



**Women, Infant and Children Program (WIC) 1-800-942-1007**

Provides food packages, food vouchers, nutrition counseling, and budgeting/shopping skill training to eligible and their children up to 5 years old (eligible fathers, grandparents, legal guardians and foster parents can apply for children under 5 in their care). [www.choosebirth.com](http://www.choosebirth.com)

**Supplemental Nutrition Assistance Program "SNAP" (formerly Food Stamps)**

Individuals looking for more information are encouraged to call Project Bread's FoodSource Hotline at **1-800-645-8333** or **TTY 1-800-377-1292** or visit [www.gettingfoodstamps.org](http://www.gettingfoodstamps.org)

**Basic Banking for Massachusetts**

Launched in 1994 to expand access to bank products and services and to encourage those with modest incomes to establish banking relationships.

[www.masscommunityandbanking.org/Guidelines.htm](http://www.masscommunityandbanking.org/Guidelines.htm)

**Mass 2-1-1**

Mass 2-1-1 is an abbreviated dialing code for free access to health and human services Information and Referral which encourages prevention and fosters self sufficiency. Please call to get connected to the help you need. [www.mass211.org](http://www.mass211.org)

**MassMutual LifeBridge<sup>SM</sup> 1-800-272-2216**

MassMutual pays the premiums for all policies issued under the Lifebridge Free Life Insurance Program. To find out if you qualify please contact

[www.massmutual.com/mmfg/about/community\\_involvement/national/lifebridge.html](http://www.massmutual.com/mmfg/about/community_involvement/national/lifebridge.html)

**Homeowner Options for Massachusetts Elders (H.O.M.E.) 1-800-553-5337**

A non-profit agency dedicated to protecting the equity of low and moderate income elder homeowners whose mission is: **To conserve and protect the equity of low/mod income elder homeowners so they can 'age in place'.**

[www.elderhomeowners.org/](http://www.elderhomeowners.org/)

**Residential Assistance for Families in Transition (RAFT)** Provides short term, limited financial assistance which will enable families to retain housing, obtain new housing or otherwise avoid homelessness.

[www.mass.gov/Ehed/docs/dhcd/ph/raft/raftcitytownlist.htm](http://www.mass.gov/Ehed/docs/dhcd/ph/raft/raftcitytownlist.htm)

**Health Services Toll Free 1-877-414-4447, TTY 1-617-624-5992**

<http://www.mass.gov/?pageID=eohhs2homepage&L=1&LO=Home&sid=Eeohhs2>



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