Could you use a nutritious meal or help with groceries?

The following programs in The Food Bank of Western Massachusetts Emergency Food Network may be able to help.

**HAMPSTEAD COUNTY (Updated June 9, 2023)**

<table>
<thead>
<tr>
<th>CITY</th>
<th>TYPE</th>
<th>PROGRAM &amp; ADDRESS</th>
<th>PHONE</th>
<th>DAYS OPEN</th>
<th>HOURS/DETAILS (As provided by program)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amherst</td>
<td>Brown Bag: Food for Elders</td>
<td>Food Bank of Western MA, Amherst Brown Bag; 70 Boltwood Walk</td>
<td>(413)259-3062</td>
<td>MON TUE THU FRI</td>
<td>1st Thurs.: 1:30 - 4:00pm Open M, T, Th, F. Indoor dining service 12-3pm. Dining room &amp; picnic area open 12-3pm. To go lunches &amp; Fresh Food distribution outside 12-3pm. Also offers TO-GO options.</td>
</tr>
<tr>
<td>Amherst</td>
<td>Meal Program**</td>
<td>Amherst Survival Center, Meal Site; 138 Sunderland Road</td>
<td>(413)549-3968</td>
<td>MON TUE THU FRI</td>
<td>1st Weds. of each month: 1:00 - 2:00pm [VERIFYIFICATIONS: None; please bring empty shopping bag.]</td>
</tr>
<tr>
<td>Amherst</td>
<td>Meal Program**</td>
<td>Center for Human Development, Not Bread Alone Soup Kitchen; 165 Main Street</td>
<td>(413)256-0128</td>
<td>SUN WED SAT</td>
<td>Sat &amp; Sun 11:45-1:15, Wed 3:45-5:15 for to-go meals.</td>
</tr>
<tr>
<td>Amherst</td>
<td>Mobile Food Bank**</td>
<td>Food Bank of Western MA, Mobile Food Bank, Amherst Survival Center; 138 Sunderland Road</td>
<td>(413)549-3968</td>
<td>WED</td>
<td>1st Weds. of each month: 1:00 - 2:00pm [VERIFYIFICATIONS: None; please bring empty shopping bag.]</td>
</tr>
<tr>
<td>Amherst</td>
<td>Pantry*</td>
<td>Amherst Survival Center, Senior Mobile Nutrition Program; 138 Sunderland Road</td>
<td>(413)549-3968</td>
<td>MON TUE THU FRI</td>
<td>SENIORS ONLY. Registration required. Delivery by APPT only. Walk-ins are welcome during operating hours.</td>
</tr>
<tr>
<td>Amherst</td>
<td>Pantry*</td>
<td>Amherst Survival Center, Food Pantry; 138 Sunderland Road</td>
<td>(413)549-3968</td>
<td>MON TUE THU FRI</td>
<td>SAT Shopping hours: M and F 12-3pm, T and Th 12-7pm, 3rd Sat 9am-12pm; Curbside pickup (by appointment) M and F 3-6pm, T and Th 12-3pm, 3rd Sat 9am-12pm. Guests can register online or schedule an appointment at calendly.com/amherstsurvival</td>
</tr>
<tr>
<td>Amherst</td>
<td>Pantry*</td>
<td>First Baptist Church, Food Pantry; 434 North Pleasant Street</td>
<td>(413)549-3596</td>
<td>WED</td>
<td>Outdoor Distribution: Wed 2-4:00p.</td>
</tr>
<tr>
<td>Belchertown</td>
<td>Brown Bag: Food for Elders</td>
<td>Food Bank of Western MA, Belchertown Brown Bag; 60 State Street</td>
<td>(413)323-0420</td>
<td>FRI</td>
<td>2nd Fri.: 10:30 - 11:30am</td>
</tr>
<tr>
<td>Belchertown</td>
<td>Pantry*</td>
<td>Belchertown United Church of Christ, Helping Hands Cupboard; 18 Park Street</td>
<td>(413)323-7442</td>
<td>THU</td>
<td>3rd Thu: 4:30-6:00p (Also by appointment)</td>
</tr>
<tr>
<td>Belchertown</td>
<td>Pantry*</td>
<td>St. Francis Parish, St. Francis Parish Food Pantry; 10 Park Street</td>
<td>(413)323-6272</td>
<td>MON TUE WED THU FRI</td>
<td>Delivery only. Call to schedule appointment.</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>Brown Bag: Food for Elders</td>
<td>Food Bank of Western MA, Chesterfield Brown Bag; 400 Main Road</td>
<td>(413)296-4007</td>
<td>THU</td>
<td>2nd Thurs.: 11:00am - 12:00pm</td>
</tr>
<tr>
<td>Easthampton</td>
<td>Brown Bag: Food for Elders</td>
<td>Food Bank of Western MA, Easthampton Brown Bag; 12 Clark Street</td>
<td>(413)527-5240</td>
<td>TUE</td>
<td>1st Tues.: 10:30am - 12:30pm</td>
</tr>
<tr>
<td>Easthampton</td>
<td>Mobile Food Bank**</td>
<td>Food Bank of Western MA, Mobile Food Bank, Easthampton; 34 Franklin Street</td>
<td>(413)527-5240</td>
<td>THU</td>
<td>1st &amp; 3rd Thurs. of each month: 1:00 - 2:00pm [VERIFYIFICATIONS: None; please bring empty shopping bag.]</td>
</tr>
</tbody>
</table>

