

Quick Access Food Resource and Transportation Listing			
Program Name	Website	Email, Phone, Address	Brief Description
Clodhopper Farm	https://www.clodhopper.farm/	(617) 899-7250	SNAP and HIP vendor at Milton Farmer's Market and winter delivery of vegetables
Community Servings	https://www.servings.org/	(617) 522-7777	No cost medically tailored meals delivered to people who are critically or chronically ill.
Concord Baptist Food Pantry		(617) 698-9300, 180 Blue Hill Ave, Milton	Open 2nd & 4th Th 8 AM to 11 AM. 3/13&27,4/10&24,5/15&29, 6/12&26, 7/10&24, 8/14&28,9/11&25,10/9&23,11/13&25, 12/11. No preregistration required.
Daily Table	https://www.dailytable.org	(617) 506-0219, 450 Washington St, Boston, MA 02124	Non-profit grocery store accepting SNAP and participating in Double Up Food Bucks to make your benefits go further.
Department of Transitional Assistance	https://www.mass.gov/orgs/department-of-transitional-assistance	(877) 382-2363	DTA assists low-income individuals and families to meet basic needs, improve their quality of life, and achieve long term economic self-sufficiency.
Double Up Food Bucks	https://www.boston.gov/departments/food-justice/boston-double-food-bucks	Multiple locations including Daily Table (\$5 discount per day) & Dorc Food Co-Op (\$20 discount per day)	Program for SNAP enrollees to increase spending power for fruit & veg at certain vendors. Dorch Food Co-Op, 195 Bowdoin St, 617. 297.5943
Fair Foods Produce Bag Distribution	https://www.fairfoods.org/oursites	Nearest location Manet Hlth Ctr Every other Wed 110 W. Squantum St, Quincy, 2-4 PM.	\$2 produce bags. 2025: 3/5,3/19,4/2, 4/16,5/14,5/28,6/11,6/25,7/9,7/23, 8/6,8/20,9/3,9/17,10/1,10/15,10/29,11/12,11/26,12/10,12/24
Fair Foods Store	https://www.fairfoods.org/ourstore	(617) 288-6185, 3702 Washington St, Jamaica Plain 02130	Tuesday to Fri, 11 to 6 , Sat 11-2. Featuring \$2 produce bags (10 lbs!) every day plus other foods.
Food Help	https://www.usa.gov/food-help		This site will show you many options that may be available to you.
Greater Boston Food Bank	https://www.gfbf.org/need-food/	Searchable by day open	Interactive Partner Agency Locator map for finding available food assistance options.
Greater Boston Legal Services	http://www.gbls.org	(800) 323-3205	GBLS attorneys and paralegals provide critical legal advice and representation to low-income individuals.
HIP Healthy Incentives Program	https://www.mass.gov/info-details/massachusetts-healthy-incentives-program-hip-frequently-asked-questions		HIP puts money back on your EBT card* when you use SNAP to buy local fruits and vegetables from HIP farm vendors. *up to a monthly cap of \$20
Instacart food delivery - *fees apply* (may increase buying power if you can use SNAP, HIP, Double Up Food Bucks)	https://www.instacart.com/help/section/360013745771	Instacart Senior & Specialized Support Service for help getting started or with an order (844) 981-3433 from 8am-11 pm ET.	Instacart offers free technical help for people over 60 and specialized situations.

Interfaith Social Services	https://interfaithsocialservices.org/food/	(617) 773-6203x19, 105 Adams St., Quincy 02169	Food Pantry Hours: Mon-Fri 10 to 11:45, Wed evenings by appointment
Lasagna Love	https://lasagnalove.org/request/		Request a free meal be prepared and delivered by a volunteer in your community.
MA SNAP Ed	https://masnaped.org/recipes		A great resource for recipes with SNAP approved ingredients.
MassGrow Map	https://massnrc.org/farmlocator/map.aspx		Map showing farmstands & farmers markets & indicate those that take SNAP.
Meals on Wheels through South Shore Elder Services	https://sselder.org/mealsonwheels/	(781) 848-3910, 2025 Extensive Elder Resource List: https://sselder.org/resourceguide/	South Shore Elder Services coordinates the local meals on wheels program.
Milton Community Food Pantry (at Parkway Methodist Church)	http://www.miltonfoodpantryma.org	(617) 696-0221, 158 Blue Hills Parkway, Enter driveway before the church & proceed to rear of church.	2 Saturdays a month, 9-11:30. 2025: 3/8,3/22, 4/5, 4/19, 5/10,5/24,6/7,6/21,7/12, 7/26, 8/9, 8/23,9/6,9/20,10/4,10/18,11/8,11/22,12/6, 12/20 All Milton residents 65+ are eligible regardless of income. Others are subject to income limits.
Milton Dpt of Health, Mass In Motion Wellness Coordinator and Town Community Health Social Worker	https://www.townofmilton.org/1151/Mass-in-Motion	LCourtney@townofmilton.org , (617) 898-4866 AGrossman@townofmilton.org , (617) 898-4887	Working within the Department of Health on food access, healthy eating and active living. Looking to help you and for your input . Connecting residents to resources and providing support.
Milton Farmers Market	https://www.miltonfarmersmarket.org/	Wharf St, Milton Village, behind 64 Adams Street, 02186	Seasonal market Thurs 1-6pm June to mid October. Vendor Clodhopper Farm accepting SNAP and HIP.
Nutrition.gov	https://www.nutrition.gov		A USDA sponsored website that offers credible information to help you make healthful eating choices.
Other Help for Residents	https://www.mass.gov/other-help-for-residents		Additional resource listing.
Project Bread	https://projectbread.org/	(800) 645-8333	One stop shop for food access resources. Hotline available in many languages.
QCAP (Quincy Community Action Programs) food pantry, fuel assistance and other programs	https://www.qcap.org/our-programs/food-nutrition/	(617) 471-0796, 18 Copeland Street, Quincy, 02169, food@qcap.org	Households receive 1 food order a month, more often in times of extreme need or crisis. M,T, Th, F 9 to 4:30 W, 11 to 6:30. Food orders contain a balance of meat, produce, fruits and vegetables, and grains. Also accepting food and monetary donations. Call to schedule drop off. Pet food may be available.
Quincy Area Multi-Services, Inc.	https://bamsi.org/	(617) 376-8701, askwicquincy@bamsi.org	Local WIC office and more
QFRC (Quincy Family Resource Center)	www.QuincyFamilyRC.org	617-481-7227 1120 Hancock Street, 1st Floor Quincy, MA 02169 South Side Entrance (off Johnson Avenue)	QFRC helps families to access and navigate resources in their local community.
Seed Library at the Milton Public Library	https://miltonlibrary.libguides.com/LoT/seedlibrary	(617) 698-5757, 476 Canton Ave, Milton	Free seeds available for growing your own food and flowers. Restocked regularly beginning in the early spring.

SNAP Supplemental Nutrition Assistance Program (previously Food Stamps)	https://www.mass.gov/how-to/apply-for-snap-benefits-food-stamps	(617) 249-8200, 1515 Hancock St, Suite 105, Quincy MA 02169	A food benefit program funded by the federal government that is based on income. Store locator map https://usda-fns.maps.arcgis.com/apps/webappviewer/index.html
South Shore Elder Services	https://sselder.org/	(781) 848-3910	South Shore Elder Services is committed to promoting and maintaining the independence of all elders in our communities, and will work to assist every caller.
Stop and Shop Wellness Space and Nutrition Classes and Nutritionists	https://stopandshop.com/pages/grove-hall-wellness-space https://stopandshop.com/nutrition		Nutritionist available and free online classes (Including Healthy Eating on a Budget and Eating Plant Based Across Cultures)
South Shore Pet Food Pantry	https://www.facebook.com/southshorepetfoodpantryma/	southshorepetfoodpantry@gmail.com	Collects pet food and distributes it to pantries including Interfaith and QCAP. See those listings for more info.
Summer Eats	https://projectbread.org/summer-eats-program		Summer Eats is a program during summer months when schools are not open and providing free breakfast and lunch to students.
Veteran's Agent	https://www.townofmilton.org/464/Veterans-Service	(617) 251-7767	Advocating for veterans (and sometimes their families) and connecting them to local resources.
Vital CNX	https://www.vitalcxns.org/food https://www.abundanceboston.com/explore-online		Click here for the most up to date food resources *in Boston*. Please note some are only for Boston residents. <i>Info is available in English, Spanish, Vietnamese, Haitian Creole and Cape Verdean Creole.</i>
WIC (Women, Infants and Children Nutrition Program)	https://www.mass.gov/forms/apply-for-wic-online	(617) 376-8701 JasmineOffutt@BAMSI.org, 300 Crown Colony Dr, Suite 200, Quincy	Food benefit program for pregnant women and/or their children who are under age 5.
Winter Farmers' Markets	https://www.massfarmersmarkets.org/2023-2024-winter-markets	Codman Square and more	Find which Farmers Markets are year-round.
Transportation options have various costs. List for reference, only, not an endorsement of any program or provider.			
American Cancer Society Road to Recovery	www.cancer.org	18002772345	Trips for cancer-related medical appointments. Volunteer Drivers.
MBTA	www.mbta.com	617-222-3200	Public Transportation
MBTA "The Ride"	www.mbta.com/theride	844-427-7433	Door-to-door, shared-ride public transportation to people who can't use the subway, bus, or trolley all or some of the time due to temporary or permanent disability.
Milton Council on Aging	https://www.townofmilton.org/594/Council-on-Aging, click Transportation on the left	617-898-4893	Curb-to-Curb service requiring a few weeks weeks advanced notice. Also weekly group shopping trips.
RSVP Rides for Veterans	https://www.norfolkcounty.org/departments/retired_senior_volunteer_program/rsvp_rides_for_veterans.php	781-329-5728	For veterans in Norfolk Co for medical and other appointments within the county. Volunteer Drivers.
Shore Transit Inc.	www.quincycab.com	617-471-8294	taxiservice

South Shore Hospital Courtesy Coach	www.southshorehealth.org	781-624-4350	For appointments or programs at South Shore Hospital or direct affiliates
Wheelchair Ambulette		781-444-4655 and 617-733-6339	Owner/.driver, Dick, has offered personalized service to those using a wheelchair or stretcher for over 30 years.
Veteran's Taxi	www.veteranstaxi.com	617-527-0300	taxi service