

Could you use a hot meal or help with groceries?

The Hampden County emergency food network may be able to help.

Here are some programs that provide FREE* hot meals and/or groceries:

City	Program	Phone	Meal	Groceries
Agawam	Bethany Assembly of God Church	(413) 789-2930		x
Chicopee	Lorraine's Soup Kitchen and Pantry	(413) 592-9528	x	x
Chicopee	Mission Center New Jerusalem	(413) 534-8103	x	x
Chicopee	First Central Baptist Church	(413) 592-5353		x
Chicopee	USO Council of Pioneer Valley	(413) 557-3290		x
Chicopee	St. Rose de Lima- Heartfelt Weekend Meals	(413)536-4558	x	
E. Longmeadow	E. Longmeadow Senior Friendship Club	(413) 525-5436		x
Holyoke	Blessed Sacrament Parish	(413)532-0713	x	
Holyoke	Christian Pentecostal Church	(413) 532-6192		x
Holyoke	Iglesia Pentecostal Ebenezer	(413) 536-7357		x
Holyoke	Light of Restoration Ministries	(413) 540-9805		x
Holyoke	New England Farm Workers Council	(413) 536-2787		x
Holyoke	Providence Ministries Pantry	(413) 536-9109	x	x
Holyoke	River Valley Counseling Center	(413) 540-1210		x
Holyoke	Salvation Army - Holyoke	(413) 532-6312	x	x
Holyoke	Spanish Church of God	(413) 539-9130	x	x
Indian Orchard	Community Survival Center	(413) 543-3930		x
Longmeadow	Friends of Longmeadow Older Citizens Assoc.	(413) 565-4150		x
Ludlow	Devine Purity Pantry	(413) 739-6005		x
Monson	First Church of Monson	(413) 267-4837		x
Monson	A Church in Christ	(413) 283-4998		x
Palmer	Food Share, Inc.	(413) 283-3614		x
Southwick	Our Community Food Pantry	(413)569-9876		x
Springfield	ADP—SMART Food Pantry	(413) 782-6118		x
Springfield	All Nation Church of God	(413) 736-9775		x
Springfield	Community Service Agency	(413) 846-0446		x
Springfield	Dr. Elouise Franklin Church	(413) 783-3898		x
Springfield	Evangelist Temple Church	(413) 363-0496		x
Springfield	Gray House, Inc.	(413) 734-6696		x
Springfield	Greater Love Church of God	(413) 782-3342		x
Springfield	Healing Temple Outreach Ministry	(413) 733-5573		x
Springfield	Hispanic Baptist Church	(413) 731-8087		x
Springfield	Holy Redeemer Cathedral	(413) 218-2347	x	x
Springfield	Holy Name Parish Food Pantry	(413) 733-5823		x
Springfield	Holy Cross Church (Sandwiches for the Homeless)	(413) 783-4111	x	
Springfield	Martin Luther King Jr. Comm. Center	(413) 746-3655		x

PLEASE SEE BACK FOR THE REST OF THIS LIST



**Income and/or residency requirements may apply to pantries. If you would like a hot meal you may receive one, no questions asked, at any of the meal sites listed here. Please contact the program for details.*

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Springfield	Masjid Al-Tawheed	(413) 782-0929		x
Springfield	MCDI—McKinney Department	(413) 781-5640		x
Springfield	Ministerio Alfa y Omega	(413) 788-8684		x
Springfield	Mission Church of The Living God	(413) 858-8111		x
Springfield	Mt. Zion Baptist Church	(413) 785-5664	x	
Springfield	Northern Educational Services	(413) 733-2238		x
Springfield	Open Pantry Community Services, Inc.	(413) 737-5353	x	x
Springfield	Pioneer Valley Proj. Immigrant Food Program	(413) 827-0781		x
Springfield	River Valley Between Family & Friends	(413)737-2437	x	
Springfield	Salvation Army - Family Services Pantry	(413) 733-1518		x
Springfield	Save Our Kids	(413) 781-5437		x
Springfield	Springfield Rescue Mission	(413) 732-0808	x	
Springfield	Springfield School Volunteers, Inc.	(413) 732-1121		x
Springfield	Sp. VACA Vietnamese American Food Pantry	(413) 733-9373		x
Springfield	Spring Hope Church of God in Christ	(413) 733-1032		x
Springfield	St. John's Congregational Church	(413) 734-2283	x	x
Springfield	Straitway To Heaven, COGIC	(413) 785-1626		x
Springfield	Tapestry Health Systems	(413) 363-9472		x
Springfield	Third Baptist Church	(413) 734-4143		x
Wales	Wales Community Pantry	(413) 245-9683	x	x
W. Springfield	Parish Cupboard, Inc.	(413) 734-7969	x	x
W. Springfield	Victory Temple COGIC	(413) 827-8088		x
Westfield	Greater Westfield Food Pantry	(413) 572-0802		x
Westfield	Human Resources Unlimited, Forum House Pantry	(413) 562-5293		x
Wilbraham	Evangel Assembly of God	(413) 599-1729		x

To learn more about any of these programs, contact:

**The Food Bank
of Western Massachusetts**

If you are struggling with your food needs, you may also be eligible for the **SNAP program (formerly Food Stamps)**, which provides money for groceries to low-income

The SNAP Coordinator at The Food Bank of Western Mass.
(800) 247-9632

*If you are 55 or older, you may be eligible for the **Brown Bag program**, which provides free monthly groceries for low-income seniors through a local council on aging. To learn more, contact your local council on aging or The Food Bank of Western MA at: **(800) 247-9632***



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