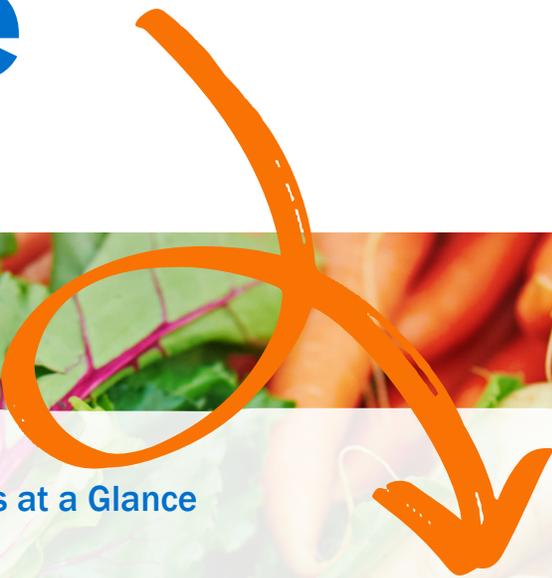


CAMBRIDGE

Food Resource Guide

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Cambridge
Public Health
Department



CAMBRIDGEPUBLICHEALTH.ORG/CIM | UPDATED JUNE 2023

Food Resources

AT-A-GLANCE

Apply for SNAP

SNAP provides money each month that you can use to purchase food at the store. To apply for SNAP, or to see if you're eligible, contact the Cambridge Economic Opportunity Committee (CEOC) at 617-868-2900 or visit ceoccambridge.org. CEOC also helps with housing needs, health insurance, free tax preparations, and more. Programs are provided in a variety of languages.

Apply for WIC

WIC is a free program that helps families with children under five get healthy food and learn how to eat well. To apply, call 617-575-5330 or visit rebrand.ly/cambfoodguide-WIC.

Use SNAP to Shop Online

You can now use SNAP to purchase food online from The Daily Table, Stop & Shop, Amazon, BJ's, and Walmart. The Daily Table offers free delivery within 2 miles of its Central Square location when ordering online. For the most up-to-date information about where to buy food online with SNAP, visit mass.gov/snap-online-purchasing-program.

Double Up Food Bucks

The Daily Table in Central Square offers 50% off on all fruits and vegetables when shopping with your EBT card, up to \$5 per day! Visit dailytable.org to learn more.

Healthy Eats Home Delivery

Food For Free's Healthy Eats Home Delivery program brings grocery boxes to the homes of qualifying Cambridge residents who are unable to access traditional food pantries due to illness or disability and do not have relatives or caretakers who are able to assist with groceries. Applicants under 80 years old must provide a medical referral explaining disability or impairment that prevents access to local food pantries, and lack of a caretaker who can go to a food pantry on their behalf. Participants will not be enrolled without a medical note. Income restrictions apply. To apply, please call 617-465-0267 or visit rebrand.ly/cambfoodguide-HealthyEats.

Youth Summer Meal Sites

The Cambridge Summer Food Program provides free and nutritious meals to Cambridge residents age 18 and under. No ID is required to pick up meals and there are vegetarian and non-vegetarian options offered at all meal sites. For more information, visit cambridgema.gov/Services/summerfoodprogram.

MyPlate

MyPlate offers easy-to-follow nutrition guidance, including recipes and tips for saving money while grocery shopping. To learn more, visit myplate.gov.

Food Pantries

Hours and location information may change, and programs may have eligibility restrictions. We suggest checking all details with programs directly.

Cambridge Economic Opportunity Committee (CEOC)

11 Inman St., 617-868-2900
Tuesday & Thursday 10 am-2 pm
rebrand.ly/foodpantry-CEOC

Cambridge Economic Opportunity Committee (CEOC)

266A Rindge Ave., 617-686-2900
Monday & Wednesday, 2-6 pm
rebrand.ly/foodpantry-CEOC

