

# PLACES TO OBTAIN FREE FOOD AND MEALS IN AMHERST, MASSACHUSETTS

## Morning

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Nov 1- May 1, 7am <b>Breakfast</b> (for Craig's Place guests only)	Nov 1- May 1, 7am <b>Breakfast</b> (for Craig's Place guests only)	Nov 1- May 1, 7am <b>Breakfast</b> (for Craig's Place guests only)	Nov 1- May 1, 7am <b>Breakfast</b> (for Craig's Place guests only)	Nov 1- May 1, 7am <b>Breakfast</b> (for Craig's Place guests only)	Nov 1- May 1, 7am <b>Breakfast</b> (for Craig's Place guests only)	Nov 1- May 1, 7am <b>Breakfast</b> (for Craig's Place guests only)
			<b>8-10AM Community Breakfast</b> Unitarian Universalist Society of Amherst			
	<b>9am-4pm Emergency Pantry</b> - Amherst Senior Center ages 60+	<b>9am-4pm Emergency Pantry</b> - Amherst Senior Center ages 60+	<b>9am-4pm Emergency Pantry</b> - Amherst Senior Center ages 60+	<b>9am-4pm Emergency Pantry</b> - Amherst Senior Center ages 60+	<b>9am-4pm Emergency Pantry</b> - Amherst Senior Center ages 60+	<b>3<sup>rd</sup> SAT/month, 9:30am-11:30am, Food Pantry</b> Amherst Survival Center
			<b>9-10:30am Fresh Food Distribution</b> Amherst Senior Center	<b>1<sup>st</sup> TH/month 2-4pm Brown Bag Amherst</b> Senior Center (60+)		
	<b>11am-12pm Breakfast Bar</b> Amherst Survival Center	<b>11am-12pm Breakfast Bar</b> Amherst Survival Center	<b>3<sup>rd</sup> WED/month Senior Mobile Pantry</b> Amherst Survival Center	<b>11am-12pm Breakfast Bar</b> Amherst Survival Center	<b>11am-12pm Breakfast Bar</b> Amherst Survival Center	
	<b>11am-12pm Fresh Food Distribution</b> Amherst Survival Center	<b>11am-12pm Fresh Food Distribution</b> Amherst Survival Center		<b>11am-12pm Fresh Food Distribution</b> Amherst Survival Center	<b>11am-12pm Fresh Food Distribution</b> Amherst Survival Center	
	<b>11am-2:45pm Food Pantry</b> Amherst Survival Center	<b>11am-2:45pm Food Pantry</b> Amherst Survival Center		<b>11am-6:45pm Food Pantry</b> Amherst Survival Center	<b>11am-2:45pm Food Pantry</b> Amherst Survival Center	
	<b>10:45am-12:15pm Home Delivered Meals*</b> Amherst Senior Center with Highland Valley	<b>10:45am-12:15pm Home Delivered Meals*</b> Amherst Senior Center with Highland Valley	<b>10:45am-12:15pm Home Delivered Meals*</b> Amherst Senior Center with Highland Valley	<b>10:45am-12:15pm Home Delivered Meals*</b> Amherst Senior Center with Highland Valley	<b>10:45am-12:15pm Home Delivered Meals*</b> Amherst Senior Center with Highland Valley	

\* Seniors must apply through Highland Valley Elder Services at: 413-586-2000, with a suggested donation of \$2/meal.

### KEY:

Seasonal Meals (winter only)	Breakfast/Lunch/ Dinner	Fresh Food Distribution	Home Delivered Meals *	Food Pantry
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# PLACES TO OBTAIN FREE FOOD AND MEALS IN AMHERST, MASSACHUSETTS

