

SOMERVILLE FOOD RESOURCE GUIDE



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Developed by the **Somerville Food Security Coalition**, with support from the Somerville Community Health Agenda at Cambridge Health Alliance, SomerPromise, and Shape Up Somerville.
[Updated 4/2019]



SFSC 
SOMERVILLE FOOD SECURITY COALITION

For more details & additional resources, visit:
somervillefoodsecurity.org

COMMUNITY MEALS

Come to the Table: East Somerville Community Meals

Connexion Church, 149 Broadway, Somerville

Dinner 4th Wednesday of each month, 5:00–7 PM

Free meals available to all. Take home food, and enjoy Community arts!

For more info: www.somervillefoodsecurity.org

Project SOUP

First Church, 89 College Ave, Somerville. Monday dinner at 4:30 PM

Salvation Army

402 Massachusetts Ave, Cambridge

Monday–Friday: morning snack 9–11am, lunch at 12–12:30pm;

Saturday lunch at 11:30 AM; Sunday lunch at 1:30 PM

Dormition Family Table

Dormition of the Virgin Mary Church, 29 Central St, Somerville, 617-791-2994

Dinner 1st and 3rd Wednesday of each month, 4–6 PM

Hearty Meals for All

Somerville Community Baptist Church, 31 College Ave, Somerville

Dinner 2nd Friday of each month, 6:30 PM

Somerville Council on Aging

Seniors only, bring photo ID

- Holland St Center, 167 Holland St, Somerville; (617) 625-6600 x 2300
Lunch Thursday and Friday at 11:30 AM
- Cross St Center, 165 Broadway, Somerville; (617) 625-6600 x 2335
Lunch Monday, Tuesday and Thursday at 11:30 PM
- Ralph & Jenny Center, 9 New Washington St, Somerville; (617) 666-5223
Tuesday and Thursday at 11:30 AM
Call for reservation by noon of previous day

CHA Cambridge Senior Meal

1493 Cambridge St, Cambridge, (617) 628-2601 x 3117, \$2 donation,

Supper: Monday-Friday 4:45–6 PM

Free shuttle from Somerville Hospital @ 4:15, 4:45, 5:15 PM

Depart from Cambridge @ 5:00, 5:30, 6:00, 6:30 PM

FOOD PANTRIES

Food Pantries

Call Ahead for Times and Capacity

Cambridgeport Baptist Church - The Harvest Food Pantry

(617) 576-6779, 549 Putnam Ave, Cambridge

1st and 3rd Saturday of month, 9–11 AM. Bring any form of ID. No income restrictions.

Catholic Charities

617-506-6628, 270 Washington St, Somerville

Fresh Produce, meat, bread, dairy and non-perishables.

Tuesday and Thursday, 1:30–4 PM

Bring Photo ID and Bags.

Elizabeth Peabody House

617-623-5510, 277 Broadway (Grant St. entrance), Somerville

Wednesday 5:15 PM–until food runs out; Photo ID, 1 visit per individual/month

Helping Hand

617-547-4070, 364 Rindge Ave, (rear door) Cambridge

Second Saturdays, 11 AM–1 PM

No ID required. Bring bag, cart, or basket.

Holy Bible Baptist Church

781-346-4653, 64 College Ave, Somerville

Fresh produce, meat, bread, dairy and non-perishables.

Every 2nd and 4th Monday of the month, 4–6 PM; Bring photo ID and Bags.

Margaret Fuller House

617-547-4680, 71 Cherry St, Cambridge

Wednesday 5–7:30 PM; Thursday 2–5 PM; Friday and Saturday 9 AM–12 PM

ID, letter from place of residence

Mission Church Shepherd's Kitchen

130 Highland Ave, Somerville (rear entrance on Trull Lane)

1st Saturday of the month (except July and August) 10:30am–12:15pm

Fresh produce, meat, bread, dairy and non-perishables.



