

# FRESH AND FUN

## Summer food in Somerville

### Cook your own: Visit a farmers' market!

**Davis Square Farmers' Market:** May 16<sup>th</sup> – November 21<sup>st</sup>  
Wednesdays 12:00PM – 6:00PM, at Herbert and Day Streets  
Accepts SNAP. Some farmers accept WIC Coupons, Senior Coupons, & HIP.  
Contact: [www.massfarmersmarkets.org](http://www.massfarmersmarkets.org), (781) 893-8222.

**Union Square Farmers' Market:** May 12<sup>th</sup> – November 17<sup>th</sup>  
Saturdays 9:00AM – 1:00PM at Union Square Plaza  
Accepts SNAP. Some farmers accept WIC Coupons, Senior Coupons, & HIP.  
**SNAP users get \$1 for \$1 match up to \$10 weekly.**  
Contact: [unionsquaremain.org](http://unionsquaremain.org), (617) 899-5095

**The Somerville Mobile Farmers' Market:** July 13<sup>th</sup> – October 20<sup>th</sup>  
**Fridays:** Council on Aging (167 Holland St.), 11:00AM – 1:00PM  
East Somerville School (50 Cross St.), 2:30 – 4:30PM  
**Saturdays:** North St. Housing (26 North St.), 10:00AM – 12:00PM  
Mystic Housing (530 Mystic Ave.), 1:30PM – 3:30PM  
Accepts cash, credit/debit, SNAP, HIP, WIC Coupons, and Senior Coupons.  
**50% off for SNAP, WIC, or Senior Coupon users or for residents of Mystic or North Street Housing Developments.**  
Contact: visit website at [bit.ly/tsmfm](http://bit.ly/tsmfm), or call (617) 625-6600 x4321

### Come and get it: Summer meals!

**Somerville Public Schools' Summer Meals Program:** All youth under the age of 19 can enjoy FREE breakfast and lunch all summer long! To find the site nearest you, visit [www.somerville.k12.ma.us/summermeals](http://www.somerville.k12.ma.us/summermeals).

**Come To The Table Community Meal:** Connexion, 149 Broadway  
**Fourth Wednesday of every month, 5:00PM – 7:00PM**  
Enjoy a hot meal with your neighbors and bring a container to take food home! Volunteers needed. [www.somervillefoodsecurity.org](http://www.somervillefoodsecurity.org).

### Looking for more resources?

**The Somerville Hub** has what children, teens, and their families need to learn and thrive in Somerville – from food to immigrant services and healthcare! Visit at [www.somervillehub.org](http://www.somervillehub.org).

**The Somerville Food Security Coalition** meets monthly to discuss barriers and solutions to food security in our community. The coalition publishes The Somerville Food Resource Guide with info on pantries, meals, and more at [www.somervillefoodsecurity.org](http://www.somervillefoodsecurity.org).

### Cocina tu mismo: ¡Visita un mercado de agricultores!

**Mercado de Agricultores en Davis Square:** Mayo 16 – Nov. 21  
Miércoles 12:00PM – 6:00PM, Herbert y Day Streets  
Aceptan SNAP. Algunos agricultores aceptan Cupones WIC y Senior, y HIP.  
Contacto: [www.massfarmersmarkets.org](http://www.massfarmersmarkets.org), (781) 893-8222

**Mercado de Agricultores en Union Square:** Mayo 12 – Nov. 17  
Sábados 9:00AM – 1:00PM, Union Square Plaza  
Aceptan SNAP. Algunos agricultores aceptan Cupones WIC y Senior, y HIP.  
**Descuento del 50% para clientes de SNAP hasta \$10 semanal.**  
Contacto: [unionsquaremain.org](http://unionsquaremain.org), (617) 899-5095