*Income, household size, address and other verifications may be requested. If the program provides USDA foods, photo ID or social security numbers are NOT required. **No verifications needed.

The Food Bank's MOBILE FOOD BANK program provides fresh fruits, vegetables and other healthy foods to individuals of all ages. Please bring a bag to fill for each distribution. No verifications are required.

The Food Bank's BROWN BAG: FOOD FOR ELDERS program provides healthy staples to qualifying seniors (over 55 years old). Application and annual renewal are required. Contact The Food Bank's Brown Bag Department for more information.

In addition, you may be eligible for SNAP (formerly known as “food stamps”), which provides cash for groceries for low-income individuals and families. To see if you qualify, please contact The Food Bank of Western Massachusetts’ SNAP Department at (413)247-9738. Households that receive SNAP are also eligible for HIP, which provides extra money for fresh produce each month.

This institution is an equal opportunity provider and employer. If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint_filing_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.
The Food Bank of Western Massachusetts
Emergency Food Network may be able to help.

HAMPShIRE COUNTY (Updated June 9, 2023)

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<tr>
<td>Easthampton</td>
<td>Pantry*</td>
<td>Easthampton Community Center, Summer Kid Bag Program; 12 Clark Street</td>
<td>(413)527-5240</td>
<td>MON WED</td>
<td>KIDS UNDER 18: Mon/Wed: 9a-12p, 4-7p; appointments available for emergencies outside regular hours.</td>
</tr>
<tr>
<td>Easthampton</td>
<td>Pantry*</td>
<td>Easthampton Community Center, Emergency Pantry; 12 Clark Street</td>
<td>(413)527-5240</td>
<td>MON WED</td>
<td>Outdoor distribution. Mon/Wed: 9a-12p, 4-7p. GLUTEN FREE AVAILABLE. Appointments can be made for emergencies outside regular hours.</td>
</tr>
<tr>
<td>Easthampton</td>
<td>Pantry*</td>
<td>Easthampton Congregational Church, Food Cupboard; 112 Main Street</td>
<td>(413)203-9759</td>
<td>WED</td>
<td>2nd Wed: 10a-12p. Now offering delivery. Please call or email <a href="mailto:ecchurchfood@gmail.com">ecchurchfood@gmail.com</a></td>
</tr>
<tr>
<td>Easthampton</td>
<td>Pantry*</td>
<td>Pioneer Valley Power Packs, Weekend Free Backpack Program; 128 Main Street</td>
<td>(413)364-6150</td>
<td>WED THU FRI</td>
<td>Delivery available on Fridays 12-5pm for students at select schools in Easthampton. Call for info.</td>
</tr>
<tr>
<td>Florence</td>
<td>Pantry*</td>
<td>Viability, Inc., Star Light Center Pantry; 251 Nonotuck Street</td>
<td>(413)586-8255</td>
<td>TUE FRI</td>
<td>Open for to-go bags. Call to find out what they have and have a bag made.</td>
</tr>
<tr>
<td>Goshen</td>
<td>Pantry*</td>
<td>Northampton Survival Center, Northern Hilltown Food Pantry; 40 Main Street</td>
<td>(413)268-7578</td>
<td>WED</td>
<td>Wed: 1-3pm</td>
</tr>
<tr>
<td>Granby</td>
<td>Brown Bag:</td>
<td>Food Bank of Western MA, Granby Brown Bag; 10 West State Street</td>
<td>(413)467-3239</td>
<td>TUE</td>
<td>3rd Tues.: 10:30am</td>
