

Federal/State Food Assistance Resources

Residents of Massachusetts that meet certain rules for benefits through these programs can apply for food assistance.

Supplemental Nutrition Assistance Program

SNAP, formerly known as food stamps, provides nutritious food to eligible individuals and families through SNAP retailers (grocery stores, some convenience stores, farmers markets).



- At least one household member must be a US citizen (children count).
- **Call:** 413-992-6204 to reach a SNAP Coordinator to apply or for more information.
- **Visit online:** www.mass.gov/snap

Pandemic EBT

P-EBT is open to all school-aged children that qualify for free and reduced cost school lunch will receive additional dollars to spend on nutritious foods.



- All families with school aged children enrolled in Pittsfield Public Schools or North Adams Public Schools will automatically receive this benefit.
- If you are enrolled in SNAP, P-EBT will be loaded onto your SNAP EBT card.
- If you are not enrolled in SNAP you will receive a separate P-EBT card.
- Your child will receive this benefit whether you are learning remote or hybrid.
- Benefits will be distributed in July.
- Does not qualify for HIP.

WIC

MA Women, Infant, and Children (WIC) is a free nutrition program that provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services to all families who qualify, including women who are pregnant and children under 5 years old.



- Do not need to be documented to qualify.
- Offers summer farmers market checks for produce.
- **Call:** 413-447-3495 for more information and to be screened for eligibility.

South Berkshire County Food Assistance Resources

Berkshire residents that meet certain rules for benefits through these programs can apply for food assistance.

Healthy Incentives Program

HIP will provide a 1-to-1 match for SNAP dollars spent on fruits and vegetables at farmers' markets, Community Supported Agriculture (CSA) programs and some farm stands. The earned incentive is added to your EBT card for immediate or future use at any SNAP retailer on any SNAP-eligible foods.



- Farmstands, CSAs and Farmers Markets
- Can only be used at HIP vendors. Look for the HIP logo.
- You need to spend HIP to earn SNAP.
- Year-round program.
- Winter Farmers Markets: Pittsfield, Great Barrington, North Adams.
- Farmers Markets: Great Barrington, Downtown Pittsfield, North Adams, Sheffield, Monterey, Otis, CHP
- Market Match: West Stockbridge (1:1)

Senior Farmers Market Nutrition Program

MA Farmers' Market Nutrition Program (FMNP) provides eligible elders (60+) with coupons for produce redeemable at farmers markets for produce.

Coupons available from early summer through October each year.

- Coupons distributed through your local Councils on Aging in July.
- **More info** and income guidelines: <https://www.fns.usda.gov/sfmpn/senior-farmers-market-nutrition-program>



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(South Berkshire County Food Assistance Resources, continued)

Meals on Wheels



The Meals on Wheels (MOW) program delivers lunch 5 days a week to homebound seniors who are unable to provide their own meals, and who meet certain income and health guidelines.

- Special dietary considerations are available for those with chronic health conditions such as diabetes and heart disease.
- Daily check in by a volunteer driver.
- Only provides assistance with grocery shopping.
- **Call:** Elder Services of Berkshire County at 413-499-0524.

Medically Tailored Meals with Berkshire Fallon Health Collaborative

8am-4pm, Monday-Friday
Eligibility does not guarantee services.
For more information, please contact us at 413-553-9090.

Delivers 10 medically tailored meals weekly and related education for 10 weeks. To be considered for our program, a member must:

- Be enrolled in Berkshire Fallon MassHealth insurance.
- Meet at least one of the Health Needs Based Criteria defined as having a pre-diabetes, Type II diabetes, uncontrolled hypertension, malnutrition.
- Meet Risk Factors as defined as being at risk for nutritional deficiency.
- Be an active participant in your healthcare journey.

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Guide to Food Access and Assistance Resources in South Berkshire County



South Berkshire County Food Access Resources

South County Food Pantries

AT ALL FOOD PANTRIES: new shoppers will be asked to fill out a simple form that provides the pantry with information on family size and how to best contact you (i.e. if there is a snow storm). Food pantries do not share any personal information.

Lee Food Pantry

Open on Saturdays from 10-12pm
45 Railroad Street, Lee

Everyone is welcome; required information is town and number of adults and children there are in the household.

Lenox Food Pantry

Saturdays from 10-11am
United Methodist Church, 6 Holmes Rd., Lenox

Contact person: Jean Marie Milne

Phone number: 413-822-8673

Open to Lenox and Lenoxdale residents; information needed includes name, address, and food allergies.

Mobile Food Bank of Western MA

First Tuesday of every month, 11am-12pm
Parked at CHP, 444 Stockbridge Rd., Great Barrington

Everyone is welcome to visit our Mobile Food Bank and get free groceries regardless of immigration status or other services you might receive.

Monterey Food Pantry

UCC Church basement, 449 Main Road, Monterey
Food delivery: contact the Council on Aging
413-528-1443 ext. 247
Email: montereypantry@gmail.com
Community Center: 413-528-3600

Open to all community members in South County. No ID is required. To begin, please email montereypantry@gmail.com or call the Community Center and leave a message with contact information. These are checked every day and shoppers will receive an in-take questionnaire regarding the number of people in the household, food preferences, and whether food will be picked up or require delivery.

