



# Food Agencies, Fuel Assistance, Furniture, Clothing & Emergency Assistance

## Food Pantries

### **Central Food Ministry (Hablan Espanol)**

370 W. Sixth Street, Lowell, MA - (978) 454-7445.

**Contact Information:** Tony Luna

**Hours:** Tues, Wed, Thurs, 10:00 am – 1:00 pm; Thursday, 7:00 pm – 8:00 pm.

By appointment only; call the day that you go.

- Bring a social security or MassHealth card for everybody in family.
- If over 18, you will need proof of residence.
- Central Food Ministry has some clothes and some small household items.
- You may return every 30 days, but be sure to call first.

### **Chelmsford Community Exchange Pantry**

1 North Rd., Chelmsford, MA 01824 - (978)250-3818

**Contact Information:** Sandy Donovan

**Hours:** Friday, 6:30 pm – 8:00 pm, Thursday, 2:00 pm – 4:00 pm

From December - May, the pantry is also open on Saturdays, 12:00 pm – 1:30pm

The hours on Wednesdays, from 5:00 pm – 8:00 pm are for Brazilians and Africans only.

- The Pantry tries to accommodate special diets and has seasonal clothing.
- Please bring a picture ID showing your address, social security cards for everyone in the house, a utility bill that is not more than 1 month old that has your name and address on it.
- No appointment necessary.
- You may return every week.
- Food is not pre-bagged—you select the food.

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

200 Central Street, Lowell, MA - (978) 453-6693

**Hours:** Monday – Thurs, 9:00 am – 12 noon & Wednesdays, 5:30pm - 7:00pm

- Bring a social security number for each person & proof of address. You can return every 4 weeks.
- The pantry is closed during major holidays.

### **Salvation Army**

150 Appleton Street, Lowell, MA - (978)458-3396, X225

**Hours:** Wednesday, Thursday & Friday, 9:00 am – 11:00 am

- **Apply for Thanksgiving & Holiday food & baskets on the following dates (no appointment is needed):** November 3, 5, 7 from 9:00 am - 4:00 pm, November 6, from 10:00am - 4:00pm, and November 10, 6:00pm - 9:00pm.
- For both food pantry and baskets, please bring a picture ID, rent receipt, utility bill (if you pay utilities), proof of income and Social Security cards for everyone in family.
- You must have children to apply for baskets or you must be a couple.
- **You are only allowed to apply to one agency for the baskets.** The agencies check and will not give you any baskets if you apply to more than 1 agency.

### **Merrimack Valley Catholic Charities / Lowell Food Pantry**

174 Central Street, Lowell, MA

(978) 454-9946

**Hours:** Monday – Thursday, 1:00 – 3:30 pm

- Please bring a picture ID, proof of address for all adults in the house, and Social Security cards or MassHealth cards for all family members.
- You may return every 30 days.

### **Merrimack Valley Food Bank Mobile Pantry**

Suellen or Jackie (978) 454-7174

- This service is only for disabled and mostly homebound elderly.
- Please Call to schedule an in home appointment for eligibility.
- To be eligible, you must not have a car and must not be able or have someone who can get out and get food for you.

## Food Pantries Continued...

**Ministerico Los Milagros de Jesus or Food for the World**

447 Essex Street, Suite 104, Lawrence 01841  
(978) 683-9949

Hours: Wednesday, 9:00 am – 11:00 am & Friday  
3:00 pm – 5:00 pm

- Please bring an I.D. with your picture, name and address.
- You may return every week, 1x / week.

**SERVE New England**

Christian Jubilee International Church, 101 Smith Street, Lowell, MA - (978) 256-8554

**Contact Information:** Terry Dubois

**Hours:** Saturday at the end of the month from 10:30 am - 1:30 pm; please go to sign up and pay for the next month. Call for the exact date each month.

- Pay \$16 for \$30 of food once a month and give 2 hours of community service per month.

**Evangelical Outreach Program**

Saturday mornings, **from 10 am – 12 noon**  
Evangelical Outreach Program gives free food

(vegetables, bread, sometimes fruit) on Central Street near Warren Street and the canal. The Program asks for your name, address and telephone number so that they can prove the number of families in need. The program continues all year.

**Westford Community Food Pantry**

20 Pleasant Street (in the Senior Center/Council on Aging), Westford, MA - (978) 692-5523

**Hours:** 3<sup>rd</sup> Monday of the month, 1:00 pm – 3:00 pm  
3<sup>rd</sup> Wednesday and Thursday of the month, 8:30 am – 11:30 am

- Food is pre-bagged.
- Note: Feel free to call the director of the Council on Aging, Joanne Sheehan, if you wish, or stop in and see her when you go to the food pantry.

**WIC (WOMEN, INFANTS, CHILDREN UNDER 5)**

45-47 Kirk Street, 1st floor  
(978) 454-6397

Fax: (978) 454-9651

www.comteam.org/wic.htm

**Hours:**

An appointment is necessary.  
Mon, Tues & Thurs, 9 am – 5 pm, Wednesday 10:30 am – 7:30 pm & Friday, 8:30 am – 4:30 pm. WIC is also usually open first and last Sat. of month, 9 am – 1 pm, depending on holidays.



