



## Boston Community Food Resources

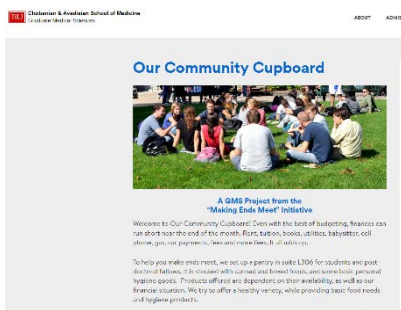
### For BU Students

#### BU Wheelock's Community Cares: A Food & Essentials Pantry (CRC)



- Description: BU's CRC order-ahead grocery and essential toiletry resource.
- Website: <https://www.bu.edu/wheelock/information-for-students/community-cares/>
- Details: Current options include two different types of pre-packed kits: A nonperishable food kit and a toiletries/essentials kit. The food kits have a vegetarian and a non-vegetarian option. Sample food items include canned fruits & vegetables, dry pasta, jarred pasta sauce, peanut butter, snack bars, cereals, boxed mac and cheese, etc.
- Pickups scheduled on Tuesdays and Thursdays, 9 am – 7 pm at 2 Silber Way Lobby near room 113.
- Access and/or Eligibility: Must be a BU student & use Kerberos login. BU students can access this resource up to 3 times each 30-day period. Some food items (e.g. pasta, boxed mac & cheese) may require kitchen access to prepare.

#### Our Community Cupboard (MED)



- Description: BU's MED campus order-ahead grocery and essential toiletry resource.
- Website: <https://www.bumc.bu.edu/gms/students/student-life/making-ends-meet/gms-our-community-cupboard/>
- Details: Current options include canned and boxed foods, and some basic personal hygiene goods. Products based on availability and resources of pantry. Current stocked items listed on website. Confidential order form provides pre-selection of items by category.
- Pick-up location: GMS Community Catalyst Center (C3), L306: T – F, 9 am – 5 pm. Order required by Sunday at 11:59 pm.
- Access and/or Eligibility: Must be a BU student with BU email and BUID

**Terrier Meal Share**  
(CRC/FEN dining halls)

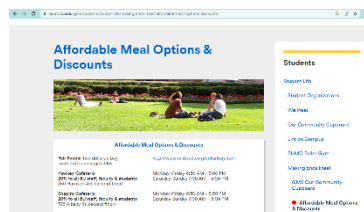


**Terrier Meal Share**  
 Terrier Meal Share is an initiative that gives students the opportunity to donate their unused guest meal swipes either to any undergraduate, graduate, or professional student in need at Boston University. Students experiencing food insecurity will be able to receive meals by contacting the Dean of Student's Office, University Services Center, or the Office of Financial Assistance.  
 All of this is possible thanks to the collaboration of Housing, Dining Services, Auxiliary Services, Information Services and Technology (IS&T), The Working Project and the many members of the BU community who have helped for this over the years.  
**What is Food Insecurity?**  
 Food insecurity is the lack of access to financial resources to access a sufficient amount of food.  
**Donate Meals**

**Quick Links**  
[Reporting COVID-19 Status](#)  
[What the Class of 2023 Senior Should Know](#)  
**Access for All**  
 If you need accommodations or assistance for a disability, get in touch with the Disability Support Services office.

- Description: Meal swipe donation service for undergraduates, graduate students, or professional BU students on a meal plan.
- Website: <https://www.bu.edu/dos/terrier-meal-share/>
- Details: Online application to anonymously receive unused meal swipes donated by fellow student is available on the program's website (linked above), or may be completed in person at the Dean of Student's office (George Sherman Union, Room 204 775 Commonwealth Avenue)
- Access and/or Eligibility: Must be a BU student, program meant for short-term use.

**Meal Discounts for BU Community Members (MED)**



- Description: 20% to all BU staff, faculty & students at the following locations:
  - Yawkey Cafeteria (850 Harrison Ave, 2nd floor)
  - Shapiro Cafeteria (725 Albany St, 2nd floor)
- Website: <https://www.bumc.bu.edu/gms/students/student-life/making-ends-meet/affordable-meal-options-discounts/>
- Access and/or Eligibility: Must be a BU student, faculty or staff member; BUID required.

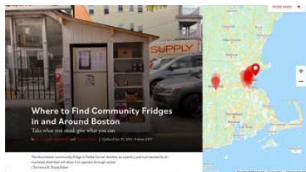
## Around Boston

### Fair Foods Site List



- Description: Program offering bags of produce and other surplus goods for \$2. Bags range in size, but average around 12 pounds each.
- Websites: <https://www.fairfoods.org/findfood>
- Details:
  - Closest to BU - Fenway Cares (1282 Boylston St #123) and Holy Trinity Orthodox Cathedral (165 Park Drive)
  - Days and times vary – call 617-288-6185 or visit website for the most up to date hours
- Access and/or Eligibility: No ID/eligibility requirements, can take as many bags as you need, \$2 donation per bag is encouraged, but not required if it poses a financial hardship.

### Community Fridges



- Description: Community refrigerator locations offering fresh produce, milk, juice, toiletries, pantry staples, and more.
- Website: <https://boston.eater.com/maps/community-fridges-boston>
- Details: Closest to BU - Earthly Boston Fenway Fridge (<https://www.instagram.com/earthly.boston/>) – 506 Park Drive, 24/7 access
- Access and/or Eligibility: No eligibility requirements, take what you need at no cost, and leave what you can.

### Haymarket



- Description: Open-air market with local vendors selling fresh and affordable fruit, vegetables and seafood.
- Website: <http://www.haymarketboston.org/>
- Details: Open “daylight hours” (~ 6:00 am – 6:00 pm) on Fridays & Saturdays. Located near Haymarket T stop on the edge of the North End.
- Access and/or Eligibility: None – anyone can shop at market. Cash only.

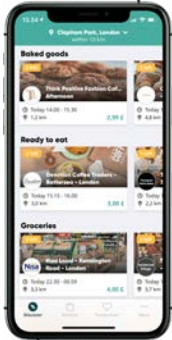
### Daily Table



- Description: Membership-based grocery stores offering low-cost grocery items and freshly prepared foods that have been donated, discounted, or rescued. All items have a 100% money back guarantee. Delivery options are available within 2 miles of each location. Accepts SNAP & EBT.
- Website: <https://dailytable.org/>
- Details: Open Mon-Sat 9 am – 8 pm and Sun 10 am – 7 pm, locations in Central Square, Roxbury, and Dorchester. Grocery staples include meat, dairy, eggs, frozen, pantry items, and a wide selection of fresh produce. Freshly prepared foods include full meals, soups, salads, sandwiches, and sides, made in the Daily Table's own kitchen, starting at \$1.99.
- Access and/or Eligibility: Must become a “member” (free) by providing your zip code, which will not be shared externally. Membership is open to all. Customers paying with SNAP can get 50% off up to \$10/day on fresh fruits and vegetables.

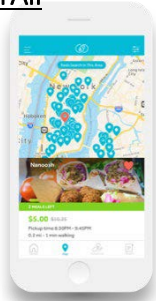
## Food Mobile Apps and Websites

### TooGoodToGo



- Description: Mobile app allowing restaurants to sell bags of surplus groceries, meals, and pastries at discounted rates.
- Website: <https://toogoodtogo.com>
- Details: Download the mobile app and reserve a bag from any available restaurant. When you browse availability, the restaurant's or shop's page will describe what may be in the bag (e.g. "meal", "mystery", "pastries", etc.) Note the pickup timeslots when reserving food and pick up your food during this window.
- Access and/or Eligibility: Must have access to a smartphone – available on the Apple App Store & Google Play, and pay with a debit or credit card.

### FoodForAll



- Description: Mobile app allowing restaurants to sell variety packages of surplus prepared food at discounted rates.
- Website: <https://foodforall.com/>
- Details: Download the mobile app and reserve a package from any available restaurant. Meals are always at least half the original price. Note the pickup timeslots when reserving food and pick up your food during this window.
- Access and/or Eligibility: Must have access to a smartphone – available on the Apple App Store & Google Play, and pay with a debit or credit card.

### Good and Cheap eCookbook

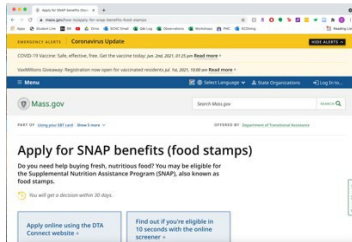


- Description: Free, downloadable cookbook with recipes aimed to prepare great meals on approximately \$4/day. Note: due to inflation, the cost per meal will likely be higher at this time 2022-23.
- Website: <https://cookbooks.leannebrown.com/good-and-cheap.pdf>
- Details: Cookbook is available for download using the above link, and includes recipes in the following categories: breakfasts, soups, salads, snacks, handheld dishes, dinner, big batch, staples, drinks, desserts, and seasonings.
- Access and/or Eligibility: Must have internet access to download electronic cookbook



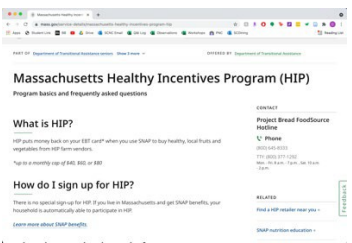
## State and Federal Programs

### Supplemental Nutrition Assistance Program (SNAP)



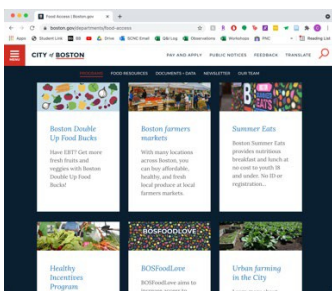
- Description: Program providing monthly assistance for purchasing food staples. A full list of eligible items can be found here (<https://www.fns.usda.gov/snap/eligible-food-items>). A list of online food retailers can be found here (<https://www.mass.gov/snap-online-purchasing-program>)
- Website: <https://www.mass.gov/how-to/apply-for-snap-benefits-food-stamps>
- Details: Money is loaded monthly onto an Electronic Benefits Card (EBT), which functions as a debit card on all SNAP-eligible purchases.
- Access and/or Eligibility: Must demonstrate eligibility based on income, further information available at: <https://www.benefits.gov/benefit/1280>. Must be U.S. citizen or legal noncitizen, provide personal information (Social Security number [if you have one], birth date, home address [if you have one]) as part of online application process.

### Healthy Incentives Program (HIP)



- Description: HIP puts the SNAP dollars you spend on local produce back onto your EBT card instantly when purchasing at participating HIP farm vendors (subject to a monthly limit).
- Website: <https://www.mass.gov/service-details/massachusetts-healthy-incentives-program-hip>
- Details: A map of local HIP vendors is available here: <https://dtafinder.dtadash.ehs.mass.gov/>
- Access and/or Eligibility: HIP is one of SNAP's benefits, see income eligibility above.

### Boston Area Food Resource Map



- Description: The City of Boston's food resource website with the most up-to-date information about food pantries, farmer's markets, community fridges, urban farming, and SNAP/HIP programs.
- Website: <https://www.boston.gov/departments/food-access>