

Hampshire College Free Food Resources

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Hampshire Grocery Van Shuttle Service

The van runs every Tuesday at 3:30, Friday at 4:30 PM, Sunday at 3:00 PM
Grocery Shopping on Route 9 Hadley
Departs from small parking lot behind Cole and across the street from the Cultural Center
Space is limited, first come first served!

Hampshire College Food Share Facebook Page

A student page for giving and receiving **free** food. Students post food they would like to give and share events with food. Comment or direct message to receive food. Students are encouraged to give and ask for swipes into the Dining Commons and Bridge Cafe. Please keep in mind that block plan meal swipes do not roll over for Fall or Spring semester and Bridge Money from Fall semester will not roll over into Spring semester.

Hampshire College Cooking Club

The goals of this club are not only to cook these meals as a community but also to teach culinary skills, bring awareness, and dedicate our time to food justice and sustainability; advocating for the right to healthy, nutritious, fresh food.

CORQ App

Download the app for college students with the red logo to find events on campus and nearby with free food. Click “list filters” and the “free food” logo.

Hamp Store

Hamp Bistro and Farm items with the sticker “Cafe Card Eligible” can be subtracted your Cafe Card balance. All other store items accept cash, credit, debit, or a Student Account charge.

Hamp Engage

Go to engage.hampshire.edu/events and select the “perks” filter then the “free food” filter.

Brandless

An online store with affordable certified organic, vegan, gluten free, and non GMO snacks available for \$3. (Not affiliated with Hampshire)

SNAP Benefits

College students may be eligible if they

- have a job funded through work-study
- get a MASSGrant with their financial aid
- work on average 20 hours per week
- are enrolled through Mass Rehab
- have a child under the age of 12

To apply for SNAP or for more information, call The Food Bank of Western Massachusetts at 413-247-9738 and ask to speak to a SNAP coordinator or students can also call Megan directly to discuss SNAP benefits, at 413-247-9738 ext. #109

*Students who get more than two-thirds of their meals from a meal plan are not eligible for SNAP

You can also meet with a SNAP representative at the Amherst Survival Center (138 Sunderland Rd.) every Tuesday from 11:30AM to 12:30PM. No appointment is necessary.

Amherst Survival Center

How to use this service:

The Pantry is free for people who have registered for its services. You can come in during our open hours and register for the Pantry. **Pantry visits are limited to once per month.**

Peak Times in the Pantry: the first and last weeks of the month.

Least Busiest Times to Shop: middle of the month in the middle of the day.

Monday: 11AM-2:45PM

Tuesday: 11AM-2:45PM

Wednesday: Closed

Thursday: 11AM-6:45PM

Friday: 11AM-2:45PM

3rd Sat of the Month: 9:30AM-11:30AM

11AM-12PM **Breakfast Bar** Monday, Tuesday, Thursday, Friday

11AM-12PM **Fresh Food Distribution** Monday, Tuesday, Thursday, Friday

Photo ID or proof of income is NOT required

Visit <https://amherstsurvival.org/food-pantry/> for more information.

Not Bread Alone Soup Kitchen: A Community Meal Program in Amherst

FREE homemade hot meals at 12PM every Saturday and Sunday and at 4PM very Wednesday. Donated groceries are distributed every Saturday at 12:45PM. Counselors are on site to help guests resolve issues such as housing, food stamp applications, health insurance, and employment. All are welcome!

Meals served in the lower level of the First Congregational Church of Amherst, UCC Street address: 165 Main Street

First Baptist Church Amherst

Distribution Team distributes food on Wednesdays 2:00–4:00PM. If you want to learn about volunteering or if you know someone who could benefit from the Food Pantry please contact the church office at **413-549-3596**

The Food Bank of Western Massachusetts Mobile Food Bank

The Mobile Food Bank delivers a truck full of free fresh and non-perishable groceries from our warehouse directly to a community site for immediate distribution to residents. The program reaches under-served populations throughout Western Massachusetts that don't have access to healthy foods, including families, seniors and children.

There are no eligibility requirements to receive food from the Mobile Food Bank. Anyone in need of assistance can attend. It's a good idea to arrive 10-15 minutes prior to distribution time, and bring with you boxes or bags to carry your food.

Located at Southpoint Apartments Lot 42A Southpoint Dr. Amherst the first Wednesday of every month 1-2PM

Community Breakfast

Craig's Doors – A Home Association, Inc. in partnership with the Unitarian Universalist Society of Amherst (UUSA), now serves a Wednesday breakfast from 8:00AM until 10:00AM

Breakfast will be served in the Willie Eaton Social Hall at the Unitarian Meetinghouse, 121 North Pleasant St. at the corner of Kellogg Ave.