

SNAP & WIC የመደብር ዝርዝር

ይህ፣ SNAP (የምግብ እርዳታ) እና WIC (የምግብ እርዳታ ለተንከባካቢዎች) ጥቅማጥቅሞች ተቀባይነት የሚያገኙባቸው በካምብሪጅ ውስጥ ያሉ ሁሉም መደብሮች ዝርዝር ነው። እዚህ የተዘረዘሩት ሁሉም መደብሮች SNAP ይቀበላሉ። (WIC) ያላቸው መደብሮችም እንዲሁ WICን ይቀበላሉ።

East Cambridge

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

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.

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.

Cambridgeport

- Central Convenience: 468 Mass Ave.
- Charles River Farmers Market @ Morse School **(see back)**
- 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)**

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)**

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)**

Riverside

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

Agassiz

- City Market: 1695 Massachusetts Ave
- Harvard University Farmers Market **(see back)**

Neighborhood Nine

- Walgreens: 1740 Mass Ave.

West Cambridge

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

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.

Cambridge Highlands

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



በካርታ ላይ ለማየት ስካን አድርግኝ!



ገንዘብ ይቆጥቡ

የገበሬዎች ገበያዎችን በመጠቀም

በገበሬዎች ገበያዎች ላይ SNAPን በመጠቀም

እንደ ወተት፣ ዳቦ፣ እንቁላል፣ ስጋ፣ አሳ፣ ፍራፍሬ እና አትክልቶችን የመሳሰሉ ጤናማ ምግቦችን ለመሸመት SNAPን ይጠቀሙ። የፍራፍሬ እና የአትክልት ዘርፍንም እንዲሁ መግዛት ይችላል!



SSNAP Match እስከ 15 ዶላር በጉብኝት

በSNAP የ15 ዶላር ወጪ ግብይት ያድርጉ፣ ከዚያም ለ SNAP ተቀባይነት ያላቸውን እቃዎች ከገበያው ላይ ለመግዛት ተጨማሪ 15 ዶላር በነጻ ያግኙ። ይህም የሚገኘው በሴንትራል ስኩዌር እና በሀርቫርድ ዩኒቨርሲቲ የገበሬዎች ገበያዎች ብቻ ነው።

ለተጨማሪ በወር ከ40 እስከ 80 ዶላር HIPን ይጠቀሙ

የጤናማ ማበረታቻ መርሀግብር (HIP)፣ (በቤተሰብ ብዛት ላይ ተመስርቶ)፣ ፍራፍሬና አትክልቶችን ከገበሬዎች ገበያዎች መሸመቻ የሚሆንዎት በየወሩ ከ40-80 ዶላር በነጻ ይሰጥዎታል። SNAP ካለዎት፣ በHIP ተመዝግቦታል እና ይህ ገንዘብ በየወሩ በራስ-ሰር (አውቶማቲካሊ) ወደ ካርድዎ ይገባል።

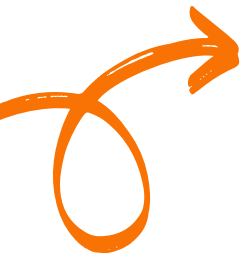


WIC እና Senior Farmers Market Coupons

የገበሬዎች ገበያ የተመጣጠነ ምግብ ፕሮግራም፣ WIC ለሚቀበሉ ቤተሰቦች እና ለድጋፊ ብቁነት ላላቸው አረጋውያን፣ በገበሬዎች ገበያዎች ላይ ሊያገኙባቸው የሚችሉ ኩፖኖችን ይሰጣል። ለበለጠ መረጃ፣ ይደውሉ፡

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

በካምብሪጅ ስላሉት የገበሬዎች ገበያዎች በጣም ወቅታዊ መረጃ ለማግኘት አባባዎ የሚከተለውን ይጎብኙ rebrand.ly/CambFarmersMarkets።



ካምብሪጅ ውስጥ የገበሬዎች ገበያን ፈልገው ያግኙ

Central Square Farmers Market

76 Bishop Allen Drive
ሰኞ፣ 12-6 pm
ከሜይ 15፣ 2023 እስከ ፍቅጥም 20፣ 2023
SNAP, SNAP Match, HIP, WIC & Senior coupons

Harvard University Farmers Market

Science Center Plaza
በየማክሰኞው፣ 11:30 am-5:30 pm
ከጁን 20፣ 2023 እስከ ኦክቶበር 31፣ 2023
SNAP, SNAP Match, HIP, WIC & Senior coupons

Charles River Farmers Market at the Charles Hotel

1 Bennett Street
በየዓርቡ ዕለታት፣ 12-6 pm፤ በየእሁዱ፣ 10 am-3 pm
ዓመቱን ሙሉ ክፍት (የቤት ውስጥ ዲሴምበር - ኤፕሪል)
SNAP, HIP, WIC & Senior coupons

Charles River Farmers Market at the Morse School

40 Granite Street
ብዙኃኑ ሳይኖሩ፣ 10 am-2 pm
ከሰኔ 4፣ 2023 እስከ ህዳር 20፣ 2023 ድረስ
SNAP, HIP, WIC & Senior coupons

Kendall Square Farmers Market Canal District Kendall Square

በየሐሙሱ ዕለታት ከ12 pm-6 pm
ከሜይ 11፣ 2023 እስከ ፍቅጥም 16፣ 2023
SNAP, SNAP and P-EBT Match, HIP, WIC & Senior coupons