

FOOD PANTRIES IN GREATER LAWRENCE DESPENSA DE ALIMENTOS EN LAWRENCE+



Free groceries; rules may vary by site

Comestibles gratis; las reglas pueden variar según el sitio

Day(s)	Time	Location	Address	Organization
Monday lunes	9am - 10:30am	Ministerio Apostolico Jesucristo es el Senor	96 E Haverhill St, Lawrence	Neighbors in Need
Monday lunes	10am - 11am	Food for the World	46-48 Fitz St, Lawrence	Food for the World
Tuesday* martes*	8:30am-10:30am	North Parish Unitarian Universalist Church	190 Academy Rd, North Andover	The People's Pantry
Tuesday martes	9am - 10:30am	So. Congregational/ Iglesia Adventista Del Septimo Dia Jerusalem	198 S. Broadway, Lawrence	Neighbors in Need
Tuesday martes	3pm - 5pm	Greater Lawrence Community Action Council	305 Essex St, Lawrence	GLCAC
Tuesday martes	5:30pm - 6:30pm	First Church Congregational	High St, Methuen	Neighbors in Need
Wednesday miercoles	9am - 11am	St Alfio's Villa	516 Essex St, Lawrence	Food for the World
Wednesday miercoles	9am - 10:30am	Neil Playstead	188 Lawrence St, Methuen	Neighbors in Need
Wednesday miercoles	9am-2pm	St. Martha's Food Pantry	242 Hampshire St, Lawrence	Lazarus House
Thursday jueves	9am - 10:30am	Boys and Girls Club	136 Water St, Lawrence	Neighbors in Need
Thursday jueves	3pm - 5pm	Merrimack Valley YMCA Lawrence Branch	40 Lawrence St, Lawrence	YMCA
Thursday jueves	4pm - 5pm	Andover South Church	41 Central St, Andover	Neighbors in Need
Friday viernes	1pm - 3pm	Food for the World	35 Common St, Lawrence	Food for the World

*every OTHER week / cada dos semanas

COMMUNITY MEALS IN LAWRENCE



Day of the week	Time	Location
Monday-Friday lunes-viernes	Breakfast/Desayuno: 8am-9:30am; Lunch/Almuerzo: 11:30am-1pm	Lazarus House 412 Hampshire St
Monday-Friday lunes-viernes	Breakfast/Desayuno: 9am-10am; Lunch/Almuerzo: 11:30am-1:30pm	House of Mercy 85 Bay State Rd
Every Day Todos los días	Breakfast/Desayuno: 6am-8am Dinner/Cena 4:30pm-6:30pm	Cor Unum 191 Salem St
Mon-Thurs+Sat lunes-jueves+sábado	Dinner/Cena: 5pm-7pm	Bread and Roses 58 Newbury St
Mon-Wed+Friday lun-mierc +sábado	Dinner/Cena: 3pm-4pm	Lawrence YMCA 40 Lawrence St

STATE/FEDERAL PROGRAMS

FOR FOOD ASSISTANCE



SNAP/EBT - Supplemental Nutrition Assistance Program	
SNAP is a federal nutrition program that provides eligible residents with monthly financial assistance to purchase groceries and other benefits. If you qualify, you will receive a monthly cash benefit on an EBT card that you can use just like a debit card to buy food.	SNAP es un programa federal para ayudarlo a comprar alimentos. Todas las personas que apliquen para SNAP - y sean elegibles - lo recibirán. Una vez que esté inscrito, usted recibirá beneficios de dinero cada mes en una tarjeta de EBT, que puede ser usada como una tarjeta de banco, para comprar comida.
Get help applying w/ Project Bread: http://gettingSNAP.org - 1-800-645-8333 Or visit Lawrence's DTA at 280 Merrimack St - (978) 725-7100	Obtenga ayuda para presentar su solicitud Project Bread: http://gettingSNAP.org/es (800)645-8333 o visítar Lawrence DTA a 280 Merrimack St - (978)725-7100

