



Food Resource Guide

Committed to Food Equity for All



**Greater Boroughs
Partnership for Health**

Food Resource Guide

The Greater Boroughs Partnership for Health (GBPH) is proud to present this food resource guide! This guide was developed to connect residents of Boylston, Northborough, Southborough, and Westborough to local food resources. Please note that eligibility for these resources are subject to change.

Glossary

Food Pantry: an organization and distribution center where individuals and families can receive food at no cost.

Community Fridge: a refrigerator located in a public area where community members can donate items as a form of mutual aid to community members. Community members are also able to take what they need from these fridges.

Food Insecurity: lack of regular access to enough safe and nutritious food for normal growth and development and an active and healthy life.

SNAP: Supplemental Nutrition Assistance Program (SNAP) (formally known as food stamps/EBT) is a nutrition program that provides food benefits to low-income families to supplement their grocery budget so they can afford nutritious food essential to health and well-being.

WIC: WIC (Women, Infants, and Children) is a nutrition program that provides nutrition and health education, healthy food, and other services free of charge to Massachusetts families who qualify.

Meals on Wheels: Meals on Wheels is a program that delivers meals to individuals at home who are unable to purchase or prepare their meals.

National School Lunch Program: The National School Lunch Program (NSLP) is a federally assisted meal program operating in public and nonprofit private schools and residential childcare institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day.

Food Resources

AT-A-GLANCE

Apply for the Supplemental Nutrition Assistance Program

SNAP provides food benefits to low-income families to purchase food at a grocery store or other eligible location. To apply for SNAP or check your eligibility, you can call 877-382-2363 and press 7. Interpreters are available in over 100 languages. You can also apply online at DTAConnect.com or find your local DTA office to apply in person.

- **Use SNAP to Shop Online and at Local Farmer's Markets:** You can now use your SNAP benefits to shop online at a variety of locations such as Stop & Shop, Walmart, and Wegman's using online services or the grocery delivery service, Instacart. For more information, visit www.mass.gov/snap-online-purchasing-program. You can also use SNAP to shop at farmer's markets and farm stands through the MA Health Incentive Program (HIP). Learn more by visiting www.mass.gov/info-details/massachusetts-healthy-incentives-program-hip.

Apply for the Women, Infants, and Children Nutrition Program

WIC is a free program supporting pregnant women and families with children under 5 years of age. You can participate in WIC if you live in Massachusetts, have a nutritional need (WIC staff can help you determine this), are pregnant, breastfeeding, or have a child under 5, and have a family income less than WIC guidelines. To check your eligibility and apply, call 508-796-7000 or visit www.mass.gov/forms/apply-for-wic-online.

Summer Eats Youth Meal Program Sites

Free and nutritious meals are available for youth aged 18 and under during the summer months. No ID is required to pick up meals, and there are vegetarian and vegan options offered at all meal sites. To find a meal site near you, visit www.projectbread.org/summer-eats-program.

DTA Benefits

Department of Transitional Assistance

DTA Framingham Office
300 Howard Street, Framingham
Phone: 508-661-6600

The DTA's local office lobby is open for services, including self-service options.

If you need an EBT card, you can request one be sent to you via mail on the DTA Connect mobile app, DTAConnect.com or using the automated prompts on the DTA Assistance Line (877-382-2363).

You can apply for SNAP, Transitional Aid to Families with Dependent Children (TAFDC), and Emergency Aid to the Elderly, Disabled, and Children (EAEDC) online at DTAConnect.com or over the phone on the DTA Assistance Line at 877-382-2363 (press 7). Assistance is available in over 100 languages.

Find SNAP Approved Stores



Boylston Food Resources

Boylston Food Pantry

599 Main Street, Boylston

508-869-6022

Hours: Monday 10:00am-12:00pm

The Boylston Food Pantry is located on the lower level of Boylston Town House and is open to all Boylston residents. Clients can shop once a week.

Boylston Senior Lunch Program

599 Main Street, Boylston

508-869-6022

Hours: Tuesday and Thursday at 12:00pm

The Elder Services of Worcester Area (ESWA) Nutrition Program provides an affordable lunch at the Boylston Town House. Reservations are required 48 hours in advance by calling ESWA at 508-852-3205 ext 290. Van transportation is available through Boylston Council of Aging by calling 508-869-6132.

