



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

**Food Bank of Western Massachusetts**

25 Carew Street

Chicopee, MA 01020

**(413)247-9738**

www.foodbankwma.org

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

HAMPDEN COUNTY (Updated May 6, 2025)

CITY	TYPE	PROGRAM & ADDRESS	PHONE	DAYS OPEN							HOURS/DETAILS (As provided by program)
Agawam	Pantry*	Bethany Assembly of God Church, Best Life Food Ministry; 580 Main Street	(413)789-2930		MON				FRI		Mon & Fri 12:30-2:00pm. Closed Holidays.
Agawam	Pantry*	One Call Away, Inc., Veterans Support Center; 104 Ramah Circle South	(413)301-8125		MON	TUE	WED	THU	FRI	SAT	Mon, Wed, Fri 9am-3pm; Tue & Thu 12-6pm; 3rd Sat 10am-4pm
Chicopee	Meal Program**	First Congregational Church of Chicopee, Breaking Bread with Community; 306 Chicopee Street	(413)592-0396	SUN							1st & 3rd Sun: 5-6:30pm
Chicopee	Meal Program**	Lorraine's Soup Kitchen and Pantry, Soup Kitchen; 170 Pendexter Avenue	(413)592-9528		MON	TUE	WED	THU	FRI		Mon-Fri: 4-6p
Chicopee	Mobile Food Bank**	Food Bank of Western MA, Mobile Food Bank, Chicopee; 50 Broadway Street	(413)419-0079		MON						2nd & 4th Mon. of each month: 10:00 - 11:00am [VERIFICATIONS: None; please bring empty shopping bag.]
Chicopee	Pantry*	First Central Bible Church, The Lord's Food Pantry; 50 Broadway Street	(413)592-5353			TUE					1st/3rd/4th Tue: 9-11a; 2nd Tue: 6-8p (One visit/month. Closed on snow days and voting days.)
Chicopee	Pantry*	First Congregational Church of Chicopee, Regina's Pantry; 306 Chicopee Street	(413)592-0396	SUN							Sun: 5:00-6:30pm
Chicopee	Pantry*	House of Refuge International, Inc., Project Hope Pantry; 292 New Ludlow Road	(413)437-8600				WED			SAT	Open for pre-packed bags distributed in parking lot. 2nd Sat. of each month: 2:00 - 4:00pm; 4th Weds. of each month: 3:00 - 5:30pm.
Chicopee	Pantry*	La Iglesia De Dios Incorporada, La Iglesia De Dios Food Pantry; 200 Exchange St.	(413)314-9067			TUE		THU			Tue. & Thu: 9am- noon & 1pm-5pm
Chicopee	Pantry*	Lorraine's Soup Kitchen and Pantry, Pantry; 170 Pendexter Avenue	(413)592-9528		MON	TUE	WED	THU	FRI		M-F: 10am-2pm. Mobile Pantry 4-6 pm Mon - Fri
Chicopee	Pantry*	Lorraine's Soup Kitchen and Pantry, Fairview Nourish & Flourish; 26 Memorial Ave.	(413)888-0630						FRI		Food distributed Fridays and by appt. to Fairview School students (Registration required)
Chicopee	Pantry*	Mission Center New Jerusalem, One Way Outreach Pantry; 625 Front Street	(413)534-8103					THU			Thu: 5:30-7p
Chicopee	Pantry*	Our Father's House, Dream Center Day; 938 Chicopee St	(413)437-8071							SAT	4th Sat: 9:45-10:30am
Chicopee	Pantry*	United Way of Pioneer Valley, Chicopee Service Center; 226 Exchange Street	(413)693-0213				WED				Wed 2:30-5:30pm.
East Longmeadow	Pantry*	Friends of East Longmeadow Council on Aging, Pantry Distribution; 328 North Main Street	(413)525-5436								Emergency Distributions only. Call first.
Holland	Meal Program**	Wales Community Pantry, Holland Community Center; 40 Brimfield Rd.	( ) - - -		MON		WED				Mon. & Wed.: pick-up at 11:45 by appt.; meal at noon, call to reserve

\*Income, household size, address and other verifications may be requested, but are not required..