FOOD PANTRIES

Food Pantries

Call Ahead for Times and Capacity

Project SOUP

617-776-7687, 165 Broadway, East Somerville

Tuesday 12-4 PM; Wednesday 9 AM-3 PM;

Thursday 2 PM-7 PM; Friday 9 AM-3 PM

Fresh produce, meat, bread, dairy and non-perishables.

Somerville residents only: bring photo ID and proof of residency and bags.

1 visit per household/month.

Applications are available for monthly grocery deliveries for the eligible elderly and disabled.

Project SOUP West Pantry (Emergency Pantry)

617-623-6111, 1 Davis Sq., Somerville

Monday-Friday, 9 AM-5 PM.

Non-perishables, 1 visit per individual/month

Somerville Hispanic Association for Community Development- Food4All

617-776-7515, 59 Cross St., Somerville

Monday 12 PM-7 PM; Tuesday 9 AM-2 PM

For residents of Somerville, Medford, and Cambridge.

Please bring proof of address, new clients must register on-site, 1 visit per month.

Check SomervilleFoodSecurity.org for more options and updates.



FARMERS' MARKETS

Farmers' Markets

Central Square Farmers Market (May 13 - November 25)

Parking lot # 5, 76 Bishop Allen Dr., Cambridge

Mondays 12-6 PM

Accepts SNAP/EBT, Some vendors accept WIC Coupons & Senior Coupons.

\$1-for-\$1 match up to \$15 each week.

Davis Square (May 15 - November 27)

At Day & Herbert St, Somerville

Wednesdays 12-6 PM

Accepts SNAP/EBT. Some vendors accept WIC Coupons and Senior Coupons.

Union Square (May 12- November 17)

Where Prospect St, Washington St, and Somerville Ave meet, Somerville

Saturdays 9 AM-1 PM

Accepts SNAP/EBT, \$1-for-\$1 match up to \$10 each week.

Some vendors accept WIC Coupons & Senior Coupons.

Somerville Winter Farmers' Market (December - midApril)

The Armory, 191 Highland Ave, Somerville

Saturdays 9:30 AM-2 PM

Accepts SNAP/EBT. \$1-for-\$1 match up to \$10 each week.

Some vendors accept WIC Coupons & Senior Coupons.



Farmers' Markets

Somerville Mobile Farmers' Market (July 12 - October 19)

Accept SNAP/EBT, WIC, and Senior coupons; 50% off for residents of Mystic or North Street Housing, or for showing SNAP, WIC, or Senior Coupons

Website: www.somervillema.gov/sus

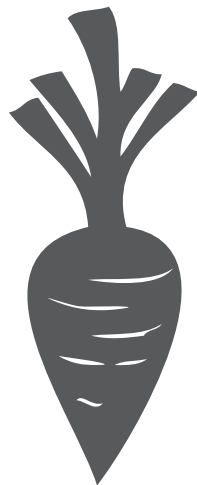
617-625-6600 x4321

Fridays, 10:30 AM-12:30 PM:
Council on Aging/SCALE (167 Holland St.)

Fridays, 2:30 PM-4:30 PM:
East Somerville Community School (50 Cross St.)

Saturdays, 10:00 AM -12:00 PM:
North Street Housing Development (26 North St.)

Saturdays, 1:30 PM-3:30 PM:
Mystic Housing Development (530 Mystic Ave)

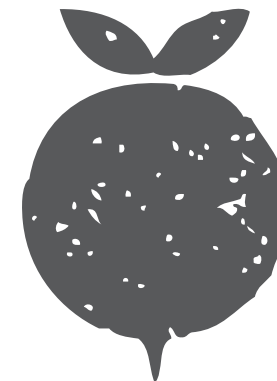


Growing Your Own Food

You can save money and have fresh food by growing your own. Containers or raised beds are a great way to safely fit a garden into an urban space and avoid the issue of lead in the soil. Make sure to get a soil test if you are thinking about planting directly in the ground. For a small fee, UMass Amherst does soil tests: umass.edu/soiltest. You can use your SNAP benefits to get started! Visit a local SNAP retailer to buy seeds or seedlings for producing edible plants and spices. Visit www.snapgardens.org for more information.

