

# JANUARY 2023

## Ashland Food Providers Distribution Schedule

### GROCERIES

#### Ashland Food Pantry



162 W. Union Street,  
Ashland  
**By Appointment Only**  
Call 508-532-7949 to set up  
your appointment

Monday: 9:00 AM - 1:00 PM  
Wednesday: 11:00 AM - 6:00 PM  
Thursday: 9:00 AM - 2:00 PM



99 Hartford St, Natick  
Tuesday and Thursday: 9:30 AM - 12:30 PM  
Monday: 4:30 PM - 6:30 PM  
Wednesday: 4:30 PM - 6:30 PM

### MEALS

ASHLAND LIONS CLUB  
ASHLAND, MA



162 W Union St, Ashland  
First Thursday of the month: 9:00 AM  
The free breakfast includes coffee, juice pastry,  
fruit. Call 508-881-0140 x1 to reserve your seat



The program is open to people  
over the age of 60, who are  
homebound or unable to prepare  
meals.

Call 508-573- 7200 and leave a  
message. Your call will be  
returned.



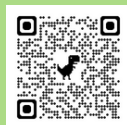
Ashland Public School Meals are  
free of charge for the 2022-2023  
school year  
email Regina Wilkinson,  
rwilkinson@ashland.k12.ma.us

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2 Place to Turn Meals@Wheels America	3 Place to Turn Meals@Wheels America	4 Ashland Food Pantry Place to Turn Meals@Wheels America	5 Ashland Food Pantry Place to Turn Lions Club Meals@Wheels America	6 Meals@Wheels America	7
8	9 Ashland Food Pantry Place to Turn Meals@Wheels America	10 Place to Turn Meals@Wheels America	11 Ashland Food Pantry Place to Turn Meals@Wheels America	12 Ashland Food Pantry Place to Turn Meals@Wheels America	13 Meals@Wheels America	14
15	16 Ashland Food Pantry Place to Turn Meals@Wheels America	17 Place to Turn Meals@Wheels America	18 Ashland Food Pantry Place to Turn Meals@Wheels America	19 Ashland Food Pantry Place to Turn Meals@Wheels America	20 Meals@Wheels America	21
22	23 Ashland Food Pantry Place to Turn Meals@Wheels America	24 Place to Turn Meals@Wheels America	25 Ashland Food Pantry Place to Turn Meals@Wheels America	26 Ashland Food Pantry Place to Turn Meals@Wheels America	27 Meals@Wheels America	28
29	30 Ashland Food Pantry Place to Turn Meals@Wheels America	31 Place to Turn Meals@Wheels America				



For more food resources, visit:  
[MetroWestFoodCollaborative.org](http://MetroWestFoodCollaborative.org)



For more information contact  
508-532-7949 or email  
[humanservices@ashlandmass.com](mailto:humanservices@ashlandmass.com)

# ENERO 2023 (ESPAÑOL)

## Calendario de distribución de alimentos en Ashland

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
1	2  	3  	4 Despensa de alimentos de Ashland  	5 Despensa de alimentos de Ashland   	6 	7
8	9 Despensa de alimentos de Ashland  	10  	11 Despensa de alimentos de Ashland  	12 Despensa de alimentos de Ashland  	13 	14
15	16 Despensa de alimentos de Ashland  	17  	18 Despensa de alimentos de Ashland  	19 Despensa de alimentos de Ashland  	20 	21
22	23 Despensa de alimentos de Ashland  	24  	25 Despensa de alimentos de Ashland  	26 Despensa de alimentos de Ashland  	27 	28
29	30 Despensa de alimentos de Ashland  	31  				

### COMESTIBLES

### Despensa de alimentos de Ashland



162 W. Union Street,  
Ashland

**Solo por cita**

Llame al 508-532-7949 para programar su cita

Lunes: 9:00 AM - 1:00 PM

Miércoles: 11:00 AM- 6:00 PM

Jueves: 9:00 AM - 2:00 PM

Miércoles 23 de noviembre de 9 a 13 hs.



99 Hartford St, Natick

Martes y Jueves: 9:30 AM - 12:30 PM

Lunes: 4:30 PM - 6:30 PM

Miércoles: 4:30 PM - 6:30 PM

### COMIDAS

ASHLAND LIONS CLUB  
ASHLAND, MA



162 W Union St, Ashland

primer jueves de la mes: 9:00 am

El desayuno gratuito incluye café, bollería de zumo, fruta. Llama al 508-881-0140 x1 para reservar tu asiento.

El programa está abierto a personas mayores de 60 años, que no pueden salir de casa o no pueden preparar sus comidas.

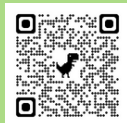
Llame al 508-573-7200 y deje un mensaje. Su llamada será devuelta.



Las comidas de las escuelas públicas de Ashland son gratuitas para el año escolar 2022-2023 envíe un correo electrónico a Regina Wilkinson, [rwilkinson@ashland.k12.ma.us](mailto:rwilkinson@ashland.k12.ma.us)



Para más recursos alimentarios, visite [MetroWestFoodCollaborative.org](http://MetroWestFoodCollaborative.org)



Para mas informacion contacte 508-532-7949 o envíe un correo electrónico a [humanservices@ashlandmass.com](mailto:humanservices@ashlandmass.com)

# JANEIRO 2023 (PORTUGUESE)

## Programação de distribuição de alimentos em Ashland

### COMPRAS DE ALIMENTOS

#### Despensa de alimentos de Ashland



162 W. Union Street, Ashland  
**Somente com agendamento**  
 Ligue para 508-532-7949 para  
 marcar seu horário

Segunda: 9:00 AM - 1:00 PM  
 Quarta: 11:00 AM - 6:00 PM  
 Quinta: 9:00 AM - 2:00 PM

Quarta-feira, 23 de novembro, das 9h às 12h.

99 Hartford St, Natick  
 Terça e quinta:  
 9:30 AM - 12:30 PM  
 Segundas-feiras: 4:30 PM - 6:30 PM  
 Quarta: 4:30 PM - 6:30 PM

### REFEIÇÕES

ASHLAND LIONS CLUB  
 ASHLAND, MA



162 W Union St, Ashland  
 Primeira quinta-feira do mês: 9:00 AM  
 O pequeno-almoço gratuito inclui café,  
 pastelaria com sumo, fruta. Ligue para 508-  
 881-0140 x1 para reservar seu assento.

O programa está aberto a pessoas  
 com mais de 60 anos, que são  
 incapazes de sair de casa ou  
 preparar refeições.  
 Ligue para 508-573-7200 e deixe  
 uma mensagem. Sua ligação será  
 retornada.

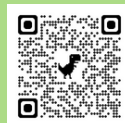
As refeições das escolas públicas de  
 Ashland são gratuitas para o ano  
 letivo de 2022-2023  
 e-mail Regina Wilkinson,  
 rwilkinson@ashland.k12.ma.us



Domingo	Segunda	Terça	Quarta	Quinta	Sexta	Sábado
1	2 Place to Turn HEALS@WHEELS AMERICA	3 Place to Turn HEALS@WHEELS AMERICA	4 Despensa de alimentos de Ashland Place to Turn HEALS@WHEELS AMERICA	5 Despensa de alimentos de Ashland Lions Club Place to Turn HEALS@WHEELS AMERICA	6 HEALS@WHEELS AMERICA	7
8	9 Despensa de alimentos de Ashland Place to Turn HEALS@WHEELS AMERICA	10 Place to Turn HEALS@WHEELS AMERICA	11 Despensa de alimentos de Ashland Place to Turn HEALS@WHEELS AMERICA	12 Despensa de alimentos de Ashland Place to Turn HEALS@WHEELS AMERICA	13 HEALS@WHEELS AMERICA	14
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Para mais recursos alimentares, visite:  
[MetroWestFoodCollaborative.org](http://MetroWestFoodCollaborative.org)



Para mais informações, ligue para:  
 508-532-7949  
 ou envie um e-mail para:  
[humanservices@ashlandmass.com](mailto:humanservices@ashlandmass.com)