

# 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*

*Northampton—MANNA Soup Kitchen—Elm St: (413) 584-1757*

*Northampton—MANNA Soup Kitchen—Main St: (413) 584-5500*

## 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) 588-4232*

*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*

*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.*