St. James Episcopal Church / Helping Hand Food Pantry

1991 Mass Ave., 617-547-4070
2nd & 4th Saturday of the month, 9-11 am
rebrand.ly/foodpantry-StJames

Mass Ave Baptist Church / Project Manna

146 Hampshire St., 617-868-4853
3rd Saturday of the month, 8 am (while supplies last)
rebrand.ly/foodpantry-ProjectManna

East End House

105 Spring St., 617-876-4444
Tuesday & Friday, 1-2 pm
rebrand.ly/foodpantry-EastEndHouse

St. Paul Parish

29 Mt. Auburn St., 617-491-8400
Saturday, 10 am-11 am
rebrand.ly/foodpantry-StPauls

Cambridge Community Center

5 Callender St., 617-547-6811
Tuesday through Friday, 1-3 pm
rebrand.ly/foodpantry-CCC

St. Paul AME Church / Elnora Yard Food Pantry

85 Bishop Allen Dr., 617-661-1110
Wednesday 3-5 pm; Thursday 12-2 pm
rebrand.ly/foodpantry-ElnoraYard

Margaret Fuller Neighborhood House

71 Cherry St., 617-547-4680
Wednesday 4-6:30 pm; Thursday 2-5 pm;
Friday 9 am-12 pm; Saturday 10 am-1 pm
rebrand.ly/foodpantry-MFNH

Salvation Army

402 Mass Ave., 617-547-3400
Monday, Wednesday, Friday 11 am-3 pm
(Also available Monday-Friday by appt)
rebrand.ly/foodpantry-SalvationArmy

Free Community Meals

Hours and location information may change, and programs may have eligibility restrictions. We suggest checking all details with programs directly. All meals are free unless otherwise noted.

Faith Lutheran Church / Faith Kitchen

239 Harvard St., 617-354-0414
2nd & last Tuesday of the month, 6:30 pm
rebrand.ly/meal-FaithKitchen

Salvation Army

402 Mass Ave., 617-547-3400
Every day, 12:00 -1:00 pm
rebrand.ly/meal-SalvationArmy

Harvard Square Churches Meal Program

0 Garden St., 617-966-6217
Thursday, 5 pm
rebrand.ly/meal-HarvardSqChurches

Mass Ave Baptist Church / Project Manna

146 Hampshire St., 617-868-4853
Monday, 1:30-2:30 pm
rebrand.ly/meal-ProjectManna

St. Bartholomew's/MIT Community Dinner

239 Harvard St.
1st and 3rd Wednesday of each month, 5:00 pm

Hope Fellowship Church

16 Beech St (Entrance by basement side door located on driveway on Orchard St), 617-868-3261
Sunday, 4:00-5:30 pm
rebrand.ly/meal-HopeFellowshipChurch

Food Not Bombs

1 Central Sq. (Carl Barron Plaza)
Saturday, 1-3 pm
rebrand.ly/meal-FoodNotBombs

First Korean Church / Loaves & Fishes Meal Program

35 Magazine St., 617-491-1474
Saturday, 5:30 pm
rebrand.ly/meal-LoavesAndFishes

Material Aid & Advocacy Program (MAAP)*

5 Longfellow Park
Tuesday & Thursday, 9 am-3 pm
rebrand.ly/meal-MAAPMA

First Church Cambridge / The Friday Café

11 Garden St. (entrance on Mason St), 617-547-2724
Friday, 12-3 pm
rebrand.ly/meal-FridayCafe

The Outdoor Church

Lunch bags: Porter Sq. T Station on Sunday, 9-10:30 am, Harvard Sq. and Central Sq. on Sunday, 2:30-5:00 pm and Saturday, 1:30-4:30 pm.
Snacks and water: Harvard Sq. and Central Sq. on Thursday 3:30-5:30 pm.
rebrand.ly/meal-OutdoorChurch

Tuesday Meals at First Parish

3 Church St., 617-876-7772
Tuesday, 3:30-6:30 pm
rebrand.ly/meal-FirstParish

St. Peter's Church / CommonCare

13 Sellers St., 617-547-7788
Dates vary, 4:30-5:30 pm
rebrand.ly/meal-CommonCare



Learn about meals
for older adults
on p. 7



SNAP & WIC Store List

This is a list of all stores in Cambridge where your SNAP and WIC benefits can be used. All of the listed stores accept SNAP. Stores with (WIC) also accept WIC.



Scan me to see them on a map!

Agassiz

City Market: 1695 Massachusetts Ave.
Harvard University Farmers Market

Cambridgeport

Central Convenience: 468 Mass Ave.
Charles River Farmers Market @ Morse School
CVS: 624 Mass Ave. (WIC)
First United Market: 271 Brookline St.
Star Variety: 4 Central Square
Target: 564 Mass Ave.
Trader Joe's: 748 Memorial Drive
Walgreens: 330 River St. (WIC)
Whole Foods Market: 340 River St. (WIC)

Cambridge Highlands

CVS: 215 Alewife Brook Pkwy (WIC)
Trader Joe's: 211 Alewife Brook Pkwy
Whole Foods Market: 200 Alewife Brook Pkwy

East Cambridge

Seafood Market: 484 Cambridge St.
CVS: 100 Cambridge Pl.
Luigi's Variety: 520 Cambridge St.

