

# Worcester County Resources for Food Insecurity

*Defined as a household's inability to provide enough food for every person to live an active, healthy life.*

PDF Directions: Click on underlined resource or image to access website

## Financial Government Assistance



- All ages - [SNAP\\*](#)
- Pregnant or breastfeeding women - [WIC\\*](#)
- Money back for buying fresh fruits and vegetables - [HIP\\*](#)



## Disease Specific Cooking

- Type I, Type II, and gestational diabetes - [UMass Diabetes Center for Excellence](#)
- Irritable bowel disease (IBD) and cardiovascular disease - [UMass Center for Applied Nutrition](#)
- Focused on prevention of specific diseases and providing references - [Harvard School of Public Health](#)



## Healthy Cooking

- Family friendly, on a limited budget, free 6-week course - [Cooking Matters](#)
- Smartphone app and website that covers basics of nutrition and tracks meals - [MyPlate](#)



## Community Resources Beyond Food

- UMass sponsored resource for all needs (i.e. housing, food, transit) - [Community Help](#)
- 24-hour hotline - [Mass211\\*](#)
- Smart phone app by Worcester Department of Health & Human Services - [Stigma Free Worcester](#)



## Food Bank and Farmer's Markets

- Mobile Farmer's Market that accepts SNAP - [Regional Environmental Council](#)
- Food bank locator using zip code with hours of operation listed - [WCFB](#)



## Free Meals for Children or Seniors (60+)

- [Worcest Public Schools](#) meals\*
- Project Bread grab & go meals for kids - [Child Nutrition Outreach Program \(CNOP\)\\*](#)
- Meal delivery and check-in service for elderly - [Meals on Wheels](#)



## Downstream Effects of Food Insecurity



Infographic sourced from [feedingamerica.org](#)