

## Could you use a hot meal or help with groceries?

*The Hampshire County Emergency Food network may be able to help.*

### Here are some programs that serve **FREE** hot meals:

*Amherst*—Amherst Survival Center: (413) 549-3968  
*Amherst*—Not Bread Alone Soup Kitchen: (413) 256-0128  
*Easthampton*—Easthampton Community Center: (413) 527-5240  
*Easthampton*—Easthampton Congregational Church: (413) 527-4790  
*Florence*—Florence Congregational Church: (413) 584-1325  
*Granby*—Immaculate Heart of Mary: (413) 467-9821  
*Northampton*—MANNA Soup Kitchen—Elm St: (413) 584-1757  
*Northampton*—MANNA Soup Kitchen—Main St: (413) 584-5500  
*South Hadley*—First Congregational Church— Food for Friends: (413) 532-2262

### Here are some programs that provide **FREE\* Emergency groceries**:

*Amherst*—Amherst Survival Center: (413) 549-3968  
*Amherst*—First Baptist Church: (413) 549-3596  
*Belchertown*—Belchertown United Church of Christ: (413) 323-7442  
*Belchertown*—St. Francis Parish: (413) 323-6272  
*Easthampton*—Calvary Baptist Church: (413) 527-6252  
*Easthampton*—Easthampton Community Center: (413) 527-5240  
*Easthampton*—Easthampton Congregational Church: (413) 527-4790  
*Florence*—Star Light Center Pantry: (413) 586-8255  
*Goshen*—Northern Hilltown Food Pantry: (413) 268-7578  
*Huntington*—Pioneer Valley Assembly of God: (413) 667-3166  
*Leeds*—United Veterans of America Soldier On Pantry: (413) 822-8530  
*Northampton*—Center for Human Development: (413) 584-4457  
*Northampton*—Hampshire County Outreach Program: (413) 582-4262  
*Northampton*—Northampton Survival Center: (413) 586-6564  
*South Hadley*—Neighbors Helping Neighbors: (413) 650-3241  
*South Hadley*—Take & Eat of St. Patricks: (413) 532-2850  
*South Hadley*—St. Theresa's People Feeding People: (413) 536-5398  
*Ware*—Trinity Episcopal Church: (413) 967-3274

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 individuals and families. To learn more, contact:

**The SNAP Coordinator at The Food Bank of Western MA (800) 247-9632**

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

To learn more about any of these programs, contact:

**The Food Bank of  
Western Massachusetts  
(800) 247-9632**



**The Food Bank**  
of Western Massachusetts

*\*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.*