Mid-Cambridge

7-Eleven: 275 Prospect St.
Broadway Marketplace: 468 Broadway
CVS: 1426 Mass Ave.
Harvard University Farmers Market
Whole Foods Market: 115 Prospect St. (WIC)

Neighborhood Nine

Walgreens: 1740 Mass Ave.

North Cambridge

7-Eleven: 2245 Mass Ave.
CVS: 36 White St.
Ferro's Foodtown: 336 Rindge Ave. (WIC)
Friendly Corner Convenience: 2408 Mass Ave.
FoodLand: 2234 Mass Ave.
Pemberton Fruit Orchard: 2225 Mass Ave.
Speedway: 2055 Mass Ave.
Star Market: 49 White St. (WIC)
Target: 822 Somerville Ave.
LA Market: 2362 Mass Ave.
Sheger Market: 2370 Mass Ave.

The Port / Area 4

7-Eleven: 600 Technology Sq.
Central Square Farmers Market
H Mart: 581 Massachusetts Ave.
International Convenience: 102 Columbia St.
Walgreens: 625 Mass Ave.
Columbia Market: 151 Columbia St.

Riverside

The Daily Table: 684 Mass Ave.
Western Market: 317 Western Ave.
7 Eleven: 750 Mass Ave.

West Cambridge

Charles River Farmers Market at the Charles Hotel
Star Market: 699 Mount Auburn St. (WIC)

Wellington-Harrington

Al Bara Market: 304 Prospect St.
Dollar General: 1030 Cambridge St.
Fernandes Market: 873 Cambridge St. (WIC)
Hampshire Market: 117 Hampshire St.
Quick Food Mart: 1253 Cambridge St.

Somerville Stores on the Cambridge Border

Market Basket: 400 Somerville Ave. (WIC)
Star Market: 14 McGrath Hwy & 275 Beacon St (WIC)
Whole Foods Market: 45 Beacon St. (WIC)

STRETCH YOUR DOLLAR AT Farmers Markets

Use SNAP at Farmers Markets

Use SNAP to buy healthy items such as milk, bread, eggs, meat, fish, fruits and vegetables. You can buy fruit and vegetable seeds and plants too!



SNAP Match up to \$15 per visit

Spend \$15 with SNAP and get an extra \$15 for free to use at the market on SNAP eligible items. Available only at the Central Square, Kendall Square, and Harvard University farmers markets. P-EBT Match also available at Kendall Sq.

Use HIP for an extra \$40-\$80 per month

The Healthy Incentives Program (HIP) gives you \$40-\$80 for free per month (depending on family size) to spend on fruits and vegetables at farmers markets. If you have SNAP, you are already enrolled in HIP and this money is automatically added to your card each month.



WIC and Senior Farmers Market Coupons

The Farmers Market Nutrition Program provides coupons to families that receive WIC and eligible seniors to be redeemed at participating farmers markets. For more information, call:

- Cambridge WIC office: 617-665-3750
- Somerville-Cambridge Elder Services: 617-628-2601

For the most up to date information about farmers markets in Cambridge, please visit: rebrand.ly/CambFarmersMarkets.



Scan me to see them on a map!

Find a Cambridge Farmers Market

Central Square Farmers Market

76 Bishop Allen Drive
Mondays, 12-6 pm
May 15, 2023 through Nov. 20, 2023
SNAP, SNAP Match, HIP, WIC & Senior coupons

Harvard University Farmers Market

Science Center Plaza
Tuesdays, 11:30 am-5:30 pm
June 20, 2023 through October 31, 2023
SNAP, SNAP Match, HIP, WIC & Senior coupons

Charles River Farmers Market at the Charles Hotel

1 Bennett Street
Fridays, 12-6 pm; Sundays, 10 am-3 pm
Open year round (indoors December-April)
SNAP, HIP, WIC & Senior coupons

