



CAMBRIDGE

# Food Resource Guide

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- |     |                            |
|-----|----------------------------|
| 2 / | Food Resources at a Glance |
| 3 / | Food Pantries              |
| 4 / | Free Community Meals       |
| 5 / | SNAP & WIC Store List      |
| 6 / | Farmers Markets            |
| 7 / | For Older Adults           |
| 9 / | More Resources             |



Cambridge  
Public Health  
Department



[CAMBRIDGEPUBLICHEALTH.ORG/CIM](https://CAMBRIDGEPUBLICHEALTH.ORG/CIM) | UPDATED 08 2025

# 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](http://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](http://rebrand.ly/cambfoodguide-WIC).

### **Use SNAP to Shop Online**

You can now use SNAP to purchase food online from Stop & Shop, Amazon, BJ's, and Walmart. For the most up-to-date information about where to buy food online with SNAP, visit [mass.gov/snap-online-purchasing-program](http://mass.gov/snap-online-purchasing-program).

### **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](http://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](http://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](http://myplate.gov).

# Food Pantries

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

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**Cambridge Economic Opportunity  
Committee (CEOC)**

11 Inman St., 617-868-2900  
Tuesday, 1 pm-5 pm  
[rebrand.ly/foodpantry-CEOC](https://rebrand.ly/foodpantry-CEOC)

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**Cambridge Economic Opportunity  
Committee (CEOC)**

266A Rindge Ave., 617-686-2900  
Monday & Wednesday, 2-6 pm  
[rebrand.ly/foodpantry-CEOC](https://rebrand.ly/foodpantry-CEOC)

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**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](https://rebrand.ly/foodpantry-StJames)

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**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](https://rebrand.ly/foodpantry-ProjectManna)

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**East End House**

105 Spring St., 617-876-4444  
Tuesday & Friday, 1-2 pm  
[rebrand.ly/foodpantry-EastEndHouse](https://rebrand.ly/foodpantry-EastEndHouse)

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**St. Paul Parish**

29 Mt. Auburn St., 617-491-8400  
Saturday, 10 am-11 am  
[rebrand.ly/foodpantry-StPauls](https://rebrand.ly/foodpantry-StPauls)

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**Cambridge Community Center**

5 Callender St., 617-547-6811  
Tuesday through Friday, 1-3 pm  
[rebrand.ly/foodpantry-CCC](https://rebrand.ly/foodpantry-CCC)

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**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](https://rebrand.ly/foodpantry-ElnoraYard)

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**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](https://rebrand.ly/foodpantry-MFNH)

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**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](https://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.

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## Faith Lutheran Church / Faith Kitchen

15 Sellers St., 617-354-0414  
2nd & last Tuesday of the month, 6:30 pm  
[rebrand.ly/meal-FaithKitchen](https://rebrand.ly/meal-FaithKitchen)

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## Salvation Army

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

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## Harvard Square Churches Meal Program

0 Garden St., 617-966-6217  
Thursday, 5 pm  
[rebrand.ly/meal-HarvardSqChurches](https://rebrand.ly/meal-HarvardSqChurches)

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## Mass Ave Baptist Church / Project Manna

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

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## St. Bartholomew's/MIT Community Dinner

239 Harvard St., 617-354-8582  
1st and 3rd Wednesday of each month, 5:30-6:30 pm

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## 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](https://rebrand.ly/meal-HopeFellowshipChurch)

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## Food Not Bombs

James Cronin Park  
Saturday, 1-3 pm  
[rebrand.ly/meal-FoodNotBombs](https://rebrand.ly/meal-FoodNotBombs)

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## First Korean Church / Loaves & Fishes Meal Program

35 Magazine St., 617-491-1474  
Saturday, 5:30 pm  
[rebrand.ly/meal-LoavesAndFishes](https://rebrand.ly/meal-LoavesAndFishes)

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## Material Aid & Advocacy Program (MAAP)\*

5 Longfellow Park  
Tuesday & Thursday, 9 am-3 pm  
[rebrand.ly/meal-MAAPMA](https://rebrand.ly/meal-MAAPMA)

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## First Church Cambridge / The Friday Café

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

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## 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](https://rebrand.ly/meal-OutdoorChurch)

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## Meals at First Parish

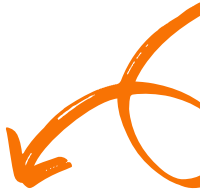
3 Church St., 617-876-7772  
Tuesday and Wednesday, 3:30-6:00 pm

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## St. Peter's Church / CommonCare

15 Sellers St., 617-547-7788  
Dates vary, 4:30-5:30 pm  
<https://saintpeterscambridge.org/common-care-meals-ministry/>

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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

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 Cambridgeside 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

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 per month

The Healthy Incentives Program (HIP) gives you \$40 for free per month 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](https://rebrand.ly/CambFarmersMarkets).



## Find a Cambridge Farmers Market

Scan me to see them on a map!



### Central Square Farmers Market

76 Bishop Allen Drive  
Mondays, 12-6 pm  
May 19, 2025 through Nov. 24, 2025  
SNAP, SNAP Match, HIP, WIC & Senior coupons

### Harvard University Farmers Market

Science Center Plaza  
Tuesdays, 11:30 am-5:30 pm  
June 17, 2025 through October 28, 2025  
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, 2025 through November 20, 2025  
SNAP, HIP, WIC & Senior coupons

### Kendall Farmers Market

300 Athenaeum Street  
Thursdays, 12 pm-6 pm  
May 29, 2025 through November 20, 2025  
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 Friday, 11:30 am-12:30 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](https://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 Friday 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](https://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](https://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](https://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](https://rebrand.ly/ReducedPriceBluebikes) or email [cambridgeinmotion@challiance.org](mailto: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](https://rebrand.ly/WickedGoodWater).

## This guide is available in:

### Amharic

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[rebrand.ly/CambFoodGuide-Amharic](https://rebrand.ly/CambFoodGuide-Amharic) ወይም

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### Bengali

এই নির্দেশিকাটিকে বাংলা ভাষায় দেখার জন্য

[rebrand.ly/CambFoodGuide-Bengali](https://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](https://rebrand.ly/CambFoodGuide-HaitianCreole)

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### Chinese

如需查阅西班牙语版指南，请访问

[rebrand.ly/CambFoodGuide-Chinese](https://rebrand.ly/CambFoodGuide-Chinese)

或扫描二维码

### Portuguese

Para visualizar este guia em português, visite

[rebrand.ly/CambFoodGuide-Portuguese](https://rebrand.ly/CambFoodGuide-Portuguese)

ou escaneie o código QR

### Spanish

Para ver esta guía en español, visite

[rebrand.ly/CambFoodGuide-Spanish](https://rebrand.ly/CambFoodGuide-Spanish) o

escanee el código QR

### Arabic

لعرض هذا الدليل باللغة العربية، قم بزيارة

[rebrand.ly/CambFoodGuide-Arabic](https://rebrand.ly/CambFoodGuide-Arabic) أو

أو إمسح رمز الاستجابة السريعة

## Have updates or corrections?

Email us at [cambridgeinmotion@challiance.org](mailto:cambridgeinmotion@challiance.org)!

Scan  
me!

