



CAMBRIDGE

Food Resource Guide

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Cambridge
Public Health
Department



CAMBRIDGEPUBLICHEALTH.ORG/CIM | UPDATED AUGUST 2022

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 12-2 pm; Thursday 11 am-1 pm
rebrand.ly/foodpantry-CEOC

Cambridge Economic Opportunity Committee (CEOC)

266B 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 pm
rebrand.ly/foodpantry-EastEndHouse

St. Paul Parish

29 Mt. Auburn St., 617-491-8400
Saturday, 10 am-12 pm
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. Please note that to-go bag meals will replace sit-down meals at most locations until further notice. All meals are free unless otherwise noted.

Faith Lutheran Church / Faith Kitchen

311 Broadway, 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, 11:30 am-12:30 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

Solutions At Work

1 Central Sq. (Carl Barron Plaza), 617-401-5335
Monday-Friday, 4:30-5:30 pm
rebrand.ly/meal-SolutionsAtWork

Hope Fellowship Church

16 Beech St., 617-868-3261
Tuesday & Sunday, 5-6 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., 617-547-2724
Friday, 12-3 pm; Wednesday, 4-6:30 pm
rebrand.ly/meal-FridayCafe

The Outdoor Church

Outdoors at Porter Sq. T Station
Sunday, 9-10:30 am
rebrand.ly/meal-OutdoorChurch

Tuesday Meals at First Parish

3 Church St., 617-876-7772
Tuesday, 4-6:30 pm
rebrand.ly/meal-FirstParish

St. Peter's Church / CommonCare

13 Sellers St., 617-547-7788
Sept.-June only (dates vary), 4:30-5:30 pm
2022/2023 dates: 9/10, 9/24, 10/8, 10/22, 11/5, 11/19, 12/3, 12/17, 1/7, 1/21, 2/11, 2/25, 3/11, 3/25, 4/1, 4/15, 5/6, 5/20, 6/10, 6/24
rebrand.ly/meal-CommonCare

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.

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)
D&D Convenience: 101 Magazine St.
First United Market: 271 Brookline St.
Pearl Street Market: 87 Pearl 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

The Daily Table: 684 Mass Ave.
Western Market: 317 Western Ave.
7-Eleven: 275 Prospect St.
Broadway Marketplace: 468 Broadway
Convenience Plus: 727 Mass Ave.
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. & 321 Broadway
Central Square Farmers Market
H Mart: 581 Massachusetts Ave.
International Convenience: 102 Columbia St.
Walgreens: 625 Mass Ave. (WIC)

Riverside

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 and Harvard University farmers markets.

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

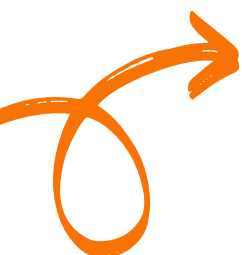
The Healthy Incentives Program (HIP) gives you \$40-\$80 for free per month (depending on family size) to spend on fruits and vegetables at farmers markets. If you have SNAP, you are already enrolled in HIP and this money is automatically added to your card each month.

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.



Find a Cambridge Farmers Market

Central Square Farmers Market

76 Bishop Allen Drive
Mondays, 12-6 pm
May 16, 2022 through Nov. 21, 2022
SNAP, SNAP Match, HIP, WIC & Senior coupons

Harvard University Farmers Market

Science Center Plaza
Tuesdays, 11:30 am-5:30 pm
June 21, 2022 through October 25, 2022
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, 2022 through November 20, 2022
SNAP, HIP, WIC & Senior coupons

Food & Nutrition Assistance

FOR THOSE 60 YEARS AND OLDER

Meals for Older Adults

The Cambridge Citywide Senior Center (806 Mass Ave.) 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 requested. To learn more about meals and other programs offered at the Citywide and North Cambridge Senior Centers, please visit: rebrand.ly/cambfoodguide-COA.

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

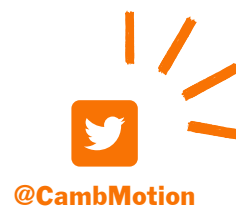
Farmers market coupons delivered to various senior housing and meal sites.

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.



Scan me!

More Helpful Resources



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 in Cambridge, and people in Cambridge who are facing eviction. The Multi-Service Center is located at 362 Green St., 1st floor. Call 617-349-6340 for more information.

Reduced-Price Bluebikes Memberships

Reduced-price Bluebikes memberships are 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. If you have questions or would like assistance enrolling, please email cambridgeinmotion@challiance.org.

Cambridge Tap Water

Cambridge tap water is safe, inexpensive, and helps you feel good throughout the day. Water bottle fillers are available in public spaces throughout the city, making it easy to stay hydrated no matter where you are. To learn more about Cambridge tap water, visit rebrand.ly/WickedGoodWater.

View Full Guide Online

To view this resource guide online, scan the QR code with your phone's camera, or visit: rebrand.ly/cambfoodguide



Have Updates or Questions?

If you have any updates or corrections for this guide, please email us at cambridgeinmotion@challiance.org.