

SOMERVILLE AREA FOOD PANTRIES CALENDAR

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
9 a.m.									
10 a.m.	PEABODY HOUSE 10am - 3pm	MYSTIC 10am - 2pm	MYSTIC 10am - 2pm	MYSTIC 10am - 2pm	F4A 9am - 12pm	PEABODY HOUSE 10am - 12pm	SOUP 10am - 3pm	MYSTIC 10am - 2pm	MYSTIC 9am - 2pm
11 a.m.									
12 p.m.									
1 p.m.									
2 p.m.			SOUP 12pm - 4pm	SOUP 10am - 3pm	PROJECT SOUP 2pm - 7pm	MYSTIC 4pm - 6pm			
3 p.m.									
4 p.m.		MYSTIC 4pm - 6pm	MYSTIC 4pm - 6pm	PEABODY HOUSE 5pm - 7pm					
5 p.m.									
6 p.m.									
7 p.m.									

PROJECT SOUP (SOUP)
165 Broadway,
Somerville

FOOD4ALL (F4A)
59 Cross St,
Somerville

ELIZABETH PEABODY HOUSE
277 Broadway,
Somerville

MYSTIC COMMUNITY MARKET (MYSTIC)
291 Mystic Ave,
Medford

All pantries can be visited a maximum of one time per week unless indicated otherwise.

MYSTIC COMMUNITY MARKET (MYSTIC)

291 Mystic Ave, Medford

Monday, Tuesday, Wednesday, Friday

10am - 2pm, 4pm - 4:45pm

5pm - 6pm (Walk-in)

Saturday 9am - 2pm

(617) 629-5120



You'll need to **make an appointment** at your-market.org to visit **before 5pm**.

Mystic Community
Market

ELIZABETH PEABODY HOUSE

277 Broadway, Somerville

Wednesday 5pm - 7pm

Thursday 10am - 12pm

Sunday 10am - 3pm

(617) 623-5510

You'll need:

- Nothing!



Elizabeth Peabody
House

Shepherd's Kitchen

Project soup

Food4All

PROJECT SOUP

165 Broadway, Somerville

Tuesday 12pm - 4pm

Wednesday 10am - 3pm

Thursday 2pm - 7pm

Friday 10am - 3pm

(617) 776-7687

You'll need:

- Proof of Somerville address
- Can be visited **2x/month** only



FOOD4ALL (F4A)

59 Cross St, Somerville

Tuesday 10:30am -

1:00pm

Wednesday 9am - 12pm

(617) 776-7515

On Tuesdays, tickets for food pickup are distributed beginning at 8:30am. You can sign-up on site, no ID needed.



Cambridge food pantries that serve Somerville residents:

EAST END HOUSE

105 Spring St, Cambridge

Tuesday, Friday 1pm - 2pm

(617) 876-4444

You'll need an **ID** and **income verification**.



East End House

MARGARET FULLER NEIGHBORHOOD HOUSE

71 Cherry St, Cambridge

Wednesday 4pm - 6:30pm

Thursday 2pm - 5pm

Friday 9am - 12pm

Saturday 10am - 1pm

(617) 547-4680

You'll need:

- Proof of **MA** address
- Can be visited **2x/month** only



Margaret Fuller
Neighborhood
House

SHEPHERD'S KITCHEN

130 Highland Ave

First Saturday of the month, 9:15am

(857) 529- 9161

**CLOSED JULY
AND AUGUST**



	DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO					
9 a.m.												
10 a.m.	PEABODY HOUSE 10am - 3pm	MYSTIC 10am - 2pm	MYSTIC 10am - 2pm	MYSTIC 10am - 2pm	PEABODY HOUSE 10am - 12pm	SOUP 10am - 3pm	MYSTIC 10am - 2pm					
11 a.m.												
12 p.m.												
1 p.m.												
2 p.m.			SOUP 10am - 3pm	SOUP 10am - 3pm	PROJECT SOUP 2pm - 7pm	SOUP 10am - 3pm						
3 p.m.												
4 p.m.												
5 p.m.		MYSTIC 4pm - 6pm	MYSTIC 4pm - 6pm	PEABODY HOUSE 5pm - 7pm		MYSTIC 4pm - 6pm						
6 p.m.												
7 p.m.												