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

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 **Food Bank of Western Massachusetts' SNAP Department at (413)992-6204**. Households that receive SNAP are also eligible for HIP, which provides extra money for fresh produce each month.

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HAMPDEN COUNTY (Updated May 6, 2025)

CITY	TYPE	PROGRAM & ADDRESS	PHONE	DAYS OPEN							HOURS/DETAILS (As provided by program)	
Holyoke	Meal Program**	Bethlehem Baptist Community Church, Soup Kitchen; 304 Elm Street	(413)533-4590						THU			2nd & last Thurs: 11:30AM-1:30PM
Holyoke	Meal Program**	Blessed Sacrament Parish, Take and Eat; 1945 Northampton Street	(413)532-0713	SUN								HOMEBOUND SENIORS ONLY: 2nd Sunday Home Delivery (Registraton required)
Holyoke	Meal Program**	Providence Ministries, Kate's Kitchen; 51 Hamilton Street	(413)533-5909	SUN	MON	TUE	WED	THU	FRI	SAT		Open for lunch 12-1pm daily; dinner served M-F from 5-6pm. NO DINNER SERVICE THUR. MAY 8, 2025.
Holyoke	Meal Program**	The Salvation Army operating through its Holyoke Corps, Feeding Program; 271 Appleton Street	(413)532-6312						THU			Every Thursday from 2-4p. (bagged food at door)
Holyoke	Mobile Food Bank**	Food Bank of Western MA, Mobile Food Bank, Beaudoin Village/Yoerg Circle; 40 Leary Drive	(413)419-0079		MON							1st Mon. of each month: 11:00 - 11:45am [VERIFICATIONS: None. Please bring empty shopping bag.]
Holyoke	Mobile Food Bank**	Food Bank of Western MA, Mobile Food Bank, St. Paul's Episcopal Church; 485 Appleton Street	(413)419-0079			TUE						2nd & 4th Tues., 11a-12p
Holyoke	Mobile Food Bank**	Food Bank of Western MA, Mobile Food Bank, One Holyoke CDC; 70 North Bridge Street	(413)419-0079							FRI		2nd & 4th Fri. of each month: 1:00 - 1:45pm [VERIFICATIONS: None. Please bring empty shopping bag.]
Holyoke	Pantry*	Care Center, Sodexo/HPS Backpack Program; 728 Main Street	(413)534-2000							FRI		KIDS ONLY. Backpacks distributed Fri. 7am-10am (Registration required)
Holyoke	Pantry*	Christian Pentecostal Church, Holyoke Food Pantry; 96 Cabot Street	(413)532-6192						THU			Thu: 10a-1p (12 visits/year)
Holyoke	Pantry*	Pa'lante Transformative Justice, Pa'lante's Gabinete; 220 Linden St.	(413)200-0624			TUE						1st & 3rd Tues. 3:30-5:00pm
Holyoke	Pantry*	Pentecostal Church Ebenezer Assemblies of God, Inc., Ebenezer Food Pantry; 200 Main Street	(413)536-0630				WED					Third Wednesday of the month when 4 Wednesdays. Fourth Wednesday of the month when 5 Wednesdays. 8am-12pm.
Holyoke	Pantry*	Providence Ministries, Margaret's Pantry; 56 Cabot Street	(413)538-8026		MON	TUE	WED	THU	FRI	SAT		M-F: 10:30a-12:00p, or by appt. between 8a-4p. Mobile Pantry at Holyoke High School, 500 Beech St. every 4th Saturday from 12:30-2:00pm.
Holyoke	Pantry*	The Community Builders, Inc., Lyman Terrace Food Pantry; 17 Hampden Street	(413)887-6642				WED					2nd and 4th Wednesdays of every month. 12-2pm.
Holyoke	Pantry*	The Salvation Army operating through its Holyoke Corps, CES Emergency Food Pantry; 271 Appleton Street	(413)532-6312			TUE	WED	THU				T, W, Th 9:30-12. (T & Th 11am for baked goods and vegetables.)