Community Gardens

If you do not have space for a garden at your home, community garden plots managed by the Somerville Conservation Commission are available on a first-come-first-served basis. If no plot is available, your name can be added to a "wait list". Gardeners are charged a nominal fee. If you are interested in getting a plot in one of Somerville's Community Gardens, visit www.somervillema.gov/departments/programs/communitygarden-program



Bag Programs

For free or a small fee, receive a pre-packaged bag of groceries.

Fair Foods Program

Cambridge: St. Paul's Church, 29 Mt. Auburn St, Harvard Square,
Saturday 11–11:30 AM

\$2/bag of 12 pounds of mixed fresh produce; may take multiple bags
Please arrive by 9 AM for ticket

Somerville Cambridge Elder Services/Greater Boston Food Bank

Arts at the Armory, 191 Highland Ave, Somerville.

Tuesdays 2019: 5/14, 6/11, 7/9, 8/13, 9/10, 10/8, 11/12, 12/10
To register call: 617-628-2601.

Bring bag, cart, or basket to carry food.

Greater Boston Food Bank Mobile Market

Clarendon Hill Towers Administration Building, 1372 Broadway
Somerville Second Saturdays,
First time registration at 8 AM, or call 617-625-7150
Photo ID to register, and bag, cart, or basket to carry food.

Somerville Council on Aging/Greater Boston Food Bank

Ralph and Jenny Center, 9 New Washington Street
4th Thursday of each month, 9:30–12:30 PM.

Call Council on Aging 617-625-6600 x2319 for application
Photo ID needed to register. No cost.

For seniors, 60 or older (or resident of an elder/disabled housing site):

Somerville Council on Aging- 617-625-6600 x230

Somerville-Cambridge Elder Services Nutrition and Meals- 617-628-2601



For Families with Children

During the school year:

- Free breakfast, before school starts
- Free or reduced lunch for income eligible families
(Paperwork needs to be completed at beginning of school year.)

In the Summer:

Free summer meals for kids 18 and under are available in Somerville and across the state. For information on summer meals, visit <http://www.somerville.k12.ma.us/district-departments/food-nutrition-services/summer-meals-program>

School Resources:

- Somerville Public Schools Food and Nutrition Services:
Visit www.somerville.k12.ma.us/foodservice or call 617-625-6600 x 6085 to learn more.
- Somerville Family Learning Collaborative (SFLC): Parents or guardians of Somerville Public School students, talk to your school's SFLC Family and Community Liaison for more information about school programs, food resources such as the Backpack Program, or to connect to services. Or visit the SFLC offices at 42 Prescott Street, Somerville 02143 or SFLC Basic Needs Liaison, for clothes, food, etc., call 617-625-6600 x6994.
- Somerville HUB: to find information about family and child resources,
www.somervillehub.org

WIC:

If you are pregnant, a breastfeeding or postpartum mother, or have a child under the age of 5 and are income qualified (below 185% of the poverty level), contact the Somerville/Cambridge WIC office located at 366 Broadway, Somerville, to see if you qualify for free food and nutritional consulting. Call 617-575-5330, www.challiance.org/wic

Resource Guide for People Homeless in Somerville and Arlington has a number of resources for families in need regardless of housing status:
<https://www.somervillema.gov/sites/default/files/homelessness-resource-guide.pdf>

Parents or guardians of Somerville Public School students who are experiencing homelessness can call the District Homeless Liaison at 617-625-6600 x6962.

Harvard School of Public Health's Healthy Eating Plate

HEALTHY EATING PLATE

HEALTHY OILS
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

VEGETABLES
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

FRUITS
Eat plenty of fruits of all colors.

