

Lis Resous Alimantè ak Transpò ki gen Aksè Rapid			
Non Pwogram	Sit Entènèt	Imèl, Telefòn, Adrès	Brèf Deskripsyon
Fèm Kominotè Brookwood	https://www.brookwoodcommunityfarm.org/	info@BrookwoodCommunityFarm.org 11 Blue Hill River Rd, Canton	Aksepté EBT, SNAP ak HIP nan sezon Jen-Nov nan fèm la Madi ak Jedi 2-6:30, Sam 9-1 nan Mache Fèmme Roslindale. Aksyon Agrikilti Kominote a Sipòte (CSA) nan pri redwi pou patisipan ki kalifye yo.
Fèm Clodhopper	https://www.clodhopper.farm/	(617) 899-7250	Vandè Pwogram Asistans Alimantè Sipleman (SNAP) ak Pwogram Ensitatif pou Lasante (HIP) nan Mache Fèmme Milton ak livrezon legim pandan ivè
Community Servings	https://www.servings.org/	(617) 522-7777	Manje gratis ki adapte ak bezwen medikal moun ki malad grav oswa ki gen maladi kwonik.
Galata Manje Batis Concord		(617) 698-9300, 180 Blue Hill Ave, Milton	Louvri 2yèm ak 4yèm Jedi 8 AM rive 11 AM. 12 ak 26 Jen, 10 ak 24 Jiyè, 14 ak 28 Dawout, 11 ak 25 Septanm, 9 ak 23 Oktòb, 13 ak 25 Novanm, 11 Desanm. Pa bezwen pre-enskripsyon.
Depatman Asistans pou Tranzisyon	https://www.mass.gov/orgs/department-of-transitional-assistance	(877) 382-2363	Depatman Asistans pou Tranzisyon (DTA) ede moun ak fanmi ki gen ti revni fèb pou satisfè bezwen bazik yo, amelyore kalite lavi yo, epi rive atenn otosifzans ekonomik sou lontèm.
Double Up Food Bucks	https://www.boston.gov/departments/food-justice/boston-double-food-bucks	Plizyè lokal ki gen ladan Dorchester Food Co-Op (\$20 rabè pa jou)	Pwogram pou moun ki enskri nan SNAP pou ogmante pouvwa acha pou fwi ak legim kay kèk vandè. Dorchester Food Co-Op, 195 Bowdoin St, 617.297.5943
Distribisyon Sak Pwodui Manje Ekitab	https://www.fairfoods.org/oursites	Lokal ki pi Pre Manet Hlth Ctr Chak 2 Mèkredi nan 110 W. Squantum St, Quincy, 2-4 PM.	\$2 sak pwodui. 2025: 11 Jen, 25 Jen, 9 Jiyè, 23 Jiyè, 6 Dawout, 20 Dawout, 3 Septanm, 17 Septanm, 1 Oktòb, 15 Oktòb, 29 Oktòb, 12 Novanm, 26 Novanm, 10 Desanm, 24 Desanm
Boutik Manje Ekitab	https://www.fairfoods.org/ourstore	(617) 288-6185, 3702 Washington St, Jamaica Plain 02130	Madi rive Vandredi, 11è rive 6è, Samdi 11è-2è. Li pwopozè \$2 sak pwodui (10 liv!) chak jou plis lòt manje.
Èd pou Manje	https://www.usa.gov/food-help		Sit sa pral montre w anpil opsyon ki ka disponib pou ou.
Greater Boston Food Bank	https://www.gbfb.org/need-food/	Ou ka fè rechèch pa jou ouvab	Kat Entèraktif pou Lokalize Ajans Patnè pou jwenn opsyon asistans alimantè ki disponib yo.
Greater Boston Legal Services	http://www.gbbs.org	(800) 323-3205	Avoka ak asistan jiridik GBLS yo bay konsèy ak reprezantasyon legal kritik pou moun ki gen ti revni fèb:
Pwogram Ensitatif pou Lasante HIP	https://www.mass.gov/info-details/massachusetts-healthy-incentives-program-hip-frequently-asked-questions		HIP mete lajan sou kat EBT ou* lè w itilize SNAP pou achte fwi ak legim lokal nan men vandè fèm HIP yo. <i>*jiska yon plafon mansyèl \$20</i>
Livrezon Manje Instacart- *kapab gen frè* (kapab ogmante pouvwa acha si ou kapab itilize SNAP, HIP, Double Up Food Bucks)	https://www.instacart.com/help/section/360013745771	Sèvis Instacart Senior ak Sipò Espesyalize pou jwenn èd pou kòmanse oswa pou yon kòmand (844) 981- 3433 apati 8am-11 pm Lès Zòn Lès.	Instacart ofri èd teknik gratis pou moun ki gen plis pase 60 lane ak sityasyon espesyalize.