Southborough Food Resources

Southborough Food Pantry

Pilgrim Congregational Church; 15 Common St., Southborough

508-485-4847

Hours: Thursday 6:00pm-7:00pm, Friday 9:00am-10:00am

The Southborough Food Pantry is open to Southborough residents and parishioners of the five member churches. Clients can shop once a week.

Southborough Community Fridge

St. Mark's Church; 27 Main Street, Southborough

Hours: 24/7

The Southborough Community Fridge and cabinet pantry are located behind St. Mark's Church. This fridge is available for community members to take what they need and donate what they can.

Northborough Food Resources

Northborough Food Pantry.

37 Pierce Street, Northborough
508-393-6897

Hours: Wednesday 9:00am-10:30am, Thursday 6:30pm-8:00pm

The Northborough Food Pantry is open to Northborough residents. Clients can shop once a week.

Northborough Community Fridge

37 Pierce Street, Northborough
508-393-6897

Hours: 24/7

The Northborough Community Fridge and cabinet pantry are located in front of the food pantry. The fridge is available for community members to take what they need and donate what they can.

Northborough Community Meals

Trinity Church; 23 Main Street, Northborough
508-393-8156

Hours: Wednesday at 6:00pm

Weekly meals are served by community volunteers at the Trinity Church in Northborough and open to all.

Northborough Senior Center - Bistro @ 119

119 Bearfoot Road, Northborough
508-393-5035

Hours: Monday-Thursday 12:00pm-1:00pm

Bistro @ 119 serves affordable lunch options for seniors.

Westborough Food Resources

Westborough Food Pantry

Forbes Community House, Rear Entrance, 9 East Main Street, Westborough
508-366-3007

Hours: Tuesday 9:00am-11:00am (Age 60+ only)

Thursday 9:00am-11:30am and 6:30pm-8:00pm

The Westborough Food Pantry is open to Westborough residents. Clients can shop once a week.

Westborough Senior Center Meal

4 Rogers Road, Westborough

508-366-3007

Hours: Friday at 12:00pm

The Westborough Senior Center offers an affordable meal for seniors. To reserve a spot, call 508-366-3000 by 10:30am on the day before.

Transportation is available.

Boroughs Family Branch YMCA Community Fridge

4 Valente Drive, Westborough

508-870-1320

Hours: Monday-Friday from 5:30am-10:00pm

Saturday 8:00am-7:00pm

Sunday 8:00am-5:00pm

The Boroughs Family Branch of the YMCA has a community fridge and a small pantry of non-perishables. The fridge is open to members and non-members to take what they need and donate what they can.

Seniors

Meals on Wheels–Springwell/BayPath Elder Services

508-573-7200

Springwell/Bay Path Elder Services provides Meals on Wheels services to Northborough, Southborough, and Westborough, Monday–Friday.

Meals on Wheels–Elder Services of Worcester Area

508-756-1545

The Elder Services of Worcester Area (ESWA) Nutrition Program provides Meals on Wheels service to Boylston, Monday–Friday.

Students

USDA- Free and Reduced Price School Meal

Households with school-aged children can apply for free and reduced price meals by **contacting your child's school for more information.**

If you're earning at or below current Income Eligibility Guidelines, you are encouraged to contact your school or district to fill out a school meal application. Applications are reviewed by local school or district officials before granting free or reduced price benefits.

If you receive Supplemental Nutrition Assistance Program (SNAP) benefits, all of your children who attend school automatically qualify for free school meals. Participation in other federal assistance programs, including Temporary Assistance for Needy Families (TANF) also provides automatic eligibility. Please contact your school to determine if you need to fill out an application.

Resources & Contact Information

Important Resources:

- Call Mass 211 - 24 hours a day, 7 days a week for information on essential community services.
- Call Project Bread at 1-800-645-8333 for food assistance resources in Massachusetts.

Contact Us:

For more information, call your local health department:

- Boylston Health Department: 508-869-6828
- Northborough Health Department: 508-393-5009
- Southborough Health Department: 508-481-3013
- Westborough Health Department: 508-366-3045

Food resources in Boylston, Northborough, Southborough, and Westborough wouldn't be possible without the incredible work of volunteers and donations from our community!

Thank you!

**The Greater Boroughs Partnership for Health (GBPH)
provides public health services for Boylston,
Northborough, Southborough, and Westborough.**

**Our services are supported by the
Public Health Excellence Grant from the
Massachusetts Department of Public Health.**

**Additional resources are available at:
www.gbph.org**



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