td>
<td>Coupons available online at wegmans.com with account.</td>
<td>61 Locust St. &amp; Meadow Glen Mall (Buses 134,710)</td>
</tr>
</tbody>
</table>
1. **Join the Food Security Coalition.** Meetings happen monthly, currently on the 3rd Thursday of the month at 2pm. Help with sharing resource information. Team up with others to make a difference. Contact Lisa at 617-591-4433 or lbrukilacchio@challiance.org.

2. **Contact sites** listed in the guide to offer your time and support. Community Meals, Food Pantries and Bag Programs can usually use helping hands. Lend your help to the Mobile Farmers Market (contact the Shape Up Somerville office at 617-625-6600x4321).

3. **Grow food to share.** Join local urban agriculture initiatives, such as Groundwork Somerville (admin@groundworksomerville.org) or the Somerville Community Growing Center (info@thegrowingcenter.org) to learn more.

4. **Cook for others!** Community Cooks mobilizes individuals, businesses, civic, educational and faith-based groups to offer home prepared food to vulnerable neighbors seeking assistance from human service agencies, students working to improve their lives in after school programs and families struggling with food insecurity. Become an individual cook, part of a team or serving circle. Contact info@ccooks.org or 617-501-1073. Or volunteer with a community meal.

5. **Help with food distribution.** Food for Free (development@foodforfree.org) collects and redistributes food in the area, serving many local agencies. Tufts Food Rescue program can use volunteers with vehicles to transport food during college breaks. (LCSFoodRescue@gmail.com). Somerville Backpack Program can use help with their weekly program for students. Somervillebackpackprogram@gmail.com. Somerville Cambridge Elder Services (vol@eldercare.org. or 617-628-2601, x3051) needs food runners to help deliver meals in the winter months to ensure food access for vulnerable elderly and disabled clients.

6. **Give.** Most of these programs can use extra cash to support their work. Check their websites, or visit in person, to donate.

RESOURCE GUIDE KEY PARTNERS

**Somerville Food Security Coalition**
The Food Security Coalition meets monthly to discuss barriers to food security for area residents, particularly vulnerable populations, and works to find solutions to these barriers.
http://somervillefoodsecurity.org

**Somerville Community Health Agenda/CHA Community Health Improvement**
A partnership between the Cambridge Health Alliance, the Somerville Health and Human Services Department and other city agencies and community organizations to facilitate collaborative community health processes to improve the health of Somerville residents. https://www.challiance.org/community/community-health-improvement

**Somerville Homeless Coalition**
The mission is to provide homeless or near homeless individuals and families with individualized supportive services and tailored housing solutions with a goal of obtaining and maintaining affordable housing. Food Assistance, including food pantries and community suppers, is one of the key programs.
www.somervillehomelesscoalition.org/programs/food-services

**City of Somerville, Health and Human Services**
Shape Up Somerville (SUS) works to build and sustain a healthier, more equitable community in Somerville, MA through policy, systems and environmental change. Learn more, get information, and get involved at www.somerville.gov/sus

**Special thanks** to the City of Somerville SomerViva Program and the Somerville Family Learning Collaborative for translation assistance, Kim Schmidt graphic design, and Somerville High School Graphic Design and Visual Communications for the production of this guide, Tufts Neighborhood Service Fund and SomerPromise for support. Also to MIT Media Lab and Connection Lab for inspiration and support through art and data projects.
The data say that for many people food is not affordable and accessible because of the number of people living in poverty (or undocumented). We want to tell this story because there are resources in Somerville to help.

The circle of hands represents a human connection offering and accepting support of different types.

We selected quotes to concretize the ways that food is neither affordable nor accessible for many community members.

The hands alternate showing factoids about food security and resources in our community that can help.

We choose the icons around the central circle to present places and groups within the Coalition and Somerville.

We included a few specific contacts for audiences in need - a phone number and website that have more information and lists of resources to help.

The house, broccoli and pencil represent that the data showed housing, education and food all being connected in the struggle to achieve food security.

The rings on the outside are a more abstract representation, showing the percentage of Somerville living in poverty over time. The wider the ring, the more people living in poverty that year.