Interfaith Social Services	https://interfaithsocialservices.org/food/	(617) 773-6203x19, 105 Adams St., Quincy 02169	Lè Galata Manje yo: Lendi rive Vandredi 10è to 11:45è, Mèkredi apremidi sou randevou
Lasagna Love	https://lasagnalove.org/request/		Mande pou yon benevòl nan kominote w la prepare epi livre yon repa gratis.
Edikasyon SNAP nan Massachusetts (MA SNAP Ed)	https://masnaped.org/recipes		Yon bon resous pou resèt ak engredyan apwouve pa SNAP.
Kat MassGrown	https://massnrc.org/farmlocator/map.aspx		Kat ki montre plas ak mache fèmye yo epi endike sa ki pran SNAP yo.
Manje Mobil atravè Sèvis pou Granmoun South Shore yo	https://sselder.org/mealsonwheels/	(781) 848-3910, 2025 Lis Detaye Resous Granmoun: https://sselder.org/resourceguide/	Sèvis pou Granmoun South Shore yo kowòdone pwogram manje mobil lokal la.
Galata Manje Kominotè Milton (nan Legliz Metodis Parkway la)	http://www.miltonfoodpantryma.org	(617) 696-0221, 158 Blue Hills Parkway, Antre nan wout devan legliz la epi ale dèyè legliz la.	2 Samdi pa mwa, 9è-11:30è. 2025: 7 Jen, 21 Jen, 12 Jiyè, 26 Jiyè, 9 Dawout, 23 Dawout, 6 Septanm, 20 Septanm, 4 Oktòb, 18 Oktòb, 8 Novanm, 22 Novanm, 6 Desanm, 20 Desanm Tout rezidan Milton ki gen 65 lane oswa plis yo kalifye san konsiderasyon pou revni yo. Lòt moun yo kapab sijè ak limit revni yo.
Depatman Sante Milton, Mass an Mouvmant Kowòdinatè Byennèt ak Travayè Sosyal Sante Kominotè Vil la	https://www.townofmilton.org/1151/Mass-in-Motion	LCourtney@townofmilton.org , (617) 898-4866 AGrossman@townofmilton.org , (617) 898-4887	Ap travay nan Depatman Sante sou aksè ak manje, manje ki sen ak yon vi aktif. M ap chèche ede w epi m ap chèche kontribisyon w . Konekte rezidan yo ak resous yo epi ba yo sipò.
Mache Fèmye Milton	https://www.miltonfarmersmarket.org/	Wharf St, Milton Village, behind 64 Adams Street, 02186	Mache sezon Jedi 1è--6è apremidi Jen pou rive mitan mwa Oktòb. Vandè Fèm Clodhopper ki aksepte SNAP ak HIP.
Nutrition.gov	https://www.nutrition.gov		Yon sit entènèt finanse pa USDA ki ofri enfòmasyon kredib pou ede w fè chwa alimantè ki bon pou sante w.
Lòt Èd pou Rezidan yo	https://www.mass.gov/other-help-for-residents		Lis resous adisyonèl.
Project Bread	https://projectbread.org/	(800) 645-8333	Yon kote pou jwenn resous ki pèmèt ou jwenn manje. Liy apèl disponib nan plizyè lang.
Galata Manje QCAP (Pwogram Aksyon Kominote Quincy), asistans pou gaz ak lòt pwogram	https://www.qcap.org/our-programs/food-nutrition/	(617) 471-0796, 18 Copeland Street, Quincy, 02169, food@qcap.org	Kay yo resevwa 1 kòmand manje pa mwa, pi souvan nan moman gen bezwen ekstrèm oswa kriz. Lendi, Madi, Jedi, Vandredi 9è rive 4:30è Mèkredi, 11è rive 6:30è. Kòmand manje yo gen yon ekilib vyann, pwodui, fwi ak legim, epi sereyal. Nou aksepte don manje ak lajan. Rele pou pwograme yon livrezon. Manje bèt kapab disponib.
Quincy Area Multi-Services, Inc.	https://bamsi.org/	(617) 376-8701, askwicquincy@bamsi.org	Biwo WIC lokal ak plis
QFRC (Sant Resous pou Fanmi Quincy)	www.QuincyFamilyRC.org	617-481-7227 1120 Hancock Street, 1ye Etaj Quincy, MA 02169 Antre nan Bò Sid (deyò Johnson Avenue)	QFRC ede fanmi yo jwenn aksè epi navige nan resous ki nan kominote lokal yo.
Bibliyotèk Semans nan Bibliyotèk Piblik Milton la	https://miltonlibrary.libguides.com/LoT/seedlibrary	(617) 698-5757, 476 Canton Ave, Milton	Semans gratis disponib pou plante pwòp manje ak flè pa w. Re-apwovizyon regilyèman nan kòmansman chak sezon prentan.

SNAP Pwogram Asistans Alimantè Siplemanntè (ki te rele kupon manje avan)	https://www.mass.gov/how-to/apply-for-snap-benefits-food-stamps	(617) 249-8200, 1515 Hancock St, Suite 105, Quincy MA 02169	Yon pwogram avantaj manje gouvènman federal la ki baze sou revni. Kat pou lokalize boutik https://usda-fns.maps.arcgis.com/apps/webappviewer/index.html
Sèvis Granmoun South Shore yo	https://sselder.org/	(781) 848-3910	Sèvis Granmoun South Shore yo angaje epi kenbe endepandans tout granmoun nan kominote nou yo, epi pral travay pou asiste tout moun k ap rele
Espas Byennèt ak Klas Nitrisyon ak Nitrisyonis nan Stop and Shop	https://stopandshop.com/pages/grove-hall-wellness-space https://stopandshop.com/nutrition		Nitrisyonis disponib epi kou gratis sou entènèt (ki gen ladan Manje Sen sou yon Bidjè ak Manje a Baz Plant atravè Kilti yo)
Galata Manje Bèt South Shore	https://www.facebook.com/southshorepetfoodpantry/	southshorepetfoodpantry@gmail.com	Kolekte manje bèt epi distribye li bay galata yo ki gen ladan Interfaith ak QCAP. Gade lis sa yo pou plis enfòmasyon.
Summer Eats	https://projectbread.org/summer-eats-program		Summer Eats se yon pwogram pandan mwatye ete yo lè lekòl yo pa ouvri epi bay manje gratis pou elèv yo.
Etajè Pran Youn, Kite Youn (k ap fèt nan kòmansman ete 2025)	https://ma-milton.civicplus.com/1151/Mass-in-Motion	lcourtney@townofmilton.org 617- 898-4866	Manje ak atik ijyèn ki ka dire lontan sou etajè nan Milton nan Konsèy sou Vyeyisman an, 10 Walnut St; Milton Public Library, 476 Canton Av (Canton Ave foyè); Town Hall, 425 Canton Ave and Winter Valley (residents only), 600 Canton Ave, Building 5
Ajan Veteran	https://www.townofmilton.org/464/Veterans-Service	(617) 251-7767	Fè pledwaye pou veteran (ak fanmi yo pafwa) epi konekte yo ak resous lokal yo.
Vital CNX	https://www.vitalcxns.org/food , https://www.abundanceboston.com/explore-online		Klike la pou resous pi resan *nan Boston*. Tanpri note kèk ladan yo se pou rezidan Boston sèlman. <i>Enfòmasyon yo disponib nan Anglè, Panyòl, Vyetnamyen, Kreyòl Ayisyen ak Kreyòl Kap Vèt.</i>
WIC (Pwogram Alimantè pou Fanm, Bebe ak Timoun)	https://www.mass.gov/forms/apply-for-wic-online	(617) 376-8701 JasmineOffutt@BAMSI.org, 300 Crown Colony Dr, Suite 200, Quincy	Pwogram avantaj manje pou fanm ansent ak/oswa timoun ki poko gen 5 lane.
Mache Fèmme nan Ivè	https://www.massfarmersmarkets.org/2023-2024-winter-markets	Codman Square ak plis	Chèche ki Mache Fèmme ki ouvè pandan tout ane a.
Opsyon transpò yo gen divès pri. Lis la sèvi sèlman pou referans, li pa reprezante yon andòsman pou okenn pwogram oswa founisè.			
Pwosesis pou Retabli nan Sosyete Ameriken pou Kansè	www.cancer.org	18002772345	Deplasman pou randevou medikal ki gen rapò ak kansè. Chofè Benevòl.
Otorite Transpò Massachusetts Bay (MBTA)	www.mbta.com	617-222-3200	Transpò Piblik
MBTA "The Ride" (Woulib)	www.mbta.com/theride	844-427-7433	Transpò piblik pòt-a-pòt, pataje pou moun ki pa kapab itilize metwo, bis, oswa tramway tout tan kèk fwa akòz yon andikap tanporè oswa pèmanan.
Konsèy sou Vyeyisman Milton	https://www.townofmilton.org/594/Council-on-Aging , click Transpò sou bò gòch la	617-898-4893	Sèvis Twotwa pou Twotwa a mande kèk semèn avni davans. Gen depasman pou fè acha an gwoup chak semèn tou.

Woulib sou Konfimasyon pou Veteran	https://www.norfolkcounty.org/departments/retired_seni_or_volunteer_program/rsvp_rides_for_veterans.php	781-329-5728	Pou veteran nan Norfolk Co pou randevou medikal ak lòt randevou nan peyi a. Chofè Benevòl.
Shore Transit Inc.	www.quincycab.com	617-471-8294	sèvis taksi
Antrenè Koutwazi Lopital South Shore	www.southshorehealth.org	781-624-4350	Pou randevou oswa pwogram nan Lopital South Shore oswa afilye dirèk yo
Chèz Woulant pou Anbilans		781-444-4655 ak 617-733-6339	Pwopriyetè/chofè a, Dick, ofri sèvis pèsonalize bay moun k ap itilize yon chèz woulant oswa branka depi plis pase 3 lane.
Taksi Veteran	www.veteranstaxi.com	617-527-0300	sèvis taksi