



You Can!

Increase Your Food Security



One in fourteen Massachusetts residents do not have adequate access to food due to lack of availability or affordability (www.FeedingAmerica.org). If meeting your nutritional needs is a challenge, here are some resources that will help.

Minuteman Senior Services offers services that support adults age 60+ and persons with disabilities. Visit www.MinutemanSenior.org or call (888) 222-6171.

- **Meals on Wheels** provides nutritious, daily meals to homebound older adults, in addition to providing a friendly visit and safety check.
- **Senior Dining** offers the opportunity to socialize through luncheons offered at community locations, in partnership with local Councils on Aging.

Food Banks are open to residents of all ages, providing fresh groceries and often other household items as well. Contact the Project Bread Food Source Hotline at (800) 645-8333 (TTY: (800) 377-1292) to locate your nearest Food Bank.

The **Supplemental Nutrition Assistance Program (SNAP)** is offered through the Department of Transitional Assistance (DTA) and provides financial assistance to support the cost of groceries. SNAP benefits provide:

- Monthly fund on a debit-like card to purchase food
- Access to nutrition education and free produce
- Connections to other sources of assistance, like utility assistance or discounted internet service

Benefits are based on household, income, and certain expenses. To find out if you are eligible, please call the DTA at the numbers below:

- If you are 60 or older, call the Senior Assistance Office at (833) 712-8027
- If you are under 60, call the DTA Assistance Line at (877) 382-2363

If you are a SNAP beneficiary aged 60+ or disabled and don't receive the maximum SNAP benefits, you may be able to increase your benefits by verifying your medical expenses with the DTA. Contact the DTA at (833) 712-8027 to learn more.

Resource: www.mass.gov/guides/get-the-most-out-of-your-snap#-medical-costs-
www.mass.gov/how-to/find-a-local-food-bank

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www.MinutemanSenior.org

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