

Food Pantries

Haven From Hunger at Citizens Inn

71 Wallis Street, Peabody, MA

Phone: 978-531-1530

Website: <http://www.citizensinn.org/haven-from-hunger/>

Mon, Tues, Thurs, Fri 10:30-2pm

Joseph's Storehouse

207 Highland Ave., Salem, MA 01970

Phone: 978-594-4423

Website: www.jshfoodpantry.com

Saturdays 10:00-3:00pm

Food for the World

8 North Street

Salem, MA 01970

978-683-9949

Website: <http://www.foodfortheworld.org/>

1st & 3rd Saturday of the month 10am – 12pm

Salem Pantry

211 Bridge Street, Salem, MA 01970

Phone: 978-317-3738

Website: www.thesalempantry.org

Last Saturday of the month from 9:30-11am

Salvation Army

93 North Street, Salem, MA 01970

Phone: 978-744-5181

Website: www.salvationarmyMA.org/NorthShore

Hours: Mon-Wed-Fri 9:00am-11am

Jewish Family & Children's Service (JF&CS)

Phone: 781-647-5327

Website: www.jfcsboston.org

Food Delivery Services

North Shore Moving Market

Phone: 978-744-2532

Website: www.nsmm.org

Grocery delivery

Participants must be 55 year or older and/or disabled to the degree that getting to a food pantry is not possible.

Meals on Wheels

Phone: 978-750-4540

Website: www.nselder.org

Meal delivery

**Please note that content is always changing. Please call contact numbers for the most up to date information.*

**Be sure to call ahead to confirm eligibility guidelines and application procedures.*

Soup Kitchens

Salvation Army

93 North Street, Salem, MA 01970

Phone: 978-744-5181

Website: www.salvationarmyMA.org/NorthShore

Tues and Thurs from 12:00pm-12:30pm

Haven From Hunger

71 Wallis Street, Peabody, MA

Phone: 978-531-1530

Website: www.havenfromhunger.org

Services: Food pantry, soup kitchen

Mon, Tues, Thurs, Fri 5pm-6pm

Lifebridge

56 Margin Street, Salem, MA 01970

Phone: 978-744-0500

Website: www.lifebridgesalem.org

Hours: Breakfast - 6:30am-9am

Lunch - 12:30pm (no lunch on Tues/Thurs.)

Dinner - 6:30pm; Mon - Fri

Food Resources

Catholic Charities North

Phone: 978-740-6923

Website: www.ccab.org/?q=location-north-boston

Hours: by appointment only

Provides emergency food gift cards to families and individuals once every four months.

Essex County Hunger Relief

Website: www.essexcountyhungerrelief.org

Services: database of food resources searchable by town

Mass Dept. of Transitional Assistance (DTA)

North Shore Office: 35 Congress Street, Salem

Phone: 978-825-7300

800-249-2007 (application hotline)

Website: www.mass.gov/dta

Provides families with food and cash assistance.

Project Bread Food Source Hotline:

Phone: 800-645-8333

Website: www.projectbread.org/get-help/foodsource-hotline.html

Hotline refers callers to emergency resources in their community in 60+ languages.

SNAP

Phone: 1-800-645-8333

Website: <https://www.mass.gov/orgs/departement-of-transitional-assistance>

SNAP, the Supplemental Nutrition Assistance Program, is the program formerly known as food stamps. It is a federal nutrition program that helps you stretch your food budget and buy healthy food.

Women, Infants and Children (WIC)

Phone: 978-744-8388

Website: www.wicprograms.org/state/massachusetts

Provides supplemental food and nutrition information to low-income pregnant, breastfeeding, and postpartum women.

Nutrition programs specifically for Children & Teens

Community Eligibility Provision (CEP)

Phone: 978-740-1230

http://salemk12.org/pages/SPS_DistFood/index

The CEP allows school districts with high poverty rates to serve breakfast and lunch at no cost to all students without collecting household applications. This is a USDA program that is used instead of the free & reduced lunch program. All Salem Public Schools are now part of the CEP and offer free breakfast and lunch.

Breakfast in the Classroom (BIC)

Phone: 978-740-1230

http://salemk12.org/pages/SPS_DistFood/index

BIC helps to increase participation in the School Breakfast

Program by offering breakfast after the bell in the classroom.

This is offered at Carlton Innovation School, Bentley Academy Charter School, Salem Early Childhood Center, Nathaniel Bowditch School, Horace Mann Laboratory School, and Bates Elementary School.

Salem Summer Meals Program

Phone: 978-740-1230

http://salemk12.org/pages/SPS_DistFood/index

Children ages 18 and younger can obtain a free meal. Breakfast, lunches and evening meals are available.

Backpack 68

Phone: 978-744-5181

Website: www.salvationarmyMA.org/NorthShore

A Salvation Army program where students at Collins Middle School are sent home with food every Friday for their households during that school year.

Salem BackPack Program

Phone: 978-317-3738

Website: <http://thesalempantry.org/Home.html>

A program of the Salem Pantry that is offered at all Salem elementary schools and provides bags of food each Friday during the school year to children in need.

Nutrition programs specifically for older adults

Senior Farmers' Market Nutrition Program (SFMNP)

978-744-0924 Ext 43013 call in June.

The SFMNP is a USDA program that provides low-income seniors with coupons that can be exchanged for eligible foods at farmers' markets. These coupons are distributed one time per year from the Salem Council on Aging.

JF&CS Food Connection Project

978-564-0773

Free fresh produce and healthy recipes, Dietician led cooking and nutrition workshops and other food security programs offered to residents at various Senior Housing sites in Salem.

Salem Council on Aging Lunch Program

3 Broad Street

(978) 744-0180

Lunches are available Monday through Friday, 11 a.m. Home-delivered meals are also offered to homebound elders.

Farmers Markets, Community Gardens & Coops

Farm Direct Coop CSA

Phone: 1-877-332-3276 (1-877-FDC-FARM)

Website: <http://www.farmdirectcoop.org>

Leslie's Retreat Park Commercial Street, rear

Tuesdays and Thursdays from 3:30pm – 7:00pm

Salem Community Gardens

<http://www.salemcommunitygardens.org/>

Four gardens with plots to rent in Palmer Cove Park in the Point neighborhood, Mack Park, Pickman Park and Splaine Park. Fee to rent a plot is \$30 per year.

Salem Farmers' Market

Thursday afternoons from 3 – 7pm July - October

The Salem Farmers' Market (SFM) at Derby Square has over 35 vendors. The SFM accepts SNAP. SNAP participants must go to the Market Manager's booth and receive tokens to use for SNAP purchases.

Salem Y GreenSpace

Phone: 978-744-0351

<https://www.northshoreymca.org/programs/salem-ymca-greenspace>

Located in a former batting cage at Palmer Cove Park in the Point neighborhood, the GreenSpace garden grows produce in raised beds built high enough to be accessible for gardeners of all ages. Donations of produce grown in the garden are made to local families and individuals.

Salem Food Security Resource Guide

JULY 2018



The Salem Food Security Resource guide was created in a partnership with the Salem Food Policy Council and Jewish Family & Children's Service (JF&CS)

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