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

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 **Food Bank of Western Massachusetts' SNAP Department at (413)992-6204**. Households that receive SNAP are also eligible for HIP, which provides extra money for fresh produce each month.

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Holyoke	Pantry*	United Way of Pioneer Valley, Holyoke Community Cupboard; 164 Race St.	(413)302-3871					THU			Thurs. 2:30-5:30. One visit/month.
Indian Orchard	Mobile Food Bank**	Food Bank of Western MA, Mobile Food Bank, Springfield Housing Authority; 29 Moxon Street	(413)419-0079					THU			1st & 3rd Thurs. of each month: 1:00 - 2:00pm [VERIFICATIONS: None. Please bring empty shopping bag.]
Indian Orchard	Pantry*	Community Survival Center, Food Pantry; 240 Main Street	(413)543-3930		MON	TUE	WED	THU			Mon-Th: 9:30a-4:15p (6 visits/year).
Indian Orchard	Pantry*	International Christian Center Inc., Food Pantry; 2071 Page Blvd.	(413)246-0797	SUN			WED			SAT	Sun. 9am-1pm, Wed. 7pm-9pm, Sat. 9am-noon, and by appt.
Longmeadow	Pantry*	Friends of Longmeadow Older Citizens Association, Pantry; 211 Maple Road	(413)565-4150					THU			Thurs. 2-4pm and by appt.
Longmeadow	Pantry*	JGS Lifecare Corp., JGS Food Pantry; 770 Converse Street	(413)935-1770						FRI		Fri. 7am-4pm.
Ludlow	Pantry*	One Call Away, Inc., Ludlow Veterans Services; 487 Holyoke St	(413)707-5050		MON			THU			Mon. 2-5pm & Thurs. 2-5pm
Palmer	Pantry*	Palmer Food Share, Inc., Palmer Food Share; 39 Walnut Street	(413)283-3614			TUE			FRI		Tue/Fri: 9:30-11:15a
Southwick	Pantry*	Our Community Food Pantry, Inc., Our Community Food Pantry; 222 College Highway	(413)569-9876		MON	TUE	WED	THU			Mon: 2-4p; Tue, Wed: 10a-12p; Thu: 4-6p.
Springfield	Meal Program**	Behavioral Health Network, The Living Room; 21 Warwick St Entrance L	(413)310-3312	SUN	MON	TUE	WED	THU	FRI	SAT	Open every day from 7:30am - 7:00pm. After hours with Crisis Supervision only.
Springfield	Meal Program**	Clinical & Support Options, Inc., Friends of the Homeless; 755 Worthington Street	(413)732-3069	SUN	MON	TUE	WED	THU	FRI	SAT	EVERY DAY. Breakfast: 8-9a; Lunch: 12-1p; Supper: 4:30-5:30p
Springfield	Meal Program**	Shiloh Seventh-day Adventist Church, Shiloh ACS Soup Kitchen; 797 State St.	(413)734-0103	SUN							2nd & 4th Sundays, 10am - Noon
Springfield	Meal Program**	South Middlesex Opportunity Council, Open Pantry Loaves & Fishes Kitchen; 35 Chestnut St.	(413)731-5668	SUN	MON	TUE	WED	THU	FRI	SAT	Mon/Tue/Thu/Fri/Sat 12&5pm, Sun. 1&5pm at South Cong. Church, 45 Maple St., Springfield. Wed 12&5pm at Christ Church Cathedral, 35 Chestnut St., Springfield
Springfield	Meal Program**	St. John's Congregational Church, Friend's Place Meals; 643 Union Street	(413)734-2283				WED				Wed: 3:30-4:00p (Takeout)
Springfield	Mobile Food Bank**	Food Bank of Western MA, Mobile Food Bank, Allen Street; 1602 Allen Street	(413)419-0079				WED				2nd Weds. of each month: 10:00 - 11:00am [VERIFICATIONS: None. Please bring empty shopping bag.]
Springfield	Mobile Food Bank**	Food Bank of Western MA, Mobile Food Bank, Springfield Brightwood; 82 Division Street	(413)419-0079						FRI		1st & 3rd Fri. of each month: 1:00 - 2:00pm [VERIFICATIONS: None. Please bring empty shopping bag.]