**Mercado Móvil de Agricultores:** Julio 13 – Octubre 20  
**Viernes:** Council on Aging (167 Holland St.), 11:00AM – 1:00PM  
East Somerville School (50 Cross St.), 2:30 – 4:30PM  
**Sábados:** North St. Housing (26 North St.), 10:00AM – 12:00PM  
Mystic Housing (530 Mystic Ave.), 1:30PM – 3:30PM  
Aceptan efectivo, crédito/débito, SNAP, HIP, Cupones de WIC, y Cupones de Senior. **Descuento del 50% para clientes de SNAP, Cupones WIC, y Cupones Senior o residentes de Mystic o North St.**  
Contacto: visite sitio web [bit.ly/tsmfm](http://bit.ly/tsmfm), o llama (617) 625-6600 x4321

### Ven y disfruta: ¡Comidas en el verano!

**Programa de Comidas Gratis este Verano de las Escuela Publicas de Somerville:** Disfrute desayuno y almuerzo GRATIS todo el verano para los jóvenes menores de 19 años. Para buscar el sitio más cercano a ti, visite [www.somerville.k12.ma.us/summermeals](http://www.somerville.k12.ma.us/summermeals).

**Ven a la Mesa Cena Comunitaria:** Connexion, 149 Broadway  
**Cada cuarto miércoles de mes, 5:00PM – 7:00PM**  
¡Disfrute de una cena caliente con sus vecinos y trae un contenedor para llevar comida a la casa! Necesitamos voluntarios.  
[somervillefoodsecurity.org](http://somervillefoodsecurity.org).

### ¿Buscando más recursos?

**The Somerville Hub** tiene lo que niños, adolescentes, y sus familias necesitan para aprender y prosperar en Somerville – desde comida a servicios para inmigrantes y cuidado de salud! Visite [somervillehub.org](http://somervillehub.org).

**La Coalición de Seguridad de Comida** se reúne mensualmente para discutir las barreras sobre la seguridad de comida para los residents locales. La Coalición publica La Guía de Recursos de Comida con información sobre despensas de alimentos y más a [somervillefoodsecurity.org](http://somervillefoodsecurity.org).

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### Faça sua própria comida: visite a nossa feira!

**Davis Square Mercado:** 16 de Maio – 21 de Novembro  
Quartas-Feiras 12:00PM – 18:00PM, Herbert e Day Streets  
Aceitamos SNAP. Alguns agricultores aceitam Cupons do WIC e Senior, e HIP.  
Contato: [www.massfarmersmarkets.org](http://www.massfarmersmarkets.org), (781) 893-8222

**Union Square Farmers' Market:** 12 de Maio – 17 de Novembro  
Saturdays 9:00AM – 1:00PM, Union Square Plaza  
Aceitamos SNAP. Alguns agricultores aceitam Cupons do WIC e Senior, e HIP.  
**Desconto de \$1 para cada \$1 pago, máximo de \$10 por semana.**  
Contato: [unionsquaremain.org](http://unionsquaremain.org), (617) 899-5095

**Mercado Móvel de Somerville:** 13 de Julho – 20 de Outubro  
**Sextas-Feiras:** Council on Aging (167 Holland St.), 11:00 – 13:00  
East Somerville School (50 Cross St.), 14:30–16:30  
**Sábados:** North St. Housing (26 North St.), 10:00 – 12:00  
Mystic Housing (530 Mystic Ave.), 13:30 – 15:30  
Aceitamos dinheiro, crédito/débito, SNAP, HIP, Cupons do WIC, e Cupons de Senior. **Desconto de 50% para portadores do SNAP, WIC, e cupons de Seniors o residentes do Mystic ou North St. Housing**  
Contato: [website bit.ly/tsmf](http://website.bit.ly/tsmf), o (617) 625-6600 x4321

### Kwit pa w: vizite yon mache!

**Mache nan Davis Square:** 16 Me – 21 Novanm  
Chak Mèkredi 12:00PM – 6:00PM, Herbert ak Day Streets  
Nou aksepte SNAP. Kèk kiltivatè aksepte Koupon WIC ak Senior, ak HIP.  
Kontakte: [www.massfarmersmarkets.org](http://www.massfarmersmarkets.org), (781) 893-8222

