



FOOD RESOURCE GUIDE METROWEST REGION



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**SCAN THE QR CODE TO SEE THE
FOOD ACCESS CALENDAR!**

METROWESTFOODCOLLABORATIVE.ORG/FIND-FOOD

Key



Groceries



Meal



Meal to go



Lunch



Fridge

*This guide was created to help you find
local food pantries, meal programs, and
assistance services available within Metrowest.*

*Created by the **Metrowest Food Collaborative**,
our goal is to make it easier for everyone to
access the food they need and deserve.*

Food is a basic human right.

Framingham



Beacon of Hope Food Pantry

360 Water St. Framingham | 508-877-2151 | www.beaconofhopeumc.org/faithinfoodpantry.php

- All **MetroWest residents** are welcome to shop at this pantry.
- No appointments or paperwork required.



Daniels Table

56 Park St, Framingham | 508-405-0769 | www.danielstable.org

- Provides high-quality, healthy, and nutritionally sound food, including fresh produce, proteins, dairy and non-perishable goods.
- Pre-registration required, including proof of address: danielstable.org/apply-for-food-assistance/



Grace House

20 Beech St, Framingham | 508-473-2842 | www.thewaychurch.net/grace-house

- Hot delicious meal, free clothing and a food pantry.



Greater Framingham Community Church

44 Franklin St, Framingham | 508-626-2118

- Grocery gift card & grocery bag program, including personal hygiene products and clothing.
- Must call the church by Wednesday for registration.



HOPE Framingham Food Pantry

214 Concord St, Framingham | 508-848-2401 | www.hopeworldwidema.org/framingham-food-pantry

- Families are welcome to come once a month to receive fresh produce, eggs, frozen meat, non-perishables and personal hygiene products.
- Please bring bags and proof of address.



St. Tarcisius Church Pantry

562 Waverly St, Framingham | 508- 875-6347

- **Open to all**; call first
- Canned food



The Salvation Army of Framingham

350 Union Ave, Framingham | 508-875-3341 | easternusa.salvationarmy.org/massachusetts/framingham/

- Emergency food pantry and diaper bank.
- Open to residents of Framingham and Southborough.
- By appointment only



Pearl Street Cupboard & Café (United Way of Tri-County)

46 Park St, Framingham | 508-370-4921 | www.uwotc.org/pearl

- Serving the **entire MetroWest area** with monthly groceries including fresh produce, meat, dairy, breads, non-perishables, and personal hygiene products.
- Serves free breakfast, lunch, and dinner take-out or sit-down café style.



Also see Maynard, Natick and Sudbury & Wayland for regional pantries that you may also access.

Ashland



Ashland Food Pantry

162 W. Union Street, Ashland | 508-532-7949 | www.ashlandmass.com/440/Ashland-Food-Pantry

- Non-perishable items; fresh and frozen meats, vegetables and fish; fresh produce and fruits.
- You must present proof of residence in Ashland and complete an application.



Ashland Lions Club

162 W Union St, Ashland | 508-881-0140

- The free breakfast includes coffee, juice, pastries for Ashland residents 60+

Also see Framingham, Natick and Sudbury & Wayland for regional pantries that you may also access.

Hopkinton



Project Just Because

77 South St, Hopkinton, MA | 508-435-6511 | www.projectjustbecause.org

- Due to demand, only accepting new guests from Hopkinton, Seniors 60+ and Veterans. Returning guests may shop if they have a Project Just Because card.
- No appointments needed.
- Upon first visit, please bring identification.
- They provide proteins, dairy products, shelf-stable dry goods, fruits, vegetables, beverages, sweets, bread and gluten-free groceries for dietary needs.
- Also offers new and gently used clothing for adults and children plus seasonal programs throughout the year.
- Please bring 2 reusable shopping bags.
- All items are free of charge.

Also see Framingham, Maynard, Natick and Sudbury & Wayland for regional pantries that you may also access.

Hudson



First United Methodist Church of Hudson

34 Felton St, Hudson | 978-562-2932 | hudsonfumc.org/first-umc-calendar/

- Free home-cooked dinners, **open to all.**
 - Monthly Friendship Dinner on the fourth Saturday
 - Agape Cafe- Weekly on Thursdays at 4PM home-cooked dinner with dessert in-person or to-go.