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Springfield	Mobile Food Bank**	Food Bank of Western MA, Mobile Food Bank, Dunbar Center; 33 Oak Street	(413)419-0079						FRI		4th Fri. of each month: 1:00 - 2:00pm
Springfield	Mobile Food Bank**	Food Bank of Western MA, Mobile Food Bank, Home City Housing; 7 Halsey Street	(413)419-0079						THU		2nd & 4th Thurs. of each month: 1:00 - 1:45pm [VERIFICATIONS: None. Please bring empty shopping bag.]
Springfield	Mobile Food Bank**	Food Bank of Western MA, Mobile Food Bank, Martin Luther King, Jr. Fam. Svcs.; 3 Rutland Street	(413)419-0079						THU		2nd & 4th Thurs. of each month: 1:00 - 2:00pm [VERIFICATIONS: None. Please bring empty shopping bag.]
Springfield	Mobile Food Bank**	Food Bank of Western MA, Mobile Food Bank, North End; 40 Waverly Street	(413)419-0079						TUE		1st & 3rd Tues. of each month: 10:30 - 11:30am [VERIFICATIONS: None. Please bring empty shopping bag.]
Springfield	Mobile Food Bank**	Food Bank of Western MA, Mobile Food Bank, Third Baptist Church; 149 Walnut Street	(413)419-0079						FRI		2nd Fri. of each month: 1:00 - 2:00pm [VERIFICATIONS: None. Please bring empty shopping bag.]
Springfield	Mobile Food Bank**	Food Bank of Western MA, Mobile Food Bank, Trinity United Methodist Church; 361 Sumner Avenue	(413)419-0079						WED		1st & 3rd Weds. of each month: 1:30 - 2:30pm [VERIFICATIONS: None. Please bring empty shopping bag.]
Springfield	Pantry*	All Nation Church of God, Food Pantry; 70 Leete St	(413)736-9775							SAT	2nd Sat AND 4th Sat 9am-1pm
Springfield	Pantry*	Baystate Medical Center, Inc., Brightwood Pantry; 380 Plainfield St.	(413)794-4458						TUE		Bi-weekly Tuesday 4-6pm, and by appointment. Call for distribution dates.
Springfield	Pantry*	Casa De Oracion Emmanuel, COE Food Pantry; 111 D Mill St.	(413)486-0550							SAT	2nd and 4th Sat. 10am-12pm and by appt.
Springfield	Pantry*	Christina's House, Inc., Christina's House Food Pantry; 367 Union St.	(413)317-7855						FRI		Last Friday of month 12-2pm;
Springfield	Pantry*	Deeper Life Bible Church of Springfield, Pantry; 67-69 Kenyon Street	(860)372-6170	SUN							2nd & 4th Sunday: 1-3pm
Springfield	Pantry*	Ebenezer Missionary Baptist Church, Ebenezer Missionary Food Pantry; 44 Dearborn St.	(413)781-3177						THU		11am-2pm, 1st and 3rd Thurs.
Springfield	Pantry*	First Pioneer Valley Dream Center, DC Food Pantry; 133 Main St.	(413)636-6316						WED	THU	Wed. & Thurs., 11:30am-1:30pm.
Springfield	Pantry*	Freedom House of God, Community Lifeline Pantry; 563 Union Street	(413)351-0664							SAT	Sat. 10:30am-12:30pm
Springfield	Pantry*	Gethsemane Church of Jesus Christ, Inc., Food Pantry; 47 Harvey Street	(413)783-8255							SAT	Open for pre-packed bags. 3rd Sat of every month, 10a - 12p