## Food Pantries Continued...

- WIC Services include Nutrition counseling plus vouchers for specific nutritious foods.
- Eligibility is by income.
- If you receive MassHealth Standard, you are automatically eligible.
- Please bring your MassHealth Standard card, a picture ID or something showing date of birth for child, and proof of address.
- If your children do not have MassHealth Standard, bring something showing date of birth for each child, proof of income for household or for person supporting child, proof of health insurance, and proof of address.
- Please bring immunization records, if available.
- If you do not have MassHealth Standard, please bring last 2 weeks' pay stubs.
- If you receive Food Stamps or cash assistance, you are also eligible.

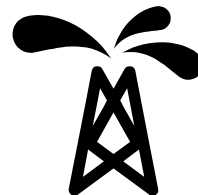
## Fuel Assistance

**Community Teamwork, Inc.**

45 Kirk Street, Lowell, MA 2<sup>nd</sup> floor  
(978) 459-6161, press #4

www.comteam.org

- You may call for an appointment beginning the last week of October through April.
- Spanish, English and Khmer are spoken.
- You must document your income for 4 weeks before applying.
- Eligibility is determined by income and size of family.

**Council on Aging (Senior Center)**

276 Broadway St, Lowell, MA. - (978) 970-4131

- **Only Seniors age 55+** can apply at Senior Center, You may call for an appointment beginning the last week of October through April.
- Please call the outreach team at (978) 970-4131, Monday – Friday, 8 am – 4 pm. English, Spanish, Portuguese and Khmer are spoken.
- Note: Assistance can be paid retroactive to November, if you apply after November.
- You can apply for Fuel Assistance whether you rent or own your home. If your heat is included in your rent, you may qualify.

**Papers that you need to bring to your Fuel Assistance Appointment**

1. **Photo ID**
2. **Social Security Cards** for everyone in your household
3. **Income Verification** for Everyone in Household:
  - Either your Award Letter that you receive

## Fuel Assistance Continued...

- from Social Security every year
- Or, a copy of your Social Security check
- Or, if your checks are automatically deposited, your most recent bank statement.
- Also, **bring proof** of any other income you receive such as Retirement, Pensions, Veteran Benefits, etc.
- If you work, **bring 4 weeks of pay** info.

4. **Housing Information:** If you own your home, bring your mortgage payment book (*if you are still paying mortgage*) and /or a homeowner's insurance, water / sewage bill and tax bill.

- If you rent and pay your own heating bill, please bring a recent rent receipt or copy of your lease stating rent amount.
- **If you DO NOT LIVE IN PUBLIC HOUSING and your heat is included in your rent**, please bring a copy of your lease; make sure that the lease states that heat is included (this is usually found under "Utilities")...**OR** a note from your landlord stating that heat is included. Please be sure the landlord's name, address and telephone number are on the note.

5. **Utility Bills** – telephone, electricity and gas or oil bills.

## Breakfast, Lunch and Dinner

### Council on Aging (Senior Center)

276 Broadway Street, Lowell, MA  
Senior Citizens, 60 years old or over  
Coffee and pastries are served Monday through Friday from 6:00 a.m. until 9:00 a.m., FREE.  
Meals are served Monday – Friday, except for 3rd Friday of each month, at 11:20 am. Donation of \$2, if able to pay.

### Community Table at YMCA

35 YMCA Dr., Lowell, MA  
Saturday, 2:00 pm – 4:00 pm Lunch

### Lowell Transitional Living Center

189 Middlesex St., Lowell, MA - (978) 458-9888  
7 days/week: Breakfast, 7 am - 8 am FREE, Lunch, 12 noon – 1 pm FREE & Dinner, 5:45 – 6:45 pm FREE

### Salvation Army

150 Appleton St., Lowell, MA  
Seniors 55 years & older  
Monday–Friday; closed holidays  
(978) 458-3396, X225

## Furniture Continued...

Breakfast, 8:30 am -10:00 am, Free; Lunch, 11:30 am - 1pm, \$2 donation

## Furniture

### St. Vincent DePaul

Call the Catholic Church near you & ask for the St. Vincent de Paul. Open to all.

### Lowell Wish Project, [www.lowellwishproject.org](http://www.lowellwishproject.org)

Ask for a referral from your teacher, the counselor at Lowell Adult Education or, from any other agency where you are a client.

## Clothing

### Salvation Army

You can get a referral to the Salvation Army for a voucher from your church, from the Department of Transitional Assistance, Community Teamwork, Inc., the Red Cross or another agency or school with knowledge of your need.

### St. Vincent de Paul

You can get a referral to St. Vincent DePaul for a voucher from the St. Vincent de Paul Society at any Catholic Church. Just call the Catholic Church in your area.

You do not have to be a member of the church. Open to all religions.



### Lowell Transitional Living Center

189 Middlesex St., Lowell, MA  
(978)458-9888  
Nonresidents of the shelter can get clothing Wednesday & Friday from 4:30 – 5:30 pm.

### CTI - Suitability

536 Pawtucket Street  
Lowell, MA 01854  
978-934-8898

SUITABILITY provides interview clothing and helps women to develop job skills and to transition to work by providing appropriate tools to obtain employment.

## Emergency Assistance

### American Red Cross

(978)458-6385, x21  
Disaster services  
(i.e. fire).  
Ask for Debbie.