PROJECT SOUP (SOUP)
165 Broadway,
Somerville

FOOD4ALL (F4A)
59 Cross St,
Somerville

ELIZABETH PEABODY HOUSE
277 Broadway,
Somerville

MYSTIC COMMUNITY MARKET (MYSTIC)
291 Mystic Ave,
Medford

Se puede visitar cada despensa de alimentos (food pantry) máximo una vez por semana, a menos que se indique lo contrario

MYSTIC COMMUNITY MARKET (MYSTIC)

291 Mystic Ave, Medford

Lunes-Miércoles, Viernes
10am - 2pm, 4pm - 4:45pm
5pm - 6pm (sin cita previa)
Sábado 9am - 2pm
(617) 629-5120

Deberá **hacer una cita** en your-market.org
para **antes de las 5pm** para ir al mercado.



Mystic Community
Market

Elizabeth Peabody
House

ELIZABETH PEABODY HOUSE

277 Broadway, Somerville

Miércoles 5pm - 7pm
Jueves 10am - 12pm
Domingo 10am - 3pm
(617) 623-5510

¿Qué se necesita?:

- ¡Nada!



Shepherd's Kitchen

Project soup

Food4All

FOOD4ALL (F4A)

59 Cross St, Somerville

Martes 10:30am - 1:00pm
Miércoles 9am - 12pm
(617) 776-7515

Los vales para recoger los
alimentos se distribuyen
los martes a las 8:30am.
Puede inscribirse en la
entrada, no necesita ID.



Lista de despensa de alimentos en Cambridge que aceptan residentes de
Somerville

EAST END HOUSE

105 Spring St, Cambridge

Martes, Viernes 1pm - 2pm
(617) 876-4444

Necesita llevar su **ID** y **comprobante**
de **ingresos**.



MARGARET FULLER NEIGHBORHOOD HOUSE

71 Cherry St, Cambridge

Miércoles 4pm - 6:30pm
Jueves 2pm - 5pm
Viernes 9am - 12pm
Sábado 10am - 1pm
(617) 547-4680

¿Qué se necesita?:

- Prueba de dirección de MA
- Puede visitar 2 veces al mes



Margaret Fuller
Neighborhood
House

East End House

SHEPHERD'S KITCHEN

130 Highland Ave

Primer Sábado de cada mes, 9:15am
(857) 529- 9161
**CERRADO EN
JULIO Y AGOSTO**



CALENDÁRIO DAS DESPENSAS DE ALIMENTOS NA REGIÃO DE SOMERVILLE

	DOMINGO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO		
9:00h									
10:00h	PEABODY HOUSE 10h às 15h	MYSTIC 10h às 14h	MYSTIC 10h às 14h	MYSTIC 10h às 14h	PEABODY HOUSE 10h às 12h	SOUP 10h às 15h	MYSTIC 10h às 14h		
11:00h									
12:00h									
13:00h									
14:00h									
15:00h			SOUP 12h às 16h	SOUP 10h às 15h	PROJECT SOUP 14h às 19h				
16:00h									
17:00h		MYSTIC 16h às 18h				MYSTIC 16h às 18h			
18:00h		PEABODY HOUSE 17h às 19h							
19:00h									

**PROJECT SOUP
(SOUP)**
165 Broadway,
Somerville

FOOD4ALL (F4A)
59 Cross St,
Somerville

**ELIZABETH PEABODY
HOUSE**
277 Broadway,
Somerville

**MYSTIC COMMUNITY
MARKET (MYSTIC)**
291 Mystic Ave,
Medford

Todas as despensas podem ser visitadas no máximo uma vez por semana, a menos que indicado de outra forma.