WATER
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

WHOLE GRAINS
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

HEALTHY PROTEIN
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!
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Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

- Eat MORE of these nutrients:
Dietary Fiber, Vitamin A, Vitamin C, Iron
- Eat LESS of these nutrients:
Saturated Fat, Cholesterol, Trans Fat, Sodium

How to read a nutrition facts panel

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container about 2

Amount Per Serving
Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

1 **Serving Size**
2 **Amount of Calories**
3 **Limit these Nutrients**
4 **Get Enough of these Nutrients**
5 **Percent (%) Daily Value**
6 **Footnote with Daily Values (DV's)**

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

For More Information on Nutrition Labeling, visit:

www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#see5

For nutritious and affordable recipes:

- Free, printable online recipe book, Good and Cheap: How to Eat Well on \$4/day at: www.leannebrown.com/buy/good-and-cheap
- Free recipes from Harvard School of Public Health organized by food category at: www.hsph.harvard.edu/nutritionsource/recipes-2/home-cooking
- Check out Click 'N Cook, easy healthy recipes with everyday ingredients from Greater Boston Food Bank: <http://clickncook.org/>

Supplemental Nutrition Assistance Program

What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP, formerly called “Food Stamps”) is a government assistance program that helps low-income households buy food. SNAP can be used to buy almost any food item in any supermarket where you usually shop. The amount of SNAP money a household gets depends on the household’s size, income, and expenses.

Massachusetts households approved for SNAP get a plastic debit card called an Electronic Benefits Transfer (EBT) card. They can use this card to pay for food at supermarkets, convenience stores, and other food stores. Each month, SNAP benefits are directly deposited into the household’s EBT account.

Who is eligible for SNAP? Can I apply for my family?

A SNAP household is an individual or a group of people who live together and buy food and prepare meals together (most of the time) to eat at home. Members of a SNAP/food stamp household get their benefits together, and their incomes are counted (together) as a group in determining eligibility. Household members do not have to be related to each other. You must have an income within the program limits for your family size.

Noncitizens may receive SNAP, although there are certain rules about which immigrants and refugees qualify for these benefits. Non-citizens with citizen children can apply for SNAP for their families using the child’s social security number. There are also special exceptions for elders and people with disabilities, as well as special expedited benefits in certain cases. Visit www.fns.usda.gov/snap/eligibility to learn more about these exemptions. According to the US Citizenship and Immigration Services (USCIS), at the time of this publication, SNAP benefits are NOT subject to public charge consideration and benefits will not affect immigration of permanent status. Check the most up-to-date information on public charge consideration at www.uscis.gov/greencard/publiccharge

The best way to determine whether your household is eligible for SNAP is to contact a social service organization that can assist you with this process. You can also check your eligibility online using Project Bread’s SNAP calculator available at: gettingfoodstamps.org/canigetstap.html or call 1-800-645-8333

Where can I apply for SNAP?

- Project Bread Food Source Hotline, 1-800-645-8333 / TTY 1-800-377-1292, gettingsnap.org Monday–Friday, 8 AM–7 PM, Saturday 10 AM–2 PM
- Online via the Massachusetts’ Health and Human Services website: <https://www.mass.gov/snap>, where you can also find the DTA Connect mobile app information
- If you do not have an address or phone for DTA to contact you to complete the process, call Project Bread or go to Malden Office, 245 Commercial St, Malden , 781-388-7300 or Chelsea Office, 80 Everett Ave., 617-551-1700, M–F, 8 AM–5 PM

How do I complete an application for SNAP?

- As part of your application, you will need to submit verification to document that your household qualifies for SNAP. Details on what information you need to provide and how to submit documentation can be found here: <https://www.mass.gov/service-details/snap-verifications>
- After you submit your initial application, you need to complete an interview with someone from the DTA either over the phone or in person at a local DTA office. A caseworker from the DTA will call you to schedule the interview while they are processing your application. You can bring a friend, family member, advocate or lawyer to help you at any meeting you may have with the DTA. masslegalhelp.org/income-benefits/food-stamp-rights



Mailing Address for all DTA locations:

- DTA Document Processing Center, P.O. Box 4406, Taunton, MA 02780-0420

DTA Assistance Line:

- 1-877-382-2363 (staffed 8:15 AM–4:45 PM), M-F
- DTA Connect Mobile app helpdesk: dtaapphelpdesk@state.ma.us
- My Account Page: mass.gov/vg/selfservice

Because the SNAP application is long and has multiple parts, the best way to ensure that your application is successful is to apply through an agency where the staff are trained to know about the SNAP program. Some of these organizations in the Somerville area are listed below. Many places require you to call and make an appointment before receiving services. Additional information available at: somervillefoodsecurity.org

Immigration Information

On the form for Permanent Resident Status (1-485, Part 3, Question 2), you DO NOT answer yes to having received public assistance if you receive SNAP benefits. If your lawyer recommends you answer yes, your lawyer may be unaware that SNAP benefits are not a public charge at the time of this publication.

**What if the DTA denies my SNAP application or cuts my benefits?**

If the DTA denies benefits because your application was missing verification documents or proofs, you have 30 days to submit the documents or proofs and ask the DTA to reopen the case. If DTA denies your SNAP benefits or stops or lowers your monthly amount, you can ask for a “fair hearing.”

To keep getting your SNAP while you wait for a hearing, send the appeal within 10 days of the date on the notice. Fill out the appeal form on the back of the denial notice and send it into Division of Hearings, DTA at Division of Hearings, DTA PO Box 4017, Taunton, MA 02780-9805. You can also fax it, or a letter requesting a hearing, to the Division of Hearings at 617-348-5311

Keep a copy of the appeal, and call the Division of Hearings at 617-348-5321 or 1-800-882-2017 to make sure that they got it. You also have the right to ask for a hearing if your worker threatens you, does not follow the rules, violates your privacy or does not treat you with dignity and respect. You can bring a friend, family member, advocate or lawyer to help you at any meeting you may have with the DTA.

<https://www.masslegalservices.org/FindLegalAid>

Recertification

About 45 days before the end of the certification period (the block of time when SNAP benefit approval is active) the DTA caseworker sends you a cover letter and a recertification form. Make sure you fill this out and send it in to keep your benefits.



SUPERMARKETS IN & AROUND SOMERVILLE

SUPERMARKET	COST	FEATURES	SNAP/EBT, WIC	COUPONS	NEAREST TRANSIT
Market Basket (Demoulas) 400 Somerville Ave, Somerville Mon-Sat: 7AM-9PM, Sun: 7AM-7PM 617-666-2420	\$	Large variety of fresh fruits & vegetables; damaged produce at discount cost. Store-brand alternatives.	Accepts SNAP/ EBT & WIC.	No reusable bag discount. Weekly circular available mydemoulas.com	Somerville Ave @ Church St. & @ School St. (Bus 87)
McKinnon's Davis Sq., 239 Elm St. Somerville Mon-Sat: 7AM-8PM, Sun: 8AM-6PM 617-666-0888	\$\$	Offers large selection of quality meats and seafood at low prices. Pre-marinated meats available	Accepts Snap/ EBT. Does not accept WIC	Accepts manufacturer coupons. No double coupons. mckinnons@market.com	Elm St. @ Chester St. & Grove St. @ Highland Ave (Buses 87, 88, 89, 90, 94, 96) Elm St. @ Russell St. (87, 96) MBTA: Davis Sq. Station (Red Line)
ALDI Fellsway Plaza 630 Fellsway, Medford Mon-Sat: 9AM-9PM, Sun: 10AM-7PM 855-955-2534	\$	Store brand groceries for low prices. Charges for bags, & one quarter to rent a shopping cart. No credit cards (but takes debit).	Accepts Snap/ EBT. Does not accept WIC	None	Wellington Station (orange line)
Trader Joe's 145 Middlesex Ave, Somerville Mon-Sun: 9AM-10PM 617-591-0124	\$\$	Healthy, inexpensive, store-brand, pre-made food.	Accepts Snap/ EBT. Does not accept WIC	No official coupon policy. Accepts manufacturer's coupons.	(Buses 90, 92). MBTA: Assembly Row (Orange Line)
Star Market 275 Beacon St., Somerville Mon-Sun: 7AM-10PM 617-354-7023	\$\$\$	Shorter lines at the register.	Accepts SNAP/ EBT & WIC.	Weekly circular & coupons available at shaws.com . Double coupons.	Somerville Ave @ Sacramento St., Somerville Ave @ Lowell St., Somerville Ave @ Spring St. (Buses 83, 87)
Star Market in Porter Sq., 49 White St., Cambridge Mon-Sun: 6AM-12AM 617-492-5566	\$\$\$	Easily accessible by the MBTA Red Line.	Accepts SNAP/ EBT & WIC.	Weekly circular & coupons available at shaws.com . Double coupons.	Elm St. @ Porter Sq. & Elm St. @ Hancock St. (Bus 87), Somerville Ave @ White St. (Bus 83) MBTA: Porter Sq. Station (Red Line)

