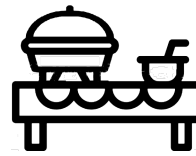


food pantries
despensas de alimentos



Monday/lunes		
10am - 11am*	46-48 Fitz St. Lawrence	Food for the World
11am - 3pm	58 Newbury St Lawrence	Bread and Roses
Tuesday/martes		
8:30am -10:30am**	N. Andover North Parish 190 Academy Rd North Andover	The People's Pantry
9am-10:30am	198 South Broadway Lawrence	Neighbors in Need
11am-3pm	58 Newbury St. Lawrence	Bread and Roses
5:30pm -6:30pm	First Church Methuen 26 Pleasant St., Methuen	Neighbors in Need
Wednesday/miercoles		
9am-2pm	242 Hampshire St. Lawrence	Lazarus House
9am-11am	516 Essex St., Lawrence	Food for the World
9am-10:30am	Neil Playstead 188 Lawrence St. Methuen	Neighbors in Need
11am-3pm	58 Newbury St., Lawrence	Bread and Roses
Thursday/jueves		
9am-10:30am	Lawrence Boys & Girls Club 136 Water St, Lawrence	Neighbors in Need
11am-3pm	58 Newbury St., Lawrence	Bread and Roses
3pm-4pm	40 Lawrence St., Lawrence	Lawrence YMCA
4pm-5pm	South Church in Andover 41 Central St., Andover	Neighbors in Need
Friday/viernes		
9am-10:30am	96 E Haverhill St Lawrence	Neighbors in Need
1pm-2pm	35 Common St., Lawrence	Food for the World

*1st & 3rd Monday/primero y tercer lunes
**alternating Tuesdays / cada dos martes



community meals
comidas preparadas

every day todos los días	6am-8am	Cor Unum 118 South Broadway, Lawrence
every day todos los días	8:30am-9:30am	Lazarus House 412 Hampshire St, Lawrence
Monday-Friday lunes-viernes	9am-10am	House Of Mercy 85 Bay State Rd, Lawrence
Monday-Friday lunes-viernes	11:30am-1:30pm	House Of Mercy 85 Bay State Rd, Lawrence
every day todos los días	11:30am-1pm	Lazarus House 412 Hampshire St, Lawrence
Monday-Friday lunes-viernes	3pm-4:30pm	Lawrence YMCA 40 Lawrence Street, Lawrence
Monday-Thurs+Sat lunes-viernes+sábado	4pm - 6pm	Bread & Roses 58 Newbury St, Lawrence
every day todos los días	4:30 - 6:30pm	Cor Unum 118 South Broadway, Lawrence

*un calendario de despensas
de alimentos y comidas aquí:*

*A google calendar of food pantries
and community meals in greater
Lawrence can be found by scanning
this code or visiting:*



<http://tinyurl.com/everybodyeatscalendar>

meal delivery services

Community Servings

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

Provides home-delivered, medically-tailored meals to individuals and families living with critical and chronic illnesses.

Meals on Wheels

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

Residents of Lawrence who are homebound and require certain dietary requirements as prescribed by a doctor may be eligible.



community fridges and other 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
cashapp: \$LawrenceFridge



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 buy groceries and other benefits. If you qualify, you receive a monthly cash benefit on card that you can use like a debit card to buy food.

Get help applying w/ Project Bread: gettingSNAP.org / (800)645-8333 Or visit Lawrence DTA at 280 Merrimack St / (978)725-7100

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.

Obtenga ayuda para presentar su solicitud Project Bread: gettingSNAP.org/es / (800)645-8333 o visitar Lawrence DTA a 280 Merrimack St / (978)725-7100

WIC - Women, Infants, and Children Nutrition Program

WIC provides supplemental food, nutrition education, breastfeeding support, referrals, & access to health & social services to pregnant people, low-income, lactating, postpartum; infants & children up to 5yrs old who present risks related to nutrition.

You can get help applying at GLCAC: 305 Essex St, 2nd Fl, Lawrence (978)681-4960 wic@glcac.org

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, en lactancia, y de postparto; como a infantes y niños hasta 5 años de edad que presentan algún riesgo relacionado con la nutrición.

Puede obtener ayuda para aplicar a GLCAC: 305 Essex St Fl 2 (978)681-4960 wic@glcac.org

The Village Food Hub

Community Pantry & Fridge

23 clark rd. in andover
Always open / siempre abierto

website: <https://villagefoodhub.org/>



scan for a list of other community fridges across Massachusetts!

Also check out:

The Really Really Free Market
Gilbert St & S. Broadway in South Lawrence

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



DOES YOUR WORKPLACE WASTE FOOD?

RECLAIM IT FOR YOUR HUNGRY
NEIGHBORS BY BRINGING IT TO
THE COMMUNITY FRIDGE!



- *no minimum donations*
- *drop-off any time/any day*
- *follow basic food safety*
- *pick-up may be available!!!*



drop-off yourself:

163 East Haverhill St.,
Lawrence, MA

request a pick-up:

LawrenceCommunity
Fridge@gmail.com

info and updates:

www.LawrenceFridge.org

other resources to check out

WE ARE LAWRENCE/SOMOS LAWRENCE

ENG: www.wearelawrence.org/ ESP: www.somoslawrence.org/
*resources, updated community events calendar, and 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!

CRAIGSLIST FREE SECTION

<https://boston.craigslist.org/>

online classified ads with a section of free items people are giving away. There is also a section to request what you are looking for, under "wanted."

LITTLE FREE LIBRARY

<https://littlefreelibrary.org/>

little free libraries book-sharing boxes placed outside and open seven days a week, 24 hours a day. Anyone can leave or take books as they need. the website above provides a map to help you find where they are located.

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



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

EVERYBODY EATS
FREE FOOD IN LAWRENCE MA

toma lo que quieras
toma lo que necesites
hay de todo para todos
todo es gratis



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



version # 5
August 2024