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Springfield	Pantry*	Gray House, Inc., Emergency Services Pantry; 22 Sheldon Street	(413)734-6696					THU	FRI		Drive-Through Pickup: Thur 9:00 - 12:00pm; 2nd and 4th Fri 3:30-5:00pm; 2nd Friday 2-3:30pm for veterans & seniors (55+)
Springfield	Pantry*	Holy Redeemer Cathedral, Holy Redeemer Food Pantry; 44 Prospect Street	(413)218-2347				WED			SAT	2nd/4th Wed: 9-11:30am 2nd/4th Sat 9-11:30am
Springfield	Pantry*	Macedonia Church of God in Christ, Macedonia Church Food Pantry; 215 Tinkham Rd.	(413)596-3587	SUN			WED				Sun. 2-4pm, Wed. noon-2pm.
Springfield	Pantry*	Martin Luther king Jr. Family Services, Food Pantry; 3 Rutland Street	(413)746-3655					THU			Thu: 8am-12pm. Closed Dec. 23, 2024 thru Jan. 8, 2025. Pantry reopens Jan. 9, 2025.
Springfield	Pantry*	McKnight Community Development Corp., Born Free Foods; 235 Hancock St.	(413)237-2669							TUE	NO PANTRY SERVICES THE WEEK OF APRIL 1ST  Normal Hours are Tues. 10am-1pm and by appointment
Springfield	Pantry*	Mission Church of The Living God, Reaping the Harvest; 20 Bowdoin Terrace	(413)858-8111				WED				TEMPORARILY CLOSED. 2nd & 4th Wed. 10am-2pm
Springfield	Pantry*	Pioneer Valley Workers Center, People's Pantry/Dispensa del Pueblo; 380 Plainfield St	(413)570-3060	SUN							4th Sunday, 5-6:30pm at 380 Plainfield Street, Springfield
Springfield	Pantry*	Shiloh Seventh-day Adventist Church, Shiloh ACS Food Pantry; 797 State Street	(413)746-3103	SUN			TUE	WED			Nov.-Feb: 2nd & 4th Sun 10a-12p; 2nd & 4th Tue 4-6pm.
Springfield	Pantry*	South Middlesex Opportunity Council, Open Pantry Emergency Food Pantry; 2460 Main St.	(413)737-5353		MON	TUE	WED			FRI	M,T,W,F 9am-3pm.
Springfield	Pantry*	Spring Meadow Association of Responsible Tenants, S.M.A.R.T. Food Pantry; 30 Canon Circle	(413)426-9718					THU			Th: 5-6:30pm
Springfield	Pantry*	Spring of Hope Church Of God In Christ, Food Pantry; 35 Alden Street	(413)733-1032				TUE		THU		Emergencies only. Call for appointment.
Springfield	Pantry*	Springfield School Volunteers, Inc., Weekend Backpackers Program; 75 Cadwell Dr.	(413)266-9012							FRI	KIDS ONLY: Backpacks distributed Fridays through Spfld schools (Registration required)
Springfield	Pantry*	St. John's Congregational Church, Friend's Place Food Pantry; 643 Union Street	(413)734-2283		MON		WED				Wed: 11:00am-3:00pm (1 visit/week); SENIOR distribution - Mon: 10:00am - 2:00pm. CLOSED Feb 17, 2025.
Springfield	Pantry*	Straitway To Heaven, COGIC, Food for the Souls Pantry; 4 Garfield Street	(413)785-1626							SAT	2nd & 4th Sat: 12-2pm
Springfield	Pantry*	Tabernaculo Christiano Misionero, TCM Food Pantry; 32 Hancock St.	(413)342-0898				TUE				Tues. 10am-noon