SUPERMARKETS IN & AROUND SOMERVILLE

SUPERMARKET	COST	FEATURES	SNAP/EBT, WIC	COUPONS	NEAREST TRANSIT
Stop & Shop 779 McGrath Hwy, Somerville Mon-Sun: 7AM-11PM 617-666-1024 / & Alewife Brook Pkwy, Somerville Mon-Sun 7AM-10PM	\$\$	Large ethnic food section. Open late. Delivers for a small fee. Dunkin Donuts, Citizens Bank branch, WIFI, & seating area.	Accepts SNAP/ EBT & WIC.	Sign up for free Stop & Shop card. Circular available on stopandshop.com	Broadway @ Kensington Ave, @ Macarthur St., @ McGrath Hwy (Buses 101, 89, 89/93) & Buses 80 & 94
Shaw's Market 14 McGrath Hwy, Somerville Mon-Sun: 7AM-12AM, 617-625-4070	\$\$\$	Located in the Twin City Plaza shopping area with a variety of other stores.	Accepts SNAP/ EBT & WIC.	Weekly circular & coupons available on shaws.com . Double coupons.	O'Brien Hwy @ Twin City Plaza & 225 Msgr O'Brien Hwy (Buses 80, 87, 88)
Whole Foods 45 Beacon St., Somerville Mon-Sun: 8AM-10PM 617-902-9300 & 2151 Mystic Valley Pkwy, Medford 8AM-9PM 781-395-4998	\$\$\$	Large variety of fresh fruits and vegetables; healthy pre-made food.	Accepts SNAP/ EBT. Does not accept WIC	Coupons available on wholefoodsmarket.com/ coupons.	Beacon St. @ Cooney St. (Bus 83) & Buses 80 or 94
Bfresh 244 Elm St, Somerville Mon-Sun: 7AM-10PM (857) 997-2292	\$\$	Variety of fresh fruits and vegetables; healthy pre-made food	Accepts SNAP/ EBT Does not accept WIC	Weekly coupons available in-store and online bfresh.com	Beacon St. @ Cooney St. (Bus 83) & Buses 87, 88, 89, 90, 94, 96
Wegman's 850 Mystic Valley Parkway, Medford. Mon-Sun: 6AM-12AM 339-221-5700	\$\$	Expansive Store with numerous prepared food options. Delivery Available.	Accepts SNAP/ EBT Does not accept WIC	Coupons available online at wegmans.com with account.	61 Locust St. & Meadow Glen Mall (Buses 134,710)



WANT TO GET INVOLVED?