MYSTIC COMMUNITY MARKET (MYSTIC)

291 Mystic Ave, Medford

Segundas, Terças, Quartas e Sextas:

10h às 14h e 16h às 16h45

17h às 18h **(sem agendar)**

Sábados: 9h às 14h

(617) 629-5120

É **necessário agendar** para atendimento antes das 17h, pelo: your-market.org



Mystic Community Market

Elizabeth Peabody House

ELIZABETH PEABODY HOUSE

277 Broadway, Somerville

Quartas: 17h às 19h

Quintas: 10h às 12h

Domingos: 10h às 15h

(617) 623-5510

Você precisará:

- Nada!



Shepherd's Kitchen

Project soup

Food4All

PROJECT SOUP

165 Broadway, Somerville

Terças: 12h às 16h

Quartas: 10h às 15h

Quintas: 14h às 19h

Sextas: 10h às 15h

(617) 776-7687

Você deverá apresentar:

- Comprovante de endereço em Somerville.
- Pode ser visitado apenas **2x/mês.**



FOOD4ALL (F4A)

59 Cross St, Somerville

Terças: 10h30 às 13h

Quartas: 9h às 12h

(617) 776-7515

Às terças, os tickets para receber alimentos são distribuídos a partir das 8h30. Inscreva-se no local, sem necessidade de identificação.



Despensas de alimentos de Cambridge que atendem residentes de Somerville:

EAST END HOUSE

105 Spring St, Cambridge

Terças e Sextas: 13h às 14h

(617) 876-4444

Você deverá apresentar:

documento de identidade e comprovante de renda.



MARGARET FULLER NEIGHBORHOOD HOUSE

71 Cherry St, Cambridge

Quartas: 16h às 18h30

Quintas: 14h às 17h

Sextas: 9h às 12h

Sábados: 10h às 13h

(617) 547-4680

Você deverá apresentar:

- Comprovante de endereço em MA
- Pode ser visitado apenas **2x/mês.**



Margaret Fuller Neighborhood House

East End House

SHEPHERD'S KITCHEN

130 Highland Ave

Primeiro sábado do mês, às 9h15

(857) 529- 9161

FECHADO EM JULHO E AGOSTO.



KALANDRIYE POU FOOD PANTRY NAN ZÒN SOMERVILLE YO

	DIMANCH	LENDI	MADI	MÈKREDI	JEDI	VANDREDI	SAMDÌ	
9 a.m.								
10 a.m.	PEABODY HOUSE 10am - 3pm	MYSTIC 10am - 2pm	MYSTIC 10am - 2pm	MYSTIC 10am - 2pm	PEABODY HOUSE 10am - 12pm	SOUP 10am - 3pm	MYSTIC 10am - 2pm	MYSTIC 9am - 2pm
11 a.m.								
12 p.m.								
1 p.m.								
2 p.m.			SOUP 10am - 3pm	SOUP 10am - 3pm				
3 p.m.					PROJECT SOUP 2pm - 7pm			
4 p.m.								
5 p.m.		MYSTIC 4pm - 6pm	MYSTIC 4pm - 6pm				MYSTIC 4pm - 6pm	
6 p.m.				PEABODY HOUSE 5pm - 7pm				
7 p.m.								

PROJECT SOUP (SOUP)
 165 Broadway,
 Somerville

FOOD4ALL (F4A)
 59 Cross St,
 Somerville

ELIZABETH PEABODY HOUSE
 277 Broadway,
 Somerville

MYSTIC COMMUNITY MARKET (MYSTIC)
 291 Mystic Ave,
 Medford

Ou ka vizite tout food pantry yo yon fwa pa semèn maksimòm sof si yo pa dakò.

MYSTIC COMMUNITY MARKET (MYSTIC)

291 Mystic Ave, Medford

Lendi - Mèkredi, Vandredi
10am - 2pm, 4pm - 4:45pm
5pm - 6pm (Mache antre)
Samdi 9am - 2pm
(617) 629-5120

Ou ap gen bezwen **mete yon randevou**
nan your-market.org pou **vizie avan 5pm**.