Hudson Community Food Pantry

28 Houghton St, Hudson | 978-562-5280 | hudsoncommunityfoodpantry.org/

- Non-perishable items; fresh and frozen meats, vegetables and fish; fresh produce and fruits.
- You must present proof of residence in Hudson, Berlin or Bolton, be at least 18 years old and complete an application.
- Accepted clients must reapply every 6 months. At that time, you will need to: Provide proof of enrollment in a program such as SNAP, Mass Health, WIC, SSDI, etc.



Hudson Mobile Food Pantry (through Hudson Health Department)

Grocery delivery to homes in Hudson | sign up by calling 978-562-2020 or emailing health@townofhudson.org

- Culturally appropriate non-perishable items; frozen meats, vegetables and fish; fresh produce and fruits.



St Luke's Church in partnership with Stevie's Cafe and Feed a Neighbor Inc.

5 Washington St, Hudson | 978-562-2701 | stlukeshudson.org/community-suppers/

- Weekly community supper every Sunday at 6:00 pm, **open to all.**

Also see Framingham, Maynard, Natick, Sudbury & Wayland for regional pantries that you may also access.

Marlborough



Friends Fridge

Immaculate Conception Church, 11 Prospect St, Marlborough (side of the building)

- Solar-powered fridge and pantry.
- Free for community members to access every day, at any time.



Marlborough Community Cupboard

255 Main St, Marlborough | 508-370-4902 | www.uwotc.org/mcc

- Open to Marlborough residents- families can receive food 1x/month.
- Offers gently used clothing.
- Assistance available with SNAP, Fuel Assistance, RAFT & Mass Health



Our Father's Table

204 Main St, Marlborough (Living Waters Church) | stmattpar.org/our-fathers-table

- Dinner served 2x per week to Marlborough-area residents, 5-6pm Monday and Thursday.
- No registration required.
- For inclement weather, dinner is cancelled when schools are cancelled.

Also see Framingham, Maynard, Natick and Sudbury & Wayland for regional pantries that you may also access.

Maynard



Maynard Food Pantry

82 Main St, Maynard | (978) 764-5279 | www.maynardfoodpantry.com

- Maynard shoppers are welcome to shop two times/month.
- **Sudbury** shoppers are welcome to shop once a month.



Open Table

33 Main Street, Maynard | 978-369-2275 | www.opentable.org

- Provides groceries and prepared meals to go.
- Open to those who reside in the **central Middlesex county area**, including Framingham, Hudson, Maynard, Marlborough, Natick, Sudbury and Wayland.

Also see Framingham, Natick and Sudbury & Wayland for regional pantries that you may also access.

Medway



Medway Food Pantry

74 Main Street, Unit 3, Medway, MA | (508) 534-7245 | www.medwayfoodpantry.org

- Medway residents may shop at the pantry once each week.
- Our goal is to provide reliable, nutritious food and essential support in a welcoming and dignified environment.

Also see Framingham and Sudbury & Wayland for regional pantries that you may also access.

Millis



Millis Ecumenical Food Pantry

142 Exchange Street, Millis | (508) 376-5034 | www.millisfoodpantry.com

- Shopping hours 1st and 3rd Wednesday of the month, and every Saturday.
- 3 days of non-perishable food items for clients every 2 weeks.
- All we require is proof of residency, serving Millis/Dover/Sherborn.

Also see Framingham and Sudbury & Wayland for regional pantries that you may also access.

Milford



Catholic Charities

200 Main St, Milford | (508) 234-3800 | ccworc.org/locations/milford-area-office/

- Emergency food pantry – non-perishable goods given in a bag; clients are eligible every two weeks.
- Hygiene Products, pet food and supplies, Baby food and limited formula, and diapers.
- Help with winter fuel assistance applications & SNAP & RAFT applications.
- Extremely limited utility assistance funds.



Milford Daily Bread Food Pantry

21 Exchange St, Milford | (508) 478-4225 | dailybreadfoodpantry.org/

- Helps families in Milford, Hopedale, and Upton with a food supplemental service to assist those who need groceries for their families.
- A Valid Proof of Address Is required for new families.