1. **Join the Food Security Coalition.** Meetings happen monthly, currently on the 3rd Thursday of the month at 2pm. Help with sharing resource information. Team up with others to make a difference. Contact Lisa at 617-591-4433 or lbrukilacchio@challiance.org.
2. **Contact sites** listed in the guide to offer your time and support. Community Meals, Food Pantries and Bag Programs can usually use helping hands. Lend your help to the Mobile Farmers Market (contact the Shape Up Somerville office at 617-625-6600x4321)
3. **Grow food to share.** Join local urban agriculture initiatives, such as Groundwork Somerville (admin@groundworksomerville.org) or the Somerville Community Growing Center (info@thegrowingcenter.org) to learn more.
4. **Cook for others!** Community Cooks mobilizes individuals, businesses, civic, educational and faith-based groups to offer home prepared food to vulnerable neighbors seeking assistance from human service agencies, students working to improve their lives in after school programs and families struggling with food insecurity. Become an individual cook, part of a team or serving circle. Contact info@ccooks.org or 617-501-1073. Or volunteer with a community meal.
5. **Help with food distribution.** Food for Free (development@foodforfree.org) collects and redistributes food in the area, serving many local agencies. Tufts Food Rescue program can use volunteers with vehicles to transport food during college breaks. (LCSFoodRescue@gmail.com). Somerville Backpack Program can use help with their weekly program for students. Somervillebackpackprogram@gmail.com. Somerville Cambridge Elder Services (vol@eldercare.org. or 617-628-2601, x3051) needs food runners to help deliver meals in the winter months to ensure food access for vulnerable elderly and disabled clients.
6. **Give.** Most of these programs can use extra cash to support their work. Check their websites, or visit in person, to donate.
7. **Advocate.** Check out the Massachusetts Food System Collaborative for updates on policy efforts and projects to move forward the MA Local Food Action Plan. <https://mafoodsystem.org/> Or visit Project Bread's Public Policy page at <http://www.projectbread.org/informing-public-policy/> or look at advocacy priorities at Greater Boston Food Bank <https://www.gbfb.org/get-involved/advocate/advocacy-priorities/>

RESOURCE GUIDE KEY PARTNERS

Somerville Food Security Coalition

The Food Security Coalition meets monthly to discuss barriers to food security for area residents, particularly vulnerable populations, and works to find solutions to these barriers. <http://somerwillfoodsecurity.org>

Somerville Community Health Agenda/CHA Community Health Improvement

A partnership between the Cambridge Health Alliance, the Somerville Health and Human Services Department and other city agencies and community organizations to facilitate collaborative community health processes to improve the health of Somerville residents. <https://www.challiance.org/community/community-health-improvement>

Somerville Homeless Coalition

The mission is to provide homeless or near homeless individuals and families with individualized supportive services and tailored housing solutions with a goal of obtaining and maintaining affordable housing. Food Assistance, including food pantries and community suppers, is one of the key programs.

www.somerwillhomelesscoalition.org/programs/food-services

City of Somerville, Health and Human Services

Shape Up Somerville (SUS) works to build and sustain a healthier, more equitable community in Somerville, MA through policy, systems and environmental change. Learn more, get information, and get involved at www.somerwill.gov/sus

Special thanks to the City of Somerville SomerViva Program and the Somerville Family Learning Collaborative for translation assistance, Kim Schmidt graphic design, and Somerville High School Graphic Design and Visual Communications for the production of this guide, Tufts Neighborhood Service Fund and SomerPromise for support . Also to MIT Media Lab and Connection Lab for inspiration and support through art and data projects.

the story

The data say that for many people food is not affordable and accessible because of the number of people living in poverty (or undocumented). We want to tell this story because there are resources in Somerville to help.

The hands alternate showing factoids about food security and resources in our community that can help.

We selected quotes to concretize the ways that food is neither affordable nor accessible for many community members.

The circle of hands represents a human connection offering and accepting support of different types.

We choose the icons around the central circle to present places and groups within the Coalition and Somerville.

We included a few specific contacts for audiences in need - a phone number and website that have more information and lists of resources to help.

The house, broccoli and pencil represent that the data showed housings, education and food all being connected in the struggle to achieve food security.

The rings on the outside are a more abstract representation, showing the percentage of Somerville living in poverty over time. The wider the ring, the more people living in poverty that year.

