

## ALIMANTASYON EKILIBRE & BON MACHE



### SNAP

**Pwogram Asistans Nitrisyon Siplemanè (SNAP - "koupon alimantè")** bay avantaj nitrisyon pou moun ak fanmi yo ki gen revni fèb yo. Lajan yo mete sou kat EBT a ou kapab itilize li pou w achte manje nan magazen yo.

- Aplike anliy sou [dtaconnect.eohhs.mass.gov](http://dtaconnect.eohhs.mass.gov)
- Rete tann yon entèvyou pa telefòn nan yon semèn epi yon desizyon nan 30 jou (I ap pi kout si w kalifye pou resevwa èd ijans).



### GAD MANJE & MANJE GRATIS

Sant Sante Codman Square genyen yon **gad manje**.

- Greenwood Church, 378A Washington St, Dorchester 02124; Madi, 8 – 11 am
- Patisipan yo kapab pase pran manje chak mwa epi yo dwe vini ak yon kat idantite epi yon prèv adrès

W ap jwenn yon lis konplè lòt gad manje ki disponib la: <http://bit.ly/foodpantryboston>

Jwenn yon kote pou w ka pran yon manje cho: <http://bit.ly/hotmealboston>



### DAILY TABLE

Daily Table vann **pwodwi alimantè bon mache**.

- W ap jwenn rabè sou legim yo si w peye ak SNAP/EBT.
- 450 Washington St, Dorchester, 02124



### FAIR FOODS (MANJE EKILIBRE)

Fair Foods gen yon **pwogram sak alimantè \$2 li mete sou pye** li gen sant distribisyon nan tout vil lan.

- Ou pa bezwen ni Kat Idantifikasyon oswa bezwen enskri.
- Pou konnen tout orè ak biwo yo, vizite: [www.fairfoods.org/dollarbag.html](http://www.fairfoods.org/dollarbag.html)
- Orè ak biwo Dorchester yo:
  - Franklin Field Senior Ctr., 100 Ames St.; Alt. Jedi 4: 30 pm – 5: 30 pm
  - Peabody Englewood Apt., 1875 Dorchester Ave.; Alt. Madi 3 – 5 pm
  - New Franklin Park Apt., 282 Talbot Ave.; Alt. Vandredi 12-1: 30 p.m
  - Codman Sq. Library, 690 Washington Street; Samdi 2 – 4: 30 pm
  - Upham's Corner, 415 Columbia Rd.; 1st & 3rd Jedi 2 – 4 pm



### KAMYON MACHANDIZ FRE (KAMYON PWODWI REFRIJERE)

Kamyon Machandiz Fre an ap vire nan tout vil lan epi ap vann **pwodwi alimantè yo a bon mache**.

- Yo aksepte SNAP/EBT.
- 100 premye moun ki vin achte yo ap resevwa \$10 pwodwi alimantè gratis.
- Pou konnen tout orè ak zòn yo, vizite: [www.aboutfresh.org/fresh-truck/#schedule](http://www.aboutfresh.org/fresh-truck/#schedule)
- Orè ak biwo Dorchester yo:
  - 10 Minot St.; madi, 10 am – midi
  - 200 Bowdoin St.; madi, midi – 2 pm
  - 7 Kimball St.; mèkredi, 9: 30 am – 12: 30 pm
  - 198 Geneva Ave.; mèkredi, 2: 30 – 4: 30 pm
  - 90 Ames St.; vandredi, 11 am – 1 pm