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Springfield	Pantry*	Trinity United Methodist Church, Parkside Pantry; 361 Sumner Avenue	(413)351-0601				WED					4th Wed.: 5:30-6:30pm
Springfield	Pantry*	United Way of Pioneer Valley, Springfield Cupboard; 1441 Main Street, Suite 147	(413)737-2691			TUE						Tue. 1:30-5:30pm.
Springfield	Pantry*	United Way of Pioneer Valley, MORE Monday Pantry; 390 Dickinson St.	(413)273-1763		MON							Mon. 11:30am- 1:00pm, Opening Soon
Springfield	Pantry*	Western Mass Training Consortium, Wildflower Alliance BowenCtr Pantry; 147 Magazine St.	(413)378-5652			TUE	WED	THU	FRI	SAT		Tues.-Fri. 9am-1pm, Sat. 10am-1pm
Wales	Meal Program**	Wales Community Pantry, Wales Senior Center; 85 Main St.	(413)245-9683			TUE	WED	THU				Tues. & Thurs. 11:30am-12:30pm, monthly Wed. 9:30am- call for Wed. dates
Wales	Pantry*	Wales Community Pantry, Wales Community Pantry; 85 Main Street	(413)245-0055		MON	TUE		THU				M-T 9:00am-1:00pm, Thurs 4:00pm-7:00pm, deliveries on Wed
West Springfield	Meal Program**	Parish Cupboard, Inc., Parish Cupboard Kitchen; 738 Main Street	(413)734-7969		MON	TUE	WED	THU	FRI			Mon-Fri: 11:10a-12:20p (to-go meals distributed through kitchen window)
West Springfield	Pantry*	Parish Cupboard, Inc., Parish Cupboard Pantry; 738 Main Street	(413)734-7969		MON	TUE	WED	THU	FRI			Open for to-go bags for W. Springfield and Agawam residents. Only one person allowed in at a time. Mon-Fri: 9-11am (1 visit/month)
West Springfield	Pantry*	Victory Temple COGIC, Victory Temple Food Pantry; 521 Union Street	(413)827-8088				WED		FRI	SAT		Wed: 11a-1p; Fri: 6-8p by appointment only (2 visits/month); Saturdays 10:00am-1:00pm
Westfield	Mobile Food Bank**	Food Bank of Western MA, Mobile Food Bank, Westfield; 60 Broad Street	(413)419-0079		MON							1st & 3rd Mon. of each month: 10:00 - 11:00am [VERIFICATIONS: None; please bring shopping bag]
Westfield	Pantry*	Greater Westfield Food Pantry, Food Pantry; 101 Meadow Street	(413)572-0802		MON			THU	FRI	SAT		Every M and TH from 10am-12pm, Fridays 5:00-6:00pm, and the 1st Saturday of every month from 10am-12pm.
Westfield	Pantry*	Project New Hope, Inc., Sully's Pantry; 1029 North Road, Suite 9	(413)485-7988		MON	TUE		THU				Mon, Tues Thurs: 8:30am-1:30pm
Westfield	Pantry*	St. Vincent de Paul Society - Westfield, Food Pantry; 86 Mechanic Street	(413)568-5619				WED					Wed only, 3-4pm. Pre-packed bags.
Wilbraham	Pantry*	Evangel Assembly of God, Evangel Food Pantry; 348 Stony Hill Road	(413)599-1729				WED					Every Wed: 1-3p; 2nd and 4th Wed: 5-7p (and by appt) (1 visit/month)

\*Income, household size, address and other verifications may be requested, but are not required..

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

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 **Food Bank of Western Massachusetts' SNAP Department at (413)992-6204**. 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, Director, 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](mailto:program.intake@usda.gov).