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<td></td>
<td>for Elders</td>
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<tr>
<td>Granby</td>
<td>Pantry*</td>
<td>Neighbors Helping Neighbors, Inc., Granby to-go Program; 385 E. State Street</td>
<td>(413)467-7104</td>
<td>TUE</td>
<td>During School Year: Tue 6-7:30pm or by appointment (email <a href="mailto:granbytogo@granbyschoolsma.net">granbytogo@granbyschoolsma.net</a>)</td>
</tr>
<tr>
<td>Hadley</td>
<td>Brown Bag:</td>
<td>Food Bank of Western MA, Hadley Brown Bag; 46 Middle Street</td>
<td>(413)586-4023</td>
<td></td>
<td>11:00am-4:00pm</td>
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<td>for Elders</td>
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<tr>
<td>Hatfield</td>
<td>Brown Bag:</td>
<td>Food Bank of Western MA, Hatfield Brown Bag; 59 Main Street</td>
<td>(413)247-9003</td>
<td>TUE</td>
<td>1st Tues.: 10:00 - 11:30am</td>
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<tr>
<td></td>
<td>for Elders</td>
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<tr>
<td>Haydenville</td>
<td>Brown Bag:</td>
<td>Food Bank of Western MA, Williamsburg Brown Bag; 141 Main Street</td>
<td>(413)268-8407</td>
<td>THU</td>
<td>2nd Thurs.: 10:00 - 11:30am</td>
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<td>for Elders</td>
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<tr>
<td>Huntington</td>
<td>Brown Bag:</td>
<td>Food Bank of Western MA, Huntington Brown Bag; 26 Russell Road</td>
<td>(413)667-3141</td>
<td>FRI</td>
<td>3rd Fri.: 10:00 - 11:30am</td>
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<td>for Elders</td>
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<tr>
<td>Huntington</td>
<td>Pantry*</td>
<td>Pioneer Valley Assembly of God, Huntington Food Pantry; 63 Old Chester Road</td>
<td>(413)667-3196</td>
<td>THU</td>
<td>Th 9-11:30am and 2-4:30pm</td>
</tr>
<tr>
<td>Leeds</td>
<td>Pantry*</td>
<td>Soldier On, Inc., Soldier On Pantry for Homeless Vets; 421 North Main Street</td>
<td>(413)588-4232</td>
<td>SUN FRI SAT</td>
<td>To-go boxes distributed at door: Sat/Sun: 8:30-9:30am; Fri: 6-6:30pm for working/new residents</td>
</tr>
<tr>
<td>Northampton</td>
<td>Brown Bag:</td>
<td>Food Bank of Western MA, Northampton Brown Bag; 67 Conz Street</td>
<td>(413)587-1228</td>
<td>THU</td>
<td>2nd Thurs.: 10:00 - 11:00am</td>
</tr>
<tr>
<td></td>
<td>for Elders</td>
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<td></td>
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<tr>
<td>Northampton</td>
<td>Meal Program**</td>
<td>MANNA Soup Kitchen, Inc., MANNA Main Street; 297 Main Street</td>
<td>(413)887-0500</td>
<td>SAT</td>
<td>Sat: 11:30a-12:30p. To-go meals.</td>
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</tr>
<tr>
<td>Northampton</td>
<td>Meal Program**</td>
<td>MANNA Soup Kitchen, Inc., MANNA Elm Street; 48 Elm Street</td>
<td>(413)887-0500</td>
<td>MON TUE WED THU</td>
<td>Mon, Tues, Thurs: 11:30a-12:30p. Wed 6-7pm. To-go meals.</td>
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Could you use a nutritious meal or help with groceries?