Charles River Farmers Market at the Morse School

40 Granite Street
Saturdays, 10 am-2 pm
June 4, 2023 through November 20, 2023
SNAP, HIP, WIC & Senior coupons

Kendall Square Farmers Market Canal District Kendall Square

Thursdays, 12 pm-6 pm
May 11, 2023 through November 16, 2023
SNAP, SNAP and P-EBT Match, HIP, WIC & Senior coupons

Food & Nutrition Assistance

FOR THOSE 60 YEARS AND OLDER

Meals for Older Adults

Cambridge Citywide Senior Center

[806 Mass Ave.](#)

The Center offers meals Monday through Thursday, 11:30 am-12:15 pm for Cambridge residents over 60. Reservations must be made by 11 am two business days before by calling 617-349-6047. Meals are free, but a \$3 donation is suggested. To learn more about meals and other programs offered at the Citywide and North Cambridge Senior Centers, please visit: rebrand.ly/cambfoodguide-COA.

Miller's River Apartments

[15 Lambert St.](#)

The apartment complex provides supper every Thursday at 4:30 p.m. Space is limited to 30 participants. To reserve a meal, call Miller's River resident Service Coordinator at 617-499-7155. Non-residents must be 60 or older.

MAPS

[1046 Cambridge St.](#)

The Massachusetts Alliance for Portuguese Speakers offers lunch Monday through Thursday at noon. Participants must be 60 or older. For more information contact them at 617-864-7600.

Kate's Cafe at S&S

[1334 Cambridge St.](#)

Somerville-Cambridge Elder Services offers a monthly social event for LGBT elders, friends, and their caregivers. Supper is provided on the fourth Wednesday of each month at 6:00 p.m. Call 617-628-2601 to sign up. An \$8 donation is recommended. The cost for people under 60 is \$20.

Food & Nutrition Assistance

FOR THOSE 60 YEARS AND OLDER

Somerville-Cambridge Elder Services offers the following nutrition services to help older people and younger people with disabilities remain healthy and independent at home. Participants must be a resident of Cambridge or Somerville and age 60 or older, or the spouse of someone receiving services. Income restrictions may apply. Some programs may have a small cost.

Meals on Wheels

Delivers nutritious midday, evening, and weekend meals.

Commodity Supplemental Food Program (CSFP)

Provides two bags of groceries on the first Tuesday morning of each month.

Nutrition Counseling

Provides nutrition education and counseling by a Registered Dietitian.

Nutrition Supplements

Supplement drinks at a low cost.

Farmers Market Coupons

Farmers market coupons delivered to various senior housing and meal sites.



Scan me!

To learn more about Somerville-Cambridge Elder Services nutrition programs, call 617-628-2601, visit: rebrand.ly/cambfoodguide-sces-nutrition, or scan the QR code found on this page.

More Helpful Resources



@CambMotion

Find It Cambridge

Find It Cambridge is an online resource that helps you easily find the activities, services, and resources you are looking for in Cambridge. Visit finditcambridge.org.

Cambridge Homeless Services Guide

Find information about programs and services for individuals and families experiencing homelessness in Cambridge. Learn more at rebrand.ly/CambHomelessServices.

Cambridge Multi-Service Center for the Homeless

The Multi-Service Center addresses the needs of individuals and families experiencing homelessness and/or are facing eviction in Cambridge. Visit 362 Green St., 1st floor or call 617-349-6340.

Reduced-Price Bluebikes Memberships

Available for people who have SNAP, MassHealth, or are eligible for most other forms of public assistance. To learn more or enroll, visit rebrand.ly/ReducedPriceBluebikes or email cambridgeinmotion@challiance.org.

Cambridge Tap Water

Cambridge tap water is safe, inexpensive, and helps you feel good. Water bottle fillers are available in public spaces throughout the city. To learn more visit rebrand.ly/WickedGoodWater.

This guide is available in:

Amharic

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Bengali

এই নির্দেশিকাটিকে বাংলা ভাষায় দেখার জন্য
rebrand.ly/CambFoodGuide-Bengali দেখুন অথবা
QR কোডটি স্ক্যান করুন

Haitian Creole

Pou wè gid sa a an kreyòl ayisyen, vizite
rebrand.ly/CambFoodGuide-HaitianCreole
oswa eskane kòd QR a

Chinese

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rebrand.ly/CambFoodGuide-Chinese
或扫描二维码

Portuguese

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Spanish

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Have updates or corrections?

Email us at cambridgeinmotion@challiance.org!

Scan
me!

