

OUR PROGRAMS

FoodSource Hotline: 1-800-645-8333

**PROJECT
BREAD**
A FRESH APPROACH
TO ENDING HUNGER™

Project Bread's FoodSource Hotline helps the most vulnerable populations in our state—elders, immigrants, and working poor families who struggle to gain access to SNAP because of stigma, confusion about eligibility, and difficulty navigating a complex application process.

WHAT IS THE FOODSOURCE HOTLINE?

The FoodSource Hotline connects people struggling to put food on the table with SNAP benefits and other food resources in their communities. The Hotline answers over 28,000 calls from food insecure families and individuals across Massachusetts each year. The multilingual staff, complemented by able translators, can assist callers in over 180 languages.



Our hotline counselors connect callers to emergency food resources in their area.

In addition to calling the hotline, people in need can also reach hotline counselors by instant message through www.gettingsnap.org.

FOODSOURCE HOTLINE SERVICES

- Screenings for SNAP/Food Stamp eligibility.
- Over-the-phone SNAP application assistance and follow up with applicants throughout the process.
- Referrals to community food programs.
- Informational resource for agencies who have specific SNAP regulation questions that are affecting their clients.
- General information to current SNAP recipients, applicants with pending applications, and those who are hesitant to apply.
- Referrals to other programs such as WIC, school meals, housing, and utility assistance.
- Information on the Healthy Incentive Program (HIP) and how to earn benefits.

FOODSOURCE HOTLINE HOURS

- Monday - Friday: 8AM to 7PM
- Saturday: 10AM to 2PM



**Do you have a child under 5?
Are you pregnant or breastfeeding?**

WIC OFFERS FAMILIES

- Personalized nutrition consultations
- Free healthy food
- Tips for eating well to improve health
- Referrals for medical and dental care, health insurance, child care, housing and fuel assistance, and other services that can benefit the whole family

Check these guidelines to see if WIC might be right for your family.

HOUSEHOLD SIZE	YEARLY	MONTHLY	WEEKLY
1	\$23,107	\$1,926	\$445
2	31,284	2,607	602
3	39,461	3,289	759
4	47,638	3,970	917
5	55,815	4,652	1,074
6	63,992	5,333	1,231
7	72,169	6,015	1,388
8	80,346	6,696	1,546

IF YOU ARE PREGNANT, YOU SHOULD COUNT YOURSELF AS TWO.

Call **1-800-WIC-1007**
or visit mass.gov/wic

TDD/TTY: 617-624-5992
This institution is an equal opportunity provider.



GOOD FOOD and A WHOLE LOT MORE!



**¿Tiene un hijo menor de 5 años?
¿Está embarazada o amamantando/lactando?**

WIC OFRECE A LAS FAMILIAS

- Alimentos saludables gratis
- Apoyo de lactancia
- Consultas personalizadas de nutrición
- Referidos para atención médica y dental, seguro de salud, cuidado de niños, asistencia para combustible y vivienda, ¡y otros servicios que pueden beneficiar a la familia entera!

Verifique estas pautas para decidir si WIC es el programa adecuado para su familia.

TAMAÑO DE FAMILIA	ANUAL	MENSUAL	SEMANTAL
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SI USTED ESTÁ EMBARAZADA, DEBE CONTARSE POR 2.

Llame al **1-800-942-1007**
o visite mass.gov/wic

TDD/TTY: 617-624-5992
Esta institución es un proveedor que ofrece igualdad de oportunidades.



BUENOS ALIMENTOS y MUCHO MÁS!