WIC - Women, Infants, and Children Nutrition Program	
The Special Supplemental Nutrition Program for Women, Infants, & Children (WIC) provides supplemental foods, nutrition education, breastfeeding support, referrals, & access to health & social services to pregnant women of all ages. low-income, lactating women, postpartum women; infants & children up to 5yrs old who present risks related to nutrition.	El Programa Especial de Nutrición Suplementaria para Mujeres, Infantes y Niños (WIC) proporciona alimentos suplementarios, educación sobre nutrición, el fomento y apoyo del amamantamiento, derivaciones, y acceso a servicios sociales y de salud a mujeres embarazadas de bajos ingresos, mujeres en lactancia, y mujeres de postparto; como a infantes y niños hasta 5 años de edad que presentan algún riesgo relacionado con la nutrición.
You can get help applying at GLCAC: 305 Essex St, 2nd FL, Lawrence (978)681-4960 wic@glcac.org Mon/Tue/W/F 8:30a-4:30pm; Thursdays 10am-6pm (Also open 1 Sat/month)	Puede obtener ayuda para aplicar a GLCAC: 305 Essex St FL 2 (978)681-4960 wic@glcac.org Lunes/martés/miércoles/viernes 8:30am-4:30pm; jueves 10a-6p (también abre un sábado/mes)

MEAL DELIVERY SERVICES

Community Servings

<https://www.servings.org/meal-delivery/>

Community Servings provides home-delivered, medically-tailored meals and nutrition services to individuals and families living with critical and chronic illnesses. Eligibility may vary. Visit website above to apply.



Meals on Wheels

<https://www.Lawrencemow.org/> - (785) 830-8844

Residents of Lawrence who are homebound and require certain dietary requirements as prescribed by a doctor may be eligible. Learn more about specific requirements at the website above, or call to apply.

OTHER RESOURCES TO CHECK OUT

WE ARE LAWRENCE/SOMOS LAWRENCE

ENG: www.wearelawrence.org/

ESP: www.somoslawrence.org/

Comprehensive collection of resources, updated community events calendar, emergency information not always found on the city's website

BUY NOTHING

<https://buynothingproject.org/>

Buy Nothing is a network of local gift economies. Gift economies offer people a way to give, receive, and lend items instead of buying from a store. You can get to know your neighbors, reduce consumption, and save money!

This page in particular is a work in progress!

Please email additional resources, projects, and information to share and I can add them to the next printing.

I am also looking for help translating more of the zine into Spanish

Lawrencecommunityfridge@gmail.com



COMMUNITY FRIDGES AND MUTUAL AID

A community fridge is a fridge located in a public space to allow members of a community to share food with one another. Unlike traditional food pantries, people are encouraged to add to the fridge or take food out according to their individual needs. There are no limits imposed, no ID or paperwork required, and the fridges are typically open 24/7. Donations are provided by food relief programs, community members, businesses and farms with excess food, and anyone else who would like to help. Community fridges are organized by members of each community as an effort of mutual aid; in solidarity rather than charity.

Lawrence Community Fridge

163 east haverhill st. in Lawrence
always open / siempre abierto

take what you need, give what you can
Agarra lo que necesitas, deja lo que no

updates: lawrencefridge.org

instagram: [@lawrencecommunityfridge](https://www.instagram.com/lawrencecommunityfridge)

cashapp: \$LawrenceFridge



Community Pantry & Fridge at Ballardvale United Church

23 Clark rd. in Andover

Always open / siempre abierto

more info: <https://bvuc.org/pantry>



scan for a list of other community fridges across Massachusetts!



Also check out:
The Really Really Free Market
at Gilbert St & S. Broadway in South Lawrence

Some food is shared there, as well as books and other random gifts. Same idea, and overlapping organizers with the Lawrence community fridge. But it's better to not leave perishables here.

take what you want
take what you need
there is plenty to go around
everything is free

-George Metesky

started in summer 2022.
submissions/feedback/translation help:
lawrencecommunityfridge@gmail.com



EVERYBODY EATS

FREE FOOD IN LAWRENCE MA



version 5
October 2023