Otis Food Pantry

Otis Town Hall, 1 North Main Rd., Otis
Email: otisfoodpantry@gmail.com
Phone: 413-207-4028
Facebook: Otis Food Pantry Facebook page

People are welcome to stop by the pantry and can be added to the pantry's permanent list by providing their name and phone number.

The People's Pantry in Great Barrington

Mondays from 4-6:30pm and Thursdays from 10-1:30.
5 Taconic Ave. (across from CVS) at Saint James Place

No ID needed to shop at the pantry. To begin using The People's Pantry, please come anytime during open hours.

Sheffield Food Assistance Program

Mondays from 9-10am
Old Parish Church, 125 Main St., Sheffield
Phone: 413-229-2624

To join, call 229-2624 for information and details. All residents of the Southern Berkshire Regional School District are eligible: Sheffield, Ashley Falls, Egremont, Alford, New Marlborough, and Monterey.

Farmers Markets

Berkshire Grown Winter Markets

10am-2pm, Third Saturdays Monthly, November-April
Located at Housy Dome (aka Housatonic Community Center), 1064 Main St., Housatonic

Admission to the Farmers Markets is free and SNAP/EBT is accepted at all markets.

Great Barrington Farmers Market (GBFM)

Saturdays 9am-1pm, May 8-Nov 13
18 Church St., Great Barrington

GBFM accepts HIP, Senior Coupons, SNAP and WIC. GBFM is a participant of Market Match.

Lee Farmers Market

Saturdays from 10-2pm. (Memorial Day Weekend-First weekend in October)

First Congregational Church in the Town Park, Lee

Accepts SNAP, HIP, Senior Coupons, WIC Coupons. Check out the market table for more information.

Monterey Farmers Market

Friday pick-ups, June-August
The Roadside Store & Cafe, 275 Main Rd., Monterey
gouldfarm.org/roadside-store-and-cafe/

Orders may be placed online through the Gould Farm website.

New Marlborough Farmers Market

Sundays from 10-1pm, May 16-October 10th
The Village Green, 134 Hartsville-New Marlboro Rd., New Marlborough

Otis Farmers Market

Saturdays from 9-1pm
Papas Healthy Food and Fuel, 2000 E. Otis Road, E. Otis

OFM currently does not offer any type of food assistance.

Sheffield Farmers Market

Fridays 3-6pm
May 28-Oct 8
Old Parish Church parking lot, 125 Main St., Sheffield

Shoppers need to stop at the "welcome tent" to scan SNAP card and receive SNAP tokens that double the amount of money that can be used with participating farmers.

West Stockbridge Farmers Market (WSFM)

Thursdays from 3-6pm
Foundry Green, Harris St., West Stockbridge

WSFM accepts HIP, SNAP and WIC. Customers need to stop at the "welcome table" to swipe their card in order to receive SNAP tokens that double the amount that can be used with participating farmers.

Sovereignty Programs

Greenager's Front Lawn Food Program

Contact: Isamaya Hagstrom, isamaya@greenagers.org

Donated at-home gardens are available to income-eligible families with children and senior citizens who are full-time residents and are committed to the care and maintenance of the garden. Priority is given to families with children.



Free and Reduced Price School Meals

All schools currently qualify for universal free breakfast and lunch through June 2022.

Berkshire Hills Regional School District

Contact: Kathy Sullivan, Director of Food Service
Phone: 413-644-2300
Email: kathy.sullivan@bhrs.org
www.bhrs.org/food-service/

Download a Free and Reduced Price Lunch Application from the website.

Farmington River Regional School District

Contact: Kendra Rybacki, Food Service Director
Phone: 413-269-4466, ext 142
Email: tdellagiustina@frsrd.org

All qualifying students will receive free breakfast and lunch for the entire school year.

Southern Berkshire Regional School District

Contact: Jeremy Wells, Food Services Director
Phone: 844-236-9720 or 413-248-0727
Email meals@sbrsd.org

SBRSD is able to offer meals free to all families with children 18 and under.

Prepared Meal Programs

Berkshire South Regional Community Center

Community Supper, Mondays from 5-6pm
15 Crissey Rd., Great Barrington

Take out only. No reservations needed.

Breaking Bread Kitchen

American Legion Post 340, 840 Main St. Rte. 7, Sheffield
Thursdays at 5pm
For reservations: 413-229-7037

BBK is currently operating a grab-and-go style meal service due to the pandemic.

Feeding Friends SB

Meals delivered to those in need

To apply, please contact Berkshire South Regional Community Center, Multicultural BRIDGE, The People's Pantry in Great Barrington, Volunteers in Medicine, Community Health Programs, the Monterey or Otis Food Pantry, or the Councils on Aging in Sheffield, Egremont, New Marlborough, Great Barrington (at the Senior Center) or in Mt. Washington.