Sacred Heart of Jesus Church

11 E Main St, Milford, MA | (508) 634-5435 | sacredheartmilford.org/calendar

- Free Grab N' Go Snacks and Pastries, Wednesdays.
- Distribution takes place in church parking lot.
- Toiletries/essentials, socks, hats, gloves, and gently used coats are also offered at the Grab N' Go.



Salvation Army of Milford

29 Congress St, Milford | (508) 473-0786 | [easternusa.salvationarmy.org/milford/](http://easternusa.salvationarmy.org/massachusetts/milford/)

- Food pantry which includes food, personal hygiene items and occasionally clothing.
- There is also rental assistance, by appointment only on Tuesdays.



St. Mary of the Assumption Church

17 Winter St, Milford | (508) 473-2000 | stmarymilford.org/calendar-1

- Lunch with drinks and dessert every Thursday in the small hall of the parish center.
- Reservations are not necessary.
- For cancellations due to inclement weather, please call 508-570-5778.



Trinity Episcopal Church

17 Congress St, Milford | (508) 473-8464 | trinityepiscopalchurchmilford.org/community-meals.html

- Grab N Go Dinner Every Thursday at 4 PM.
- Served until they run out.



Unitarian Universalist Church

23 Pine St, Milford | (508) 473-3589

- Hot, nutritious Grab N' Go meal on 3rd 4th and 5th Sunday of month.
- Must email ahead of time with the number of meals needed: al.spittler@milfordccc.org

Also see Framingham and Sudbury & Wayland for regional pantries that you may also access.

Natick



A Place to Turn

99 Hartford St, Natick | 508-655-8868 | www.aplacetoturn-natick.org

- Food pantry serving residents of: **Ashland, Dover, Framingham, Marlborough, Medfield, Natick, Sherborn, Southborough, Sudbury, Wayland, Wellesley, & Weston.**
- Families are able to visit the pantry once every 30 days. First visit requires proof of address (ex: utility bill, lease, or piece of mail)
- An appointment is required to use the pantry. Book here: www.aplacetoturn-natick.org/booking
- Families are able to shop for their own meat, dairy, fresh fruits and vegetables, pantry staples, and personal care items. Eligible clients may receive diapers and/or snacks for school-aged children.



Natick Service Council

2 Webster Street, Natick | 508 655-1791 | natickservicecouncil.org

- Serves Natick residents only, by appointment. Residents must first be a client of the Natick Service Council in order to utilize the pantry.
- Clients are able to shop for foods they prefer and are provided with up to one week of nutritious foods, including fresh fruits, vegetables, low fat dairy products, lean meats and personal care items.



Natick's Open Door

Natick Elks Lodge, 95 Speen St, Natick | 508-479-1049 (Contact: Vincent Tingley) | natickopendoor.org

- Open to anyone looking for a hot dinner and socialization.
- Most Monday's 5pm, September - June. Please call ahead of time to confirm if we are open.

Also see Framingham, Maynard and Sudbury & Wayland for regional pantries that you may also access.

Sudbury & Wayland



CIC Food Pantry at Celebration Int'l Church in Wayland

Celebration International Church, 6 Loker St, Wayland | cicalive.org/foodpantry/

- Provides groceries twice a month.
- **Serves all of Metrowest.**
- Registration must be completed on website for first time comers -- no appointment needed after that, just walk in during operating hours.
- Please bring a photo ID at your first visit.



Sudbury Community Food Pantry

534 Boston Post Road, Wayland | 978-443-7725 | www.sudburyfoodpantry.org

- **Everyone is invited to shop at the pantry twice a month, regardless of what town you live in.**
- They offer nonperishable food items, bread, eggs, dairy, frozen meat, and personal care products. In the summer they typically have fresh organic vegetables from local farms.
- To schedule a time slot, please go to the web site and click on PICK UP FOOD.



My Brother's Table at Good Shepherd

99 Main Street, Wayland | 508-650-3545 | www.goodshepherdwayland.org/food-pantry

- Abierto un jueves al mes por la mañana, de 9:00 a 11:00.
- Se puede coordinar la entrega a domicilio para personas con movilidad reducida.
- Si tiene alguna pregunta, comuníquese con Laurie Hojlo. happyhojlos@verizon.net.