## Afternoon/Evening

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12pm, Lunch Not Bread Alone	11:45am-12:15pm, Lunch Amherst Senior Center ** ----- 12-1pm, Lunch Amherst Survival Center	11:45am-12:15pm, Lunch Amherst Senior Center ** ----- 12-1pm, Lunch Amherst Survival Center	11:45am-12:15pm, Lunch Amherst Senior Center **	11:45am-12:15pm, Lunch Amherst Senior Center ** ----- 12-1pm, Lunch Amherst Survival Center	11:45am-12:15pm, Lunch Amherst Senior Center ** ----- 12-1pm, Lunch Amherst Survival Center	12pm, Lunch Not Bread Alone
	12:30pm-3pm Fresh Food Distribution Amherst Survival Center	12:30pm-3pm Fresh Food Distribution Amherst Survival Center		12:30pm-7pm Fresh Food Distribution Amherst Survival Center	12:30pm-3pm Fresh Food Distribution Amherst Survival Center	12:45pm Fresh Food Distribution Not Bread Alone
	11am-2:45pm Food Pantry Amherst Survival Center	11am-2:45pm Food Pantry Amherst Survival Center	2pm-4pm Food Pantry First Baptist Church  4 <sup>th</sup> WED/month: 2pm-4pm extra USDA food in First Baptist Church Food Pantry	11am-6:45pm Food Pantry Amherst Survival Center	11am-2:45pm Food Pantry Amherst Survival Center	
			4pm, Meal Not Bread Alone	5pm-6pm Light Dinner Amherst Survival Center		
Nov 1- May 1 7:30pm-9pm Dinner Craig's Place, prioritized to shelter guests	Nov 1- May 1 7:30pm-9pm Dinner Craig's Place, prioritized to shelter guests	Nov 1- May 1 7:30pm-9pm Dinner Craig's Place, prioritized to shelter guests	Nov 1- May 1 7:30pm-9pm Dinner Craig's Place, prioritized to shelter guests	Nov 1- May 1 7:30pm-9pm Dinner Craig's Place, prioritized to shelter guests	Nov 1- May 1 7:30pm-9pm Dinner Craig's Place, prioritized to shelter guests	Nov 1- May 1 7:30pm-9pm Dinner Craig's Place, prioritized to shelter guests

\*\* Amherst Senior Center Lunch: seniors who want to participate need to make a reservation with Kathy Nelson (413-259-3164) 48 hours in advance, suggested donation \$2.00

### KEY:

Seasonal Meals (winter only)	Breakfast/Lunch/ Dinner	Fresh Food Distribution	Home Delivered Meals	Food Pantry
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## Members of the Amherst Nutrition Resource Network

<p><b>Amherst Senior Center</b> Bangs Community Center 70 Boltwood Walk Amherst MA <b>Contact: Maura Plante, Program Director</b> T: <a href="tel:4132593213">413 259 3213</a> E: <a href="mailto:plantem@amherstma.gov">plantem@amherstma.gov</a></p>	<p><b>Amherst Survival Center</b> 138 Sunderland Road PO Box 9629 North Amherst, MA 01059 (#33 Bus) <b>Contact: Tracey Levy, Program Director</b> T: 413-549-3968 E: <a href="mailto:info@amherstsurvival.org">info@amherstsurvival.org</a> <a href="http://www.amherstsurvival.org">www.amherstsurvival.org</a></p>	<p><b>Craig's Place at First Baptist Church</b> 434 North Pleasant Street Amherst, MA 01002 <b>Contact: Joseph Fleming</b> T: <a href="tel:4135493596">413-549-3596</a> E: <a href="mailto:joe@craigdoors.org">joe@craigdoors.org</a> <b>Contact (to volunteer):</b> T: 413-256-0704 E: <a href="mailto:volunteer@craigdoors.org">volunteer@craigdoors.org</a></p>
<p><b>First Baptist Church Amherst</b> 434 North Pleasant Street Amherst, MA 01002 <b>Contact: Erin Ferry, Church Secretary or Shawn Lindholm, Food Pantry Coordinator</b> T: 413-549-3596 E: <a href="mailto:office@fbcamherst.org">office@fbcamherst.org</a> website: <a href="http://www.fbcamherst.org/food-pantry/">www.fbcamherst.org/food-pantry/</a></p>	<p><b>Not Bread Alone, CHD</b> First Congregational Church Lower Level 165 Main Street Amherst, MA 01002 <b>Contact: Bob Stover</b> T: 413-548-1271 E: <a href="mailto:rstover@chd.org">rstover@chd.org</a></p>	<p><b>United Universalist Society of Amherst</b> 121 North Pleasant Street Amherst, MA 01004 413-253-2848 <b>Contact/to volunteer: Glen Bertrand</b> T: 413-253-7814 E: <a href="mailto:glenbertrand@gmail.com">glenbertrand@gmail.com</a> <b>Breakfast volunteers: Jade Lovett from Craig's Doors</b> T: 781-720-8229 E: <a href="mailto:jade@craigdoors.org">jade@craigdoors.org</a></p>
<p><b>WIC/ Community Action</b> Contact: Karin Anderson, WIC Coordinator 150 Fearing Street, Amherst <a href="mailto:kanderson@communityaction.us">kanderson@communityaction.us</a>; 413-376-1155</p>	<p>School Feeding Program, Amherst Regional Public Schools Contact: Rebecca Trietley, Director of Food Services <a href="mailto:trietleyr@arps.org">trietleyr@arps.org</a>; (413) 362-1839 free breakfast &amp; lunch on all school days (M-F) at all Amherst public schools if the family qualifies.</p>	