**Mercado de Agricultores en Union Square:** 12 Me – 17 Novanm  
Sábados 9:00AM – 1:00PM, Union Square Plaza  
Nou aksepte SNAP. Kèk kiltivatè aksepte Koupon WIC ak Senior, ak HIP.  
**Rabè 50% a \$10 chak semen.**  
Kontakte: [unionsquaremain.org](http://unionsquaremain.org), (617) 899-5095

**Ti Mache nan Somerville:** 13 Jiyè — 20 Oktòb  
**Vandredi:** Council on Aging (167 Holland St.), 11:00AM – 1:00PM  
East Somerville School (50 Cross St.), 2:30 – 4:30PM  
**Samdi:** North St. Housing (26 North St.), 10:00AM – 12:00PM  
Mystic Housing (530 Mystic Ave.), 1:30PM – 3:30PM  
Nou aksepte cash, kredi, debit, SNAP, HIP, kupon WIC, ak kupon Senior. **Rabè 50% pou SNAP, WIC, ak kupon Senior ak rezidan ki abite nan Mystic la oubyen North Street.**  
Kontakte: Sitweb [bit.ly/tsmf](http://bit.ly/tsmf), (617) 625-6600 x4321

### Pegue e Leve: refeições de verão!

**Programa de Refeições de Verão Gratuitas de Somerville Public Schools**  
Desfrute do café da manhã e almoço durante todo o verão para os jovens moradores da cidade com idade inferior a 19 anos. Para encontrar um local perto de você, visite a [www.somerville.k12.ma.us/summermeals](http://www.somerville.k12.ma.us/summermeals).

**Venha a la Mesa Refeições Comunitárias:** Connexion, 149 Broadway  
**Cada 4ª quarta-feira de cada mês, 17:00 – 19:00.** Delicie-se com uma comida quentinha junto aos seus vizinhos e traga um vasilhame para levar. Precisa-se de voluntários. [www.somervillefoodsecurity.org](http://www.somervillefoodsecurity.org).

### Procurando por mais recursos?

**O Somerville Hub** tem o que crianças, adolescentes, e suas famílias precisam saber para prosperar em Somerville- de recursos alimentícios a serviços para imigrantes e saúde. Visite [www.somervillehub.org](http://www.somervillehub.org).

**The Somerville Food Security Coalition** se reúne mensalmente para discutir as barreiras e soluções no combate à fome das populações residentes nas áreas. A coalition publica o Guia de Recursos Alimentícios com informacoes sobre despensas de alimentos, refeições e mais no [www.somervillefoodsecurity.org](http://www.somervillefoodsecurity.org).

### Vini epi pran l: kantin nan sezon ete a!

**Pwogram kantin pou sezon ete a nan Lekòl Piblik nan Somerville:**  
Pwofite de dejne ak lunch GRATIS, yap disponib tout ete a pou jèn timoun ki gen pi piti 19 an. Pou jwenn lokasyon ki pi prè w, vizite websit la [www.somerville.k12.ma.us/summermeals](http://www.somerville.k12.ma.us/summermeals).

**Vin Manje Sou Tab Kominote a:** Connexion, 149 Broadway  
**Chak katriyèm mèkredi nan mwa a, 5:00PM – 7:00PM**  
Amize ak vwazin w pandan nap manje ansanm epi vini ak yon bagay pou pran manje pou pote lakay! Nou bezwenn volontè. Vizite [www.somervillefoodsecurity.org](http://www.somervillefoodsecurity.org).

### Wap chache plis resous?

**Hub Somerville** la genyen sa ke timoun, adolesan, ak fanmi yo gen bezwen pou aprann ak prospere nan Somerville. Soti nan manje rive nan sèvis imigrasyon ak swen sante! Vizite nou nan [www.somervillehub.org](http://www.somervillehub.org).

**Kowalisyon sou Sekirite Alimantè** rankontre chak mwa pou diskite baryè ak solisyon sou zafè sikirite alimantè pou rezidan ki nan zòn nan. Kowalisasyon an pibliye gid pou resous ki gen enfòmasyon sou pantries, manje, ak plis. Vizite websit nou [www.somervillefoodsecurity.org](http://www.somervillefoodsecurity.org).