



Town of Sudbury

Board of Health Social Work Department

DPW Building
275 Old Lancaster Road
Sudbury, MA 01776
978 440-5476

Food, Clothing and Household Good Resources

Food:

- **Sudbury Food Pantry**
 - Located in Our Lady Of Fatima Church: 160 Concord Rd., Sudbury
 - Open Tuesday and Thursday 11:30a-2:15p (Distribution starts at 12p)
 - Shoppers choose their own items and can select from both non-perishable goods as well as a selection of toiletries/household products, fresh produce, milk, eggs, meats and fish, cheese, bread, baked goods and pre-made meals/sides.

- **Maynard Food Pantry**
 - 12 Bancroft St., Maynard; 978-764-5279 (not the same as the Open Table Pantry)
 - Gary Forman, gforman226@gmail.com, maynardfoodpantry.com
 - Open Mondays 10a-12p
 - Sudbury Residents can go up to 1x/month

- **Open Table Food Pantry (2nd floor of Aubuchon Hardware)**
 - 33 Main Street, Maynard
 - Open Mondays 3-7pm, Tuesdays 1-3pm, Thursdays 3-7pm
 - Sudbury residents can use it weekly. Please bring a current piece of mail and verification of the number of children in the family

- **Open Table Community Supper**
 - Opentable.org
 - All are welcome for a free, home-cooked meal
 - Great way to meet people or enjoy a meal with friends and neighbors
 - Every Tuesday at 33 Main Street, Maynard, 5:30-7pm
 - Every Thursday at First Parish Church (20 Lexington Road, Concord). 5-6:30pm. 978-369-2275

- **A Place to Turn**
 - Emergency food pantry. Can be used once every 60 days to fill gaps in food needs.
 - 99 Hartford St., Natick; 508-655-8868
 - Monday, Tuesday and Thursday 9:30a-12:30p; Wednesday 11a-12:30p and 5-7p
 - <http://www.aplacetoturn-natick.org/>
 - Requires a referral from a social worker or clergy

- **SNAP (a.k.a. Food Stamps)**
 - Provides a debit card for food purchases for low-income individuals and families
 - Apply online or get an application at Mass.gov/snap, or visit Department of Transitional Assistance (DTA) at 300 Howard St., Framingham, 508-661-6600
 - Project Bread is a program that can screen for SNAP eligibility and help individuals complete an application: 1-800-645-8333; TTY 1-800-377-1292

- **The Healthy Incentives Program (HIP)**
 - The Healthy Incentives Program reimburses participants up to a certain amount each month for buying fruits and vegetables at participating farmer's markets and farm stands. Go to <http://www.mass.gov/agr/massgrown/hip.htm> for additional information and to find participating vendors
 - The three closest farmer's markets are in [Wayland](#), [Maynard](#), and Framingham.
- **Meals on Wheels**
 - Hot meals delivered to seniors through Bay Path Elder Services: (508) 573-7200
 - Voluntary donation of \$3/meal
- **WIC (Women, Infants and Children)**
 - Apply at 7 Bishop Street, 1st floor, Framingham; 508-620-1445
 - Free nutrition program that provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare to pregnant woman and mothers of young children
- **Farmer's Market Nutrition Program**
 - Provides vouchers for fresh produce at farmer's markets
 - Available to WIC recipients at their local WIC program (see above)
 - Available to seniors through their local senior center. Sudbury residents should call the senior center at 978-443-3055 to inquire
 - Vouchers are limited
- **Free and Reduced Price School Meals**
 - Available to families that meet income eligibility. (If you are eligible for SNAP or TANF, you are eligible for this program)
 - Please contact Annalisa Michielli for an application at annalisa_michielli@sudbury.k12.ma.us or 978-639-3228
- **Food Source Hotline**
 - [1-800-645-8333](tel:1-800-645-8333); [TTY 1-800-377-1292](tel:1-800-377-1292)-
 - FoodSource Hotline counselors refer callers to food resources in their community as well as provides them with information about school meals, summer meal sites for kids, elder meals programs, and the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps.
 - **Projectbread.org**
- **The Good Shepherd Parish**
 - 134 Cochituate Road, Wayland
 - Free, home-made meals delivered to the homebound and elderly on Easter, Thanksgiving and Christmas
 - Please contact Judy or Tom Kokinda at 508-655-9141
jkokinda@albertrisk.com or tjkokinda@kokinda.net

Clothing:

- **A Place to Turn**
 - Emergency food pantry that also offers free clothing and diapers. Can be used once every 60 days
 - See additional details above

- **Dress For Success (DFS)**
 - 989 Commonwealth Ave., Boston, MA 02215; (617) 779-2177, Janaial Robinson; jrobinson@dfs.org
 - A referral is required and will be made by the contact person (Sudbury Social Worker)

- **Global Thrift**
 - 322 Moody St, Waltham, MA 02453 ; (781) 891-5577
 - For profit thrift store that offers free clothing and household goods with an assessment and referral from Sudbury Board of Health Social Worker: 978-440-5476

- **Local Thrift Stores** (i.e. Savers, Salvation Army, Goodwill, etc.) are also a great way to save money on new and used clothing and household goods while supporting a charitable cause.

Household Goods:

- **Fresh Start Furniture Bank**
 - 34 Tower St., Unit E, Hudson; 508-485-2080
 - Free used furniture and household goods for those in need
 - Open Tuesdays and Thursdays 10a-12p and Saturdays 9a-12p
 - Requires a referral from the Sudbury Schools or Sudbury Health Department

- **Household Goods, Inc.**
 - 530 Main St., Acton; 978-635-1710
 - Householdgoods.org
 - Free furniture and household goods with a referral from a social worker/agency. Very specific procedures must be followed. Please visit their website.
 - Online referral form at <http://householdgoods.org/about/referrals-form/>
 - Residents can only visit once and need their own truck to transport goods.

- **Society of St. Vincent de Paul, Our Lady of Fatima Church**
 - 160 Concord Rd., Sudbury; (978) 443-2647
 - They provide emergency short-term financial assistance for essential needs and also have access to furniture. Society of St. Vincent de Paul representatives typically need to meet in person. Leave a message with the Our Lady of Fatima secretary and you will receive a call back.

- **Society of St. Vincent de Paul, St. Anselm Church Sudbury**
 - 100 Landham Rd, Sudbury; (978) 443-8981
 - They provide emergency short-term financial assistance for essential needs and also have access to furniture and referrals to other resources. Society of St. Vincent de Paul representatives are required to meet in person with those seeking assistance. Leave a message with the St. Anselm Church, administrative assistant and you will receive a call back from a St. Vincent de Paul member.

- **Gifts of Hope Unlimited**
 - Non-profit organization that provides emergency short-term financial assistance and basic household goods to survivors of domestic violence.
 - www.giftsofhopeunlimited.org/
 - For a referral, Sudbury residents should contact the Board of Health social worker, Bethany Hadvab, at 978-440-5476

- **Local Thrift Stores** (i.e. Savers, Salvation Army, Goodwill, etc.) are also a great way to save money on new and used clothing and household goods while supporting a charitable cause.

- **Freemesa.org**
 - Free Furniture and other items: Follow directions on web-site to create an account and give away or find free items of all kinds*

- **Craigslist.com**
 - Online classifieds that lists items that others are selling or giving away for free in your area*

*Please use caution and good judgement when purchasing items through websites or classified ads to ensure your safety. It is strongly recommended that you do not go to pick up goods alone or after dark.

For additional questions, or suggested additions to this list, please call Bethany Hadvab, Sudbury Town Social Worker, at 978-440-5476.

Please visit <https://sudbury.ma.us/socialworker/> for up to date information and resources.