

Women, Infant and Children Program (WIC) 800-942-1007

Provides food packages, food vouchers, nutrition counseling, and budgeting/shopping skill training to eligible women and their children up to 5 years old (eligible fathers, grandparents, legal guardians and foster parents can apply for children under 5 in their care).

www.mass.gov/wic

Supplemental Nutrition Assistance Program “SNAP” (formerly Food Stamps)

Individuals looking for more information are encouraged to call Project Bread’s FoodSource Hotline at 800-645-8333 or TTY 800-377-1292 or visit www.gettingfoodstamps.org

Basic Banking for Massachusetts Free or low cost banking services to income eligible households. www.masscommunityandbanking.org/Guidelines.htm

Mass 2-1-1

Mass 2-1-1 directory is an information resource for emergency food, rent, help paying your heating & utility bills, mental health counseling, health programs, public health and safety services, child care referrals, job resources, and other help for individuals, parents and families. Simply dial 2-1-1 or visit www.mass211help.org

MassResources.org

An online resource for Massachusetts residents in need of basic services
<http://www.massresources.org/>

MassMutual LifeBridgeSM 800-272-2216

MassMutual pays the premiums for all policies issued under the Lifebridge Free Life Insurance Program. To find out if you qualify please visit www.massmutual.com/mmfmg/pdf/lifebridge_eligibility.pdf

Homeowner Options for Massachusetts Elders (H.O.M.E.) 800-553-5337

A non-profit agency dedicated to protecting the equity of low and moderate income elder homeowners whose mission is: To conserve and protect the equity of low/mod income elder homeowners so they can ‘age in place’.

www.elderhomeowners.org/

Housing Consumer Education Centers (Resource information)

HAP, Inc. 413-233-1500 (Hampden & Hampshire Counties), Franklin County Regional Housing & Redevelopment Authority 413-863-9781, Berkshire Housing Development Authority 413-499-1630.