



# Food and Nutrition

Are you hungry or in need of food?

Do you need help accessing food stamps?

Are you struggling to provide nutritious meals on a limited budget?

**Women, Infants & Children (WIC)** - Provides health and nutrition information and food vouchers to pregnant women, postpartum women, infants and children under the age of 5. For more information, call WIC at (978)- 454-6397.

**Summer Food Service Program** – Combines healthy meals and fun activities at sites across the city where children play such as parks, playgrounds, pools, schoolyards, etc. For more information, call our Food Service Program at (978) 454-5100, Ext. 118

## Other Food Agencies / Meals

### **Central Food Ministry**

370 West 6th St., Lowell, MA 01850  
(978) 454-7445  
Hours: Tues.- Thurs. 10:00a.m.- 1:00p.m.  
Thurs. Eve. 7:00p.m.- 8:00p.m.  
(Please call ahead)

### **Food Pantry of Merrimack Valley**

Catholic Charities  
760 Merrimack St., Lowell, MA 01854  
(978) 454-9946  
Hours: Mon-Thurs. 1:00p.m. – 3:45p.m.

### **Open Pantry of Greater Lowell**

200 Central St., Lowell, MA 01852  
(978) 453-6693  
Hours: Tues. – Thurs. 9:00a.m. – 12:00  
Mondays also Dec-Feb

### **Salvation Army**

150 Appleton St., Lowell, MA 01852  
(978) 458-3396, Ext. 225  
Hours: Wed. – Fri. 9:00a.m. – 11:00a.m.  
(Please call ahead)

### **Eliot Church Soup Kitchen**

273 Summer St., Lowell, MA 01852  
(978) 452-3383  
Hours: Mon. & Wed. 5:00p.m.-6:00p.m.  
(Please call ahead to register)

### **Food Stamps (DTA Office)**

131 Davidson St., Lowell, MA 01852  
(978) 446-2400  
Hours: Mon. – Fri. 7:00a.m. – 5:00p.m.

### **Chelmsford Food Pantry**

1 North Rd. (Rear) Chelmsford, MA 01824  
(978) 250-3818 or vze2gt3p@verizon.net  
Hours: Thurs. 2:00p.m.- 4:00p.m.  
Fri. 6:30p.m.-8:00p.m.  
Sat. 12pm-1:30pm (Dec.-May only)  
Wed. 5:00p.m.-8:00p.m.

### **Merrimack Valley Food Bank/Food Share**

735 Broadway St., Lowell, MA 01854  
(978) 454-7174  
(Serves 60+ and those who are homebound.  
Please call ahead)

### **MEALS Community Table**

35 YMCA Drive, Lowell, MA 01852  
(978) 454-7825  
Hours: Sat. 2:00p.m.-4:00p.m.,  
Sun. – 1:00p.m.-3:00p.m.

### **Salvation Army**

150 Appleton St., Lowell, MA 01852  
(978) 458-3396, Ext. 225  
Breakfast: (55yrs. & older) Mon.- Fri.- 8:30a.m.-  
10:00a.m. (Free)  
Lunch: Mon.-Fri. –10:30a.m.-11:30a.m.  
(\$2 Donation)

### **Lowell Transitional Living Center**

189 Middlesex St., Lowell, MA 01852  
(978) 458-9888  
Breakfast: Daily 7:00a.m.-8:00a.m. (Free)  
Lunch: Daily 12:00noon-1:00p.m. (Free)  
Dinner: Daily 6:00p.m.-6:45p.m. (Free)

### **Project Bread**

1-800—645-8333 Boston hotline