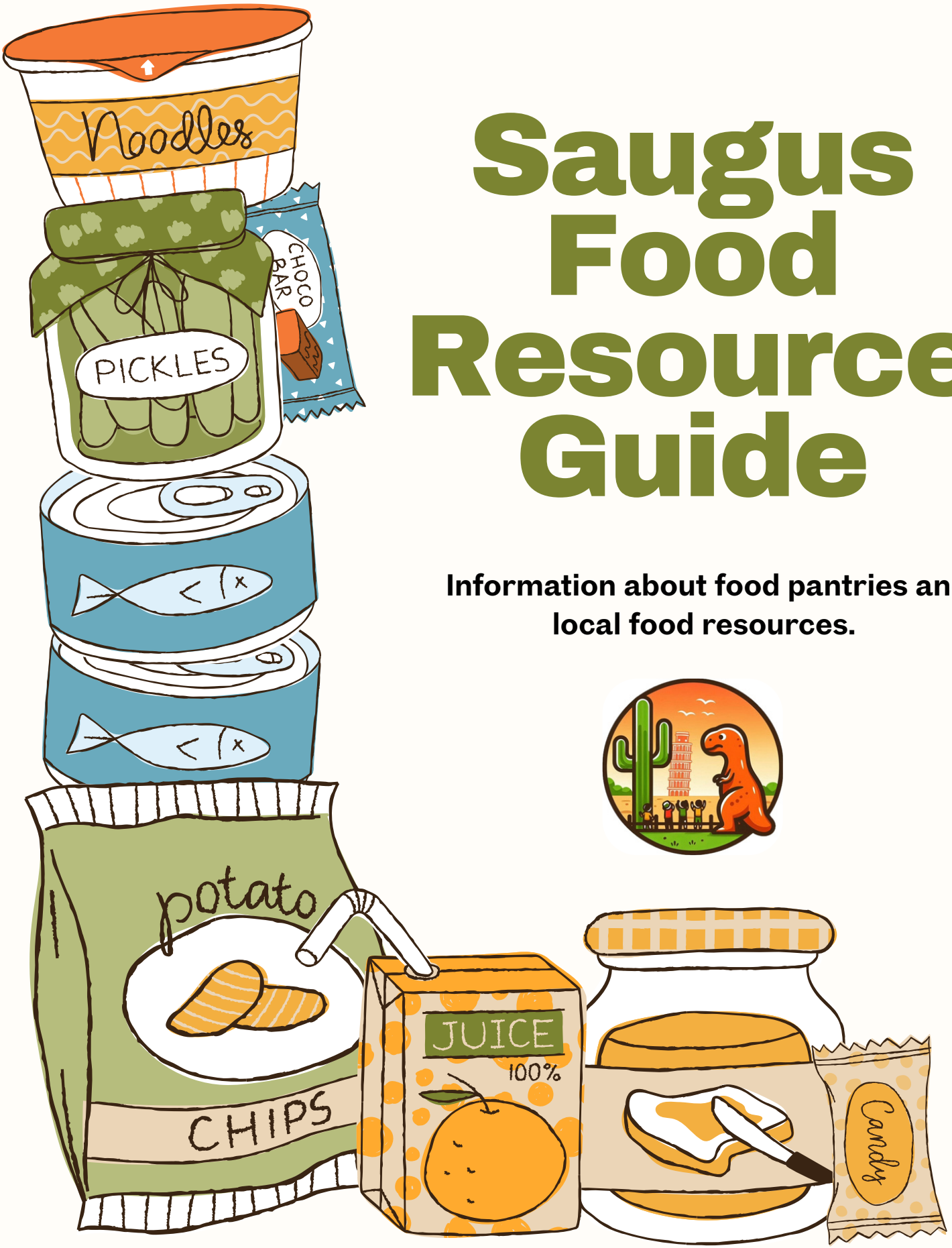


Saugus Food Resource Guide

Information about food pantries and local food resources.

Created by the Saugus Prevention Coalition. Updated November 2025

Food Resources

SNAP Response Hub

The SNAP Resource Hub provides information on how to access food assistance and ways for individuals and businesses to help. The hub can be accessed at **mass.gov/SNAPFreeze**.

Women, Infants & Children Nutrition Program (WIC)

WIC is a free nutrition program that provides healthy foods, nutrition education, and referrals to services for families with children under five. Visit **mass.gov/wic** or call **1-800-942-1007** to start an application.

Massachusetts Healthy Incentives Program (HIP)

Spend your SNAP dollars on farm-fresh fruits and vegetables at participating HIP retailers and have the amount of your purchase added back to your EBT card. If you live in Massachusetts and receive SNAP benefits, your household is automatically able to participate in HIP. For more information, and to find HIP vendors, visit **mass.gov/hip**.

Project Bread's Food Source Hotline

Project Bread runs a free, confidential hotline to help residents of Massachusetts find food resources. You can call or text their hotline number **(1-800-645-8333)**.

Mass 211

Mass 211 hotline is a free, confidential service that provides information on a wide range of health and human services, available 24/7. Call **211** or visit **mass211.org**.

Food Pantries

Saugus United Parish Food Pantry

Location: 50 Essex St, Saugus

Hours: Fridays 9:30am-11am

Serves residents of Saugus. First time clients must register.

Healthy Students-Healthy Saugus (HS2)

Location: Saugus Public Schools

Hours: Fridays

HS2 bags are distributed at the Saugus Public Schools on Fridays to take home to anyone that signs up. All food is provided free of charge.

To sign up, complete this https://forms.gle/gmMGguycSHBdziuE9

St. Stephen's Episcopal Church

Location: 74 South Common St, Lynn, MA

St. Stephen's Episcopal Church will be running a Thanksgiving program on **November 22, 2025**. Please call **781-233-2497** to be put on the registration list. Proof of residency/ identification required.

Bread of Life/ Malden Food Pantry

Location: 54 Eastern Ave, Malden

Hours: Wednesdays and Fridays, 1pm-4pm

Serves residents of Malden, Everett, Medford, Melrose, Saugus, Stoneham, Wakefield, Winchester, Reading and North Reading. You must complete an application at the time of your first visit. Proof of residency required.

**Hours and location information may change, and programs may have eligibility restrictions. We suggest checking all details with programs directly.*

Food Pantries

Bread of Life Family Care Pantry

Location: The Family Church, 1691 Revere Beach Parkway, Everett
Hours: Mondays 4pm-7pm
Open to people from any community. No application needed.

The Greater Boston Food Bank

The Greater Boston Food Bank (GBFB) partners with more than 600 hunger-relief agencies, including food pantries, community meal programs and other food assistance providers throughout Eastern Massachusetts. Visit **gbfb.org** to find available food assistance options in your community.

**Hours and location information may change, and programs may have eligibility restrictions. We suggest checking all details with programs directly.*