

# Good food for you – Updated February 2019

Nutrition Assistance Programs and Food Pantries in the Greater Lynn Area

<b>WASHINGTON STREET BAPTIST CHURCH</b> 256 Washington Street Lynn, MA 01902 781-595-2550	<i>Monthly</i> Last Saturday, 10:00 – 11:30 a.m. <ul style="list-style-type: none"><li>• ID required.</li></ul>
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## ADDITIONAL AREA RESOURCES

### 2-1-1 Dial 2-1-1 (toll free)

Community resource that provides free, confidential, and multilingual information and referral services for food and other essentials during times of need. ([www.mass211.org](http://www.mass211.org))

### CATHOLIC CHARITIES NORTH (781-593-2312)

117 North Common Street, Lynn, MA 01902

Monthly Mobile Food Pantry. Call Intake for more information on how to register and to get daily resource information hours. Families can call between the mobile food pantries for Emergency Food Assistance.

### MY BROTHER'S TABLE (781-595-3224)

98 Willow Street, Lynn, MA 01901

- Free meals Monday through Friday 11:45 - 12:30 PM and 5:30 - 7:15 PM.
- Free meals Saturday & Sunday from 2:30 – 4:15 p.m.
- No registration required. *Everyone is welcome!*

### PROJECT BREAD FOODSOURCE HOTLINE (1-800-645-8333)

Call the Hotline ...

- To apply for SNAP (Supplemental Nutrition Assistance Program) Benefits—formerly known as Food Stamps.
- To get information on local school meals programs, including summer food programs.
- To get information on food pantries and other food programs in your area.

### SENIOR LUNCH PROGRAM

Call your local Senior Center for more information:

- Lynn Senior Center 781-586-8503
- Lynnfield Senior Center 781-598-1078
- Nahant Senior Center 781-581-7557
- Saugus Senior Center 781-231-4178
- Swampscott Senior Center 781-596-8866

### WIC (WOMEN, INFANTS, AND CHILDREN) NUTRITION PROGRAM AND HEALTH EDUCATION PROGRAM (781-599-7290)

- Lynn Office: 20 Central Avenue, 2nd Floor, Lynn, MA 01901

Greater Lynn Senior Services (GLSS) is pleased to provide this information to area residents and providers. In conjunction with our community partners, we endeavor to periodically compile and publish a comprehensive list of nutrition assistance programs in our area. However, we cannot vouch for the completeness and accuracy of information provided to us by others. If you are aware of other potential sources of nutrition assistance for individuals or families in need in our area, please contact GLSS' Information and Referral Department at 781-599-0110 ([info@glss.net](mailto:info@glss.net)).



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<p><b>GOOD HOPE FOODS</b>  <b>AT CALVARY CHRISTIAN CHURCH</b>          47 Grove Street          Lynnfield, MA 01940          781-715-0203</p>	<p><i>Weekly</i>          Thursdays, 11:00 a.m. – 12:00 Noon</p> <ul style="list-style-type: none"> <li>• All served.</li> <li>• Clients welcome to visit two times a month.</li> <li>• ID and proof of address required.</li> </ul>
<p><b>GREATER LYNN SENIOR SERVICES</b>  <i>Greater Boston Food Bank Brown Bag Program</i>          8 Silsbee Street          Lynn, MA 01901          781-586-8687</p>	<p><i>Monthly</i>          Third Friday of the month          9:30 a.m. – 12:30 p.m.</p> <ul style="list-style-type: none"> <li>• 60 and older.</li> <li>• Must pre-register and meet income guidelines.</li> </ul>
<p><b>ST. JOHN THE EVANGELIST CHURCH</b>          174 Humphrey Street          Swampscott, MA 01907          781-593-2544</p>	<p><i>Weekly</i>          Tuesdays, 11:00 a.m. – 12:00 Noon          Thursdays, 7:00 – 8:00 p.m.</p> <ul style="list-style-type: none"> <li>• Residents of parish area.</li> <li>• ID and proof of address required.</li> </ul>
<p><b>ST. STEPHEN’S EPISCOPAL CHURCH</b>          74 South Common Street          Lynn, MA 01902          781-599-4220</p>	<p><i>Every Friday except first Friday of month</i>          3:00 – 4:00 p.m.</p> <ul style="list-style-type: none"> <li>• Proof of Lynn address.</li> <li>• Photo ID for adults.</li> <li>• Birth certificate or health card for children.</li> </ul>
<p><b>ST. VINCENT DE PAUL SOCIETY</b>  <b>AT ST. JOSEPH’S PARISH</b>          40 Green Street          Lynn, MA 01902          781-593-8049</p>	<p><i>Every other week</i>          Wednesdays, 6:00 – 7:00 p.m.</p> <ul style="list-style-type: none"> <li>• Must live in St. Joseph’s parish area.</li> <li>• ID required.</li> <li>• Proof of family size, income, and address.</li> <li>• Use back door off rectory driveway.</li> <li>• Phone messages monitored daily.</li> </ul>
<p><b>SALVATION ARMY</b>          One Franklin Street          Lynn, MA 01902          781-598-0673</p>	<p><i>Weekly (Food Pantry)</i>          Mondays, Wednesdays, Fridays          9:00 – 11:00 a.m.</p> <ul style="list-style-type: none"> <li>• Residents of Lynn, Lynnfield, Nahant, Saugus, and Swampscott.</li> <li>• ID required.</li> <li>• Proof of family size, income, and address.</li> <li>• Clients welcome to visit once every 30 days.</li> <li>• Preferred that clients bring their own bags.</li> </ul> <p><i>Weekly (Bread Distribution)</i>          Mondays-Fridays</p> <ul style="list-style-type: none"> <li>• Bread available in mornings (time varies) while supplies last.</li> </ul>
<p><b>SAUGUS UNITED PARISH FOOD PANTRY AT CLIFTONDALE CONGREGATIONAL CHURCH</b>          50 Essex Street          Saugus, MA 01906          781-233-2663</p>	<p><i>Weekly</i>          Fridays, 9:30 – 11:00 a.m.</p> <ul style="list-style-type: none"> <li>• Visit frequency determined by household size.</li> <li>• New clients should bring proof of any social assistance they receive.</li> <li>• Questions can be messaged through Facebook page.</li> </ul>