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<tr>
<td>Northampton</td>
<td>Pantry*</td>
<td>Northampton Survival Center, Pantry; 265 Prospect Street</td>
<td>(413)586-6564</td>
<td>MON WED</td>
<td>Mon: 2-6pm; Wed., Fri: 12-3pm. Online ordering &amp; curbside pickup available. Call to register.</td>
</tr>
<tr>
<td>Northampton</td>
<td>Pantry*</td>
<td>Northampton Survival Center, Kids' Summer Food Program; 265 Prospect Street</td>
<td>(413)586-6564</td>
<td></td>
<td>Call for updated hours and distribution locations.</td>
</tr>
<tr>
<td>Northampton</td>
<td>Pantry*</td>
<td>Pioneer Valley Workers Center, People's Pantry/Dispensa del Pueblo; 20 Hampton Ave., #200</td>
<td>(413)570-3060</td>
<td>SUN FRI</td>
<td>380 Plainfield St. Springfield, 3rd Sun, 3-5pm; 104 4th St., Turners Falls, 3rd Fri 4-6pm. No distributions in February.</td>
</tr>
<tr>
<td>South Hadley</td>
<td>Brown Bag: Food for Elders</td>
<td>Food Bank of Western MA, South Hadley Brown Bag; 45 Dayton Street</td>
<td>(413)538-5030</td>
<td>TUE</td>
<td>3rd Tues.: 10:00 - 11:00am</td>
</tr>
<tr>
<td>South Hadley</td>
<td>Meal Program**</td>
<td>First Congregational Church of South Hadley, Food for Friends; 1 Church Street</td>
<td>(413)374-6022</td>
<td>SAT</td>
<td>HOMEBOUND SENIORS ONLY: 3rd Saturday Home Delivery (Registration required. Call Take &amp; Eat 413-672-1404)</td>
</tr>
<tr>
<td>South Hadley</td>
<td>Meal Program**</td>
<td>St. Patrick's Church, Take &amp; Eat of St. Patrick's; 30 Main Street</td>
<td>(413)532-2850</td>
<td>SUN</td>
<td>HOMEBOUND SENIORS ONLY: 4th Sunday Home Delivery (Registration required)</td>
</tr>
<tr>
<td>South Hadley</td>
<td>Pantry*</td>
<td>Neighbors Helping Neighbors, Inc., Neighbors Helping Neighbors; 30 Carew Street</td>
<td>(413)437-7593</td>
<td>WED</td>
<td>CLOSED SAT. 2/4/23. Wed: 12:30-6:00pm; Sat: 10a-12p; Mobile Pantry at Granby COA on 4th Tues., 11:30a-12:30p, 1st Thur. at Newton Manor (643 Newton St, S.Hadley) 11a-12p, 3rd Thur. at Lathrop Village (68 Lathrop St., S. Hadley) 11a-12p</td>
</tr>
<tr>
<td>Southampton</td>
<td>Pantry*</td>
<td>Southampton Congregational Church, Southampton Community Cupboard; 212 College Highway</td>
<td>(413)527-1173</td>
<td>SAT</td>
<td>Open for delivery to car. Call to set up food drop-off, 2nd &amp; 4th Saturday of the month from 10:00AM-12:00PM</td>
</tr>
<tr>
<td>Ware</td>
<td>Brown Bag: Food for Elders</td>
<td>Food Bank of Western MA, Ware Brown Bag; 1 Robbins Road</td>
<td>(413)967-9645</td>
<td>FRI</td>
<td>2nd Fri.: 11:00am - 12:00pm</td>
</tr>
<tr>
<td>Ware</td>
<td>Mobile Food Bank**</td>
<td>Food Bank of Western MA, Mobile Food Bank, Grenville Park; 73 Church Street</td>
<td>(413)277-0426</td>
<td>TUE</td>
<td>3rd Tues. of each month: 1:00 - 2:00pm [VERIFICATIONS: None. Please bring empty shopping bag.] at Greenville Park</td>
</tr>
<tr>
<td>Ware</td>
<td>Pantry*</td>
<td>Trinity Episcopal Church, Jubilee Cupboard; 20 Park Street</td>
<td>(413)967-3274</td>
<td>THU</td>
<td>Thu: 9a-12p [12 visits/year] [VERIFICATIONS: address]</td>
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