Also see Framingham, Maynard and Natick for regional pantries that you may also access.

Senior Programs



Meals on Wheels is a program that delivers meals to seniors who are unable to purchase or prepare their meals Monday through Friday each week.

Eligibility includes: seniors aged 60+, their spouses, and disabled dependents, who: have physical, emotional, or cognitive impairments (check food calendar for additional eligibility requirements).

Meals on Wheels-Springwell

508-573-7200 | springwell.com/service/home-delivered-meals/

Services for **Ashland, Framingham, Hopkinton, Hudson, Marlborough, and Natick**

Minuteman Senior Services

888-222-6171 | minutemansenior.org/how-we-can-help/nutrition/

Services for **Maynard**

Tri-Valley, Inc.

1-800-286-6640 | trivalleyinc.org/nutrition-services/meals-on-wheels/

Services for **Milford**

HESSCO

781-784-4944 | hessco.org/nutrition-program-features/

Services for **Millis**

Student Programs



Summer Eats Youth Meal Program



Summer Eats is a federal nutrition program designed to ensure that all youth (18 and under) have access to healthy meals and snacks during the summer. No identification or registration required. Find sites, days, and times using the QR code.



National School Lunch Program



The National School Lunch Program (NSLP) is a federally assisted meal program operating in nearly 95,000 public and nonprofit private schools and residential childcare institutions. It provides nutritionally balanced free lunches.

All students in Massachusetts can receive free breakfast and lunch at school! However, applying for the program will ensure access to other state benefit opportunities. If you believe you are eligible for the program, you are encouraged to contact your school or district to fill out a school meal application.

Community Freezer Program



The Community Freezer Program, run by Daniel's Table, partners with schools, community centers, churches, senior centers, and more in **Ashland and Framingham** to stock freezers with meals to go.

See where meals are available: www.danielstable.org/community-freezer-program

Food Assistance Programs



Supplemental Nutrition Assistance Program (SNAP):

- SNAP offers food benefits to help low-income families buy groceries at local grocery stores, online or through grocery delivery services.
- Apply or check eligibility by calling 877-382-2363 (press 7), visiting www.DTAConnect.com, or going to a local [DTA office](#). Interpreters are available in over 100 languages.
- Anyone receiving SNAP benefits is automatically enrolled in **HIP (MA Healthy Incentives Program)**. HIP puts money back on your EBT card when you use SNAP to buy healthy, local fruits and vegetables from HIP farm vendors, learn more at www.mass.gov/hip and check out MetroWest farmers markets at www.metrowestfoodcollaborative.org/farmers-markets.
- The Department of Transitional Assistance (DTA) also helps low-income individuals and families meet basic needs, improve their lives, and work toward economic independence through financial aid and job training.



Women, Infants, and Children Nutrition Program (WIC):

- WIC is a free nutrition program for Massachusetts families that provides healthy foods, nutrition education, breastfeeding support, and healthcare referrals.
- Eligible participants include pregnant or breastfeeding individuals and families with children under 5 who meet income guidelines. Check eligibility or apply by calling 508-796-7000 or visiting www.mass.gov/forms/WIC.

Support with Accessing Food Resources



The MetroWest Food Collaborative (MWFC) is a regional effort that currently includes 10 municipalities: Ashland, Framingham, Hudson, Hopkinton, Marlborough, Maynard, Millis, Natick and Westborough. We have joined with the community to strengthen the local food system by advocating for policies and programs that support equitable access to nourishing, affordable, and culturally appropriate food.



Giuliana Bacoccini our SNAP/WIC Outreach Coordinator - (978) 875 - 1487, helps folks in English, Portuguese and Spanish with the SNAP and WIC application process, navigating challenges, submitting paperwork, and discovering other food related resources.

[Visit Giuliana's Linktree](#) for additional contact information.



Project Bread's Food Source Hotline: 1-800-645-8333

Hotline Hours

Monday-Friday: 8am - 7pm

Saturday: 10am - 2pm

Food assistance in 180 languages.