


About Us

Everyone is welcome at the Amherst Survival Center—no one is turned away. We have operated for 40 years: connecting people to food (meals, groceries), clothing, health and wellness services, support, and companionship.

 We are proud to be a United Way partner agency.

Hours

Open Hours (for the Public)

Monday, Tuesday, Friday: 11 am - 3 pm

Thursday: 11 am - 7 pm

(6:45pm Pantry & Store)

3rd Saturday of the Month:

Food Pantry & Store

9:30 am - 11:30 am

CLOSED WEDNESDAYS



Our staff and volunteers help prepare and serve a hot nutritious lunch every weekday except Wednesday

Mindy Domb, Executive Director

413-549-3968 x107

domb@amherstsurvival.org

Tracey Levy, Program Director

413-549-3968 x102

tracey@amherstsurvival.org

The Amherst Survival Center is a 501(c)(3) non-profit organization. All donations are tax deductible in accordance with state and federal tax laws.

Our Programs – All Free

ALL ARE WELCOME

Breakfast Bar

Mon/Tues/Thurs/Fri 11am - 12pm

Hot Lunch

Mon/Tues/Thurs/Fri 12pm - 1pm

Fresh Donated Produce & Baked Goods

Distributed to all, every day we're open

Food Pantry

Nutritious staples for eligible families & individuals from 13 towns, monthly.

Mon/Tues/Fri 11am - 2:45pm

Thursday 11am - 6:45pm

3rd Saturday/month 9:30am-11:30am

Senior Mobile Program 3rd Wed/month

Free Medical Clinic

Basic medical services for all.

Monday 12:30pm - 1:30pm

Thursday 4:30pm - 5:30pm

Community Store

Clothing and small household items

During our open hours – 15 mins before closing

Job Search Support

Thursdays 11:30am-1pm

Drop-In Center for All

During our open hours

Community Activities

Monthly field trips, live music performances, healthy cooking classes, special events

Thursday Extended Day Activities

Movies 3pm, 5pm; Light meal served 5 - 6 pm

Information & Referral

Mondays 11:30am-12:30pm

SNAP/Food Stamps Assistance

Tuesdays 11:30am-12:30pm

Thursdays 5:30pm-6:30pm

Help with Getting Health Insurance

Thursdays 1:00pm-3:00pm

Our Reach in 2016

- Over 28,000 meals (lunches & dinners) served
- Over 505,600 pounds of food distributed from our Food Pantry
- 100 sessions of our Free Clinic
- Over 48,277 visits to the Center

Our Community Partners

For a schedule of our community partners (food stamp assistance, health insurance, housing case management, etc.), go to our website www.amherstsurvival.org

Our Volunteers

220+ weekly volunteers help the Center deliver services. They:

- Prepare and serve meals.
- Pick up, organize and distribute food donations from area businesses and local farms.
- Sort and stock donated clothing and household goods for our store.
- Organize, shelve, and distribute food in our Food Pantry.
- Greet people at our door.
- Unload food deliveries.

Most volunteers commit to helping for 2-3 hours per week for a minimum of two months. Many stay for years.

Contact us if you'd like to volunteer.

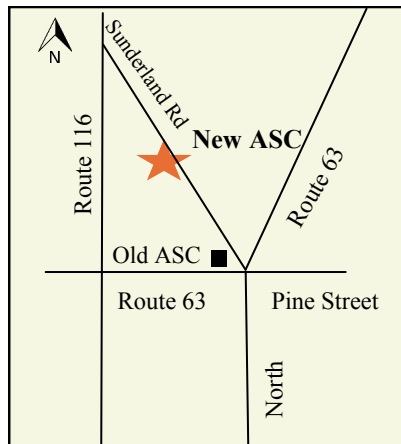


Donations

The **Amherst Survival Center** succeeds because of the generous donations from our community.

- In the **Food Pantry**, we welcome donations of: **nonperishable unopened food, personal care items, baby & adult diapers and toilet paper**. Find our Food Drive Toolkit on our website. We're happy to help your organization.
- In the **Community Store**, we accept and distribute: **clean consignment quality seasonal clothing and small household items**. Check our website for a list of items we can and cannot accept.
- Make a **financial donation** to support our programs, online or via mail. You can also join our Sustainer's Circle, make a gift to honor a friend or loved one, or make a bequest.

Visit www.amherstsurvival.org to learn more about ways you can donate your time, goods, and funds.



**Take the PVTA Bus #33
Right To Our Door!**



*Amherst Survival Center's **Community Store**: donated clothing and household items made available to everyone for free.*



Free produce & baked goods are rescued by volunteers, donated by farms & businesses. The Center distributes produce M/T/TH/F.



*Our **Free Medical Clinic** provides basic medical services, offers patient navigation support, and hosts specialized medical services.*

2017



OUR MISSION:

The Amherst Survival Center connects residents of Hampshire and Franklin Counties with **food, clothing, health care, wellness and community**, primarily through volunteer efforts.

**Free Breakfast Bar, Free Hot Lunch
Free Groceries, Free Medical Clinic**

Since 1976 serving
**Amherst • Belchertown • Deerfield • Granby
Hadley • Leverett • Pelham • Shutesbury
South Deerfield • South Hadley
Sunderland • Ware • Whately • and more**

**138 Sunderland Road
North Amherst, MA**

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www.amherstsurvival.org

Facebook, Twitter & Instagram: **@AmherstSurvival**