

## 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
E. Longmeadow	E. Longmeadow Senior Friendship Club	(413) 525-5436		x
Holyoke	Christian Pentecostal Church	(413) 532-6192		x
Holyoke	Iglesia Pentecostal Ebenezer	(413) 536-7357		x
Holyoke	New England Farm Workers Council	(413) 536-2787		x
Holyoke	Providence Ministries—Margaret's Pantry	(413) 838-8026		x
Holyoke	Providence Ministries—Kate's Kitchen	(413) 536-9109	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) 297-4017		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	All Nation Church of God	(413) 736-9775		x
Springfield	Freedom House of God	(413) 736-2171		x
Springfield	Gandara CSA Maple	(413) 846-0446		x
Springfield	Gray House, Inc.	(413) 734-6696		x
Springfield	Greater Love Church of God	(413) 788-6540		x
Springfield	Holy Redeemer Cathedral	(413) 218-2347	x	x
Springfield	Holy Cross Church (Sandwiches for the Homeless)	(413) 783-4111	x	
Springfield	Holy Temple Cathedral	(413) 737-9217		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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City	Program	Phone	Meal	Groceries
Springfield	Masjid Al-Tawheed	(413) 782-0929		x
Springfield	Ministerio Alfa y Omega	(413) 788-8684	x	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
Springfield	Open Pantry—Loaves and Fishes Kitchen	(413) 731-5668	x	
Springfield	Pio. Valley Proj. Immigrant Food Prog. (Nov.-March)	(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. (children only)	(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	x
Springfield	Tapestry Health Systems, HIV/AIDS Client Services	(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
Westfield	St. Vincent de Paul Society— Westfield	(413) 568-5619		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**  
**(800) 247-9632**

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 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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