

From the Office of Senator Edward J. Markey SNAP, Health Insurance, and Energy Resources

This Saturday, November 1, approximately 1.1 million Massachusetts residents will begin losing their Supplemental Nutrition Assistance Program (SNAP) benefits because of