Mystic Community
Market

ELIZABETH PEABODY HOUSE

277 Broadway, Somerville

Mèkredi 5pm - 7pm
Jedi 10am - 12pm
Dimanch 10am - 3pm
(617) 623-5510
Ou bezwen:
• Anyen!



Elizabeth Peabody
House

Shepherd's Kitchen

Project soup

Food4All

FOOD4ALL (F4A)

59 Cross St, Somerville

Madi 10:30am - 1:00pm
Mèkredi 9am - 12pm
(617) 776-7515
Jou Madi yo, tikè pou vin
chèche manje yo ap
distribye apati 8:30 am.
Ou ka enskri sou plas,
ou pa bezwen pyès
idantite.



Food Pantry nan Cambridge ki sèvi rezidan Somerville yo:

EAST END HOUSE

105 Spring St, Cambridge

Madi, Vandredi 1pm - 2pm
(617) 876-4444
Ou ap gen bezwen yon **ID** ak
verifikasyon revni ou.



MARGARET FULLER NEIGHBORHOOD HOUSE

71 Cherry St, Cambridge

Mèkredi 4pm - 6:30pm
Jedi 2pm - 5pm
Vandredi 9am - 12pm
Samdi 10am - 1pm
(617) 547-4680
Ou ap bezwen:
• Prè adrès nan **MA**
• Kapab vizite **2x/pa mwa** sèlman



Margaret Fuller
Neighborhood
House

East End House

SHEPHERD'S KITCHEN

130 Highland Ave

Chak premye Samdi nan mwa a, 9:15am
(857) 529- 9161
**FÈMEN POU MWA
JIYÈ AK OUT LA**



薩默維爾地區食物銀行日程表

	星期日	星期一	星期二	星期三	星期四	星期五	星期六
早上 9 時							
早上 10 時							
早上 11 時							
中午 12 時							
下午 1 時							
下午 2 時							
下午 3 時							
下午 4 時							
下午 5 時							
下午 6 時							
晚上 7 時							

PROJECT SOUP (SOUP)
地址：165 Broadway,
Somerville

FOOD4ALL (F4A)
地址：59 Cross St,
Somerville

ELIZABETH PEABODY HOUSE
地址：277 Broadway,
Somerville

MYSTIC COMMUNITY MARKET (MYSTIC)
地址：291 Mystic Ave,
Medford

除非特別註明，否則每人每週最多只能前往各食物銀行一次。

MYSTIC COMMUNITY MARKET (MYSTIC)

地址：291 Mystic Ave, Medford

開放時間：

星期一，星期二，星期三，星期五
早上 10 時至下午 2 時，
下午 4 時至 4 時 45 分
下午 5 時至 6 時（無需預約）
星期六，早上 9 時至下午 2 時
電話：(617) 629-5120

如果您打算在下午 5 時前到訪，請先在 your-market.org 提前預約。



Mystic Community Market

ELIZABETH PEABODY HOUSE

地址：277 Broadway, Somerville

開放時間：

星期三，下午 5 時至晚上 7 時
星期四，早上 10 時至中午 12 時
星期日，早上 10 時至下午 3 時
電話：(617) 623-5510

- 無需預約或攜帶任何證明文件



Elizabeth Peabody House

Shepherd's Kitchen

Somerville

Project soup

Food4All

FOOD4ALL (F4A)

地址：59 Cross St, Somerville

開放時間：

星期二，早上 10 時 30 分至下午 1 時
星期三，早上 9 時 30 分至中午 12 時
電話：(617) 776-7515

星期二早上 8 時 30 分開始派發食品領取券。您可以到場登記，不需出示身分證文件(ID)。



EAST END HOUSE

地址：105 Spring St, Cambridge

開放時間：

星期二，星期五，下午 1 時至 2 時
電話：(617) 876-4444

須出示身分

證明文件(ID)
及收入證明。



MARGARET FULLER NEIGHBORHOOD HOUSE

地址：71 Cherry St, Cambridge

星期三，下午 4 時至 6 時 30 分
星期四，下午 2 時至 5 時
星期五，早上 9 時至中午 12 時
星期六，早上 10 時至下午 1 時
電話：(617) 547-4680

- 請攜帶麻薩諸塞州居住地址證明
- 每月僅限領取兩次



Margaret Fuller Neighborhood House

East End House

SHEPHERD'S KITCHEN

地址：130 Highland Ave

開放時間：每個月的第一個星期六，
上午 9 時 15 分

電話：(857) 529-9161
七月及八月暫不開放。



萨默维尔地区食品分发站日程表

	星期日	星期一	星期二	星期三	星期四	星期五	星期六
早上 9 时							
早上 10 时							
早上 11 时							
中午 12 时							
下午 1 时							
下午 2 时							
下午 3 时							
下午 4 时							
下午 5 时							
下午 6 时							
晚上 7 时							

PROJECT SOUP (SOUP)
地址: 165 Broadway,
Somerville

FOOD4ALL (F4A)
地址: 59 Cross St,
Somerville

ELIZABETH PEABODY HOUSE
地址: 277 Broadway,
Somerville

MYSTIC COMMUNITY MARKET (MYSTIC)
地址: 291 Mystic Ave,
Medford

除非特别注明，否则每人每周最多只能前往各食品分发站一次。

MYSTIC COMMUNITY MARKET (MYSTIC)

地址：291 Mystic Ave, Medford

开放时间：

星期一，星期二，星期三，星期五
早上 10 时至下午 2 时，
下午 4 时至 4 时 45 分
下午 5 时至 6 时（无需预约）
星期六，早上 9 时至下午 2 时
电话：(617) 629-5120

如果您打算在下午 5 时前到访，请先在 your-market.org 提前预约。



Mystic Community Market

ELIZABETH PEABODY HOUSE

地址：277 Broadway, Somerville

开放时间：

星期三，下午 5 时至晚上 7 时
星期四，早上 10 时至中午 12 时
星期日，早上 10 时至下午 3 时
电话：(617) 623-5510

- 无需预约或携带任何证明文件



Elizabeth Peabody House

Shepherd's Kitchen

Somerville

Project soup

Food4All

FOOD4ALL (F4A)

地址：59 Cross St, Somerville

开放时间：

星期二，早上 10 时 30 分至下午 1 时
星期三，早上 9 时 30 分至中午 12 时
电话：(617) 776-7515

星期二的早上 8 时 30 分开始派发食品领取券。您可以到场登记，不需出示身分证明文件(ID)。



EAST END HOUSE

地址：105 Spring St, Cambridge

开放时间：

星期二，星期五，下午 1 时至 2 时
电话：(617) 876-4444

须出示身分证明

文件(ID)及
收入证明。



East End House

MARGARET FULLER NEIGHBORHOOD HOUSE

地址：71 Cherry St, Cambridge

星期三，下午 4 时至 6 时 30 分
星期四，下午 2 时至 5 时
星期五，早上 9 时至中午 12 时
星期六，早上 10 时至下午 1 时
电话：(617) 547-4680

- 请携带马萨诸塞州居住地址证明
- 每月仅限领取两次



Margaret Fuller Neighborhood House

SHEPHERD'S KITCHEN

地址：130 Highland Ave

开放时间：每个月的第一个星期六，
上午 9 时 15 分

电话：(857) 529-9161
七月及八月暂不开放。



可以为萨默维尔居民提供服务的剑桥食品分发站：

SOMERVILLE क्षेत्रको खाद्य भण्डार पात्रो

	आइतबार	सोमबार	मङ्गलबार	बुधबार	बिहाबार	शुक्रबार	शनिबार
बिहान 9 बजे							
बिहान 10 बजे							
बिहान 11 बजे							
मध्यान्ह 12 बजे							
दिउँसो 1 बजे							
दिउँसो 2 बजे							
दिउँसो 3 बजे							
दिउँसो 4 बजे							
दिउँसो 5 बजे							
साँझ 6 बजे							
साँझ 7 बजे							

**PROJECT SOUP
(SOUP)**
165 Broadway,
Somerville

FOOD4ALL (F4A)
59 Cross St, Somerville

**ELIZABETH PEABODY
HOUSE**
277 Broadway,
Somerville

**MYSTIC COMMUNITY
MARKET (MYSTIC)**
291 Mystic Ave, Medford

सबै भण्डारहरूमा अन्यथा उल्लेख नगरेसम्म प्रति हप्ता बढीमा एक पटक मात्र जान सकिन्छ।

MYSTIC COMMUNITY MARKET (MYSTIC) 291 Mystic Ave, Medford

सोमबार - बुधबार, शुक्रबार
बिहान 10 बजेदेखि दिउँसो 2 बजेसम्म,
दिउँसो 4 बजेदेखि 4:45 सम्म
साँझ 5 बजेदेखि 6 बजेसम्म (वाक-इन)
शनिबार बिहान 9 बजेदेखि दिउँसो 2 बजेसम्म
(617) 629-5120

तपाईं साँझ 5 बजेअघि जानका लागि your-market.org मा
अपोइन्टमेन्ट लिनु पर्ने छ।

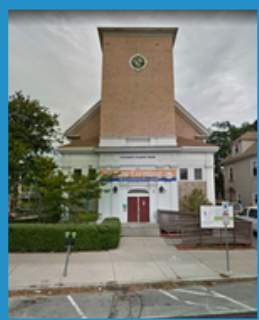


MYSTIC COMMUNITY MARKET

ELIZABETH PEABODY HOUSE 277 Broadway, Somerville

बुधबार साँझ 5 बजेदेखि 7 बजेसम्म
बिहीबार बिहान 10 बजेदेखि मध्याह्न 12 बजेसम्म
आइतबार बिहान 10 बजेदेखि दिउँसो 3 बजेसम्म
(617) 623-5510

तपाईंलाई चाहिने कुरा:
• केही चाहिँदैन!



ELIZABETH PEABODY HOUSE

SHEPHERD'S KITCHEN

FOOD4ALL

FOOD4ALL (F4A) 59 Cross St, Somerville

मङ्गलबार बिहान 10:30 देखि दिउँसो 1:00
बजेसम्म
बुधबार बिहान 9 बजेदेखि मध्याह्न 12
बजेसम्म

(617) 776-7515

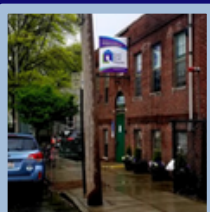
हरेक मङ्गलबार बिहान 8:30 बजेदेखि खाद्य
पिकअपका लागि टिकटहरू वितरण गर्न सुरु
गरिन्छ। तपाईं उक्त स्थानमा गएर साइन अप
गर्न सक्नुहुन्छ, परिचयपत्र चाहिँदैन।



EAST END HOUSE 105 Spring St, Cambridge

मङ्गलबार, शुक्रबार दिउँसो 1 बजेदेखि 2 बजेसम्म
(617) 876-4444

तपाईंलाई परिचयपत्र र अम्दानीको
प्रमाणीकरण चाहिन्छ।



EAST END HOUSE

MARGARET FULLER NEIGHBORHOOD HOUSE 71 Cherry St, Cambridge

बुधबार दिउँसो 4 बजेदेखि साँझ 6:30 बजेसम्म
बिहीबार दिउँसो 2 बजेदेखि 5 बजेसम्म
शुक्रबार बिहान 9 बजेदेखि मध्याह्न 12 बजेसम्म
शनिबार बिहान 10 बजेदेखि दिउँसो 1 बजेसम्म
(617) 547-4680

तपाईंलाई चाहिने कुरा:

- MA को ठेगानाको प्रमाण
- प्रति महिना 2x मात्र जान सकिन्छ



MARGARET FULLER NEIGHBORHOOD HOUSE

SHEPHERD'S KITCHEN 130 Highland Ave

महिनाको पहिलो शुक्रबार, बिहान 9:15 बजे
(857) 529- 9161

जुलाई र अगस्टमा
बन्द हुन्छ

