

Food Assistance Resources for Downtown Lowell Residents

This sheet is produced by the Massachusetts Department of Agricultural Resources' (MDAR) Farmers Market Nutrition Program (FMNP) to improve access to community resources.

Every summer WIC participants and low-income seniors can get coupons to use for fruits and vegetables at farmers markets. (See back for more details)

Please contact your local WIC or Elder Nutrition Program for more info about coupon distribution dates.

Where can I find nutrition, health, and breastfeeding services for women, infants, and children in need?

Contact: Lowell WIC

45-47 Kirk Street

Lowell, MA 01852

Phone: 978-454-6397

Hours: M/T/Th 9-5; W 11-7; F 8:30-4:30; 2 Sat a month 9-1

Where can I find information on healthy meals, screenings, education, and counseling for people age 60 or older?

Contact: Elder Services of The Merrimack Valley

280 Merrimack Street, Suite 400

Lawrence, MA 01843



Phone: 978-683-7747

Hours: M-F 8-5

Additional Resources:

Healthy Incentives Program (HIP)

SNAP clients can use SNAP benefits to buy fruits and vegetables from a HIP authorized farm or vendor. They can receive \$1 for each dollar spent on fruits and vegetables, up to a monthly limit, at participating agricultural retailers. SNAP households are automatically enrolled in HIP. For more information visit:

 www.mass.gov/HIP  1-800-645-8333 / TTY 1-800-377-1292

FoodSource Hotline – Project Bread

Connect to local food resources in your community including school meals, elder meals, and SNAP enrollment.

 1-800-645-8333 / TTY 1-800-377-1292 Hours: Mon-Fri 8 AM-7 PM; Sat 10 AM- 2 PM

Summer Eats Program

Free summer meals are available for school aged children 18 and younger. To find the location nearest to you visit the website or text “FOOD” or “COMIDA” to 877-877. Download the app for iPhone or Android!

 www.meals4kids.org/find-summer-meal-site

Massachusetts Department of Agricultural Resources

Find complete lists of senior agencies, WIC offices, and Farmers' Markets across the state.

 www.mass.gov/farmers-market-nutrition-program

Your gateway to Massachusetts farms, farmers markets, and fun ag-tivities!

 www.mass.gov/massgrown

This resource guide was released in June 2019 and is intended for informational purposes only. MDAR is not affiliated with any of the entities listed above and cannot guarantee eligibility for any program. Please contact the specific program to verify information, including hours and eligibility requirements, as it may change. For more information about FMNP or to contact MDAR directly, please visit www.mass.gov/agr.

This institution is an equal opportunity provider.



Farmers' Market Nutrition Program

The Farmers' Market Nutrition Program (FMNP) provides low-income women, infants, children, and seniors with coupons to use for fresh fruits and vegetables. Booklets of coupons are distributed by senior agencies and WIC offices to community members in July or August. **For more information on eligibility and coupon distribution visit www.mass.gov/farmers-market-nutrition-program or contact your local WIC office or Elder Nutrition Program.**

What are Farmers' Market Coupons?

Your **\$25 booklet** can be used to purchase produce and honey (senior coupons only) grown and **sold by local farmers at farmers' markets and farm stands throughout Massachusetts**. The coupons cannot be used at the grocery store.

Where Can I Use My Coupons?

FMNP Coupons can be used at approved Farmers' Markets, Farm Stands, and pick-your-own produce locations across the state.

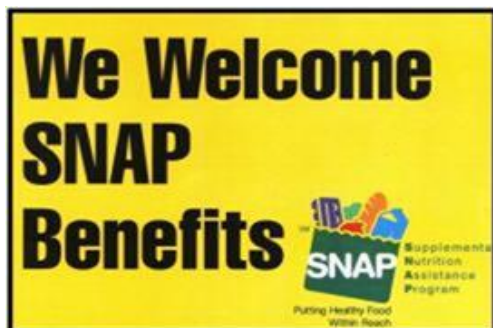
What Can I Buy with the Coupons?

- **Fruits and vegetables**
- **Fresh cut herbs**
- **Honey (Senior Coupons Only)**

Other items available for sale at the market cannot be purchased with farmers' market coupons. Produce choices may differ at different times during the season.

How Can I Find Markets and Farm Stands Near Me?

Visit www.mass.gov/massgrown to locate vendors near you who accept FMNP coupons.



Look for these signs at your local Farmers' Market!



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Please contact your local WIC or Elder Nutrition Program for more info about coupon distribution dates.

Where can I find nutrition, health, and breastfeeding services for women, infants, and children in need?

Contact: Lowell Community Health Center; Lowell CHC Pediatrics

161 Jackson Street; 4th Floor
Lowell, MA 01852

Phone: 978-221-6821

Hours: M/T/Th 9-5; W 11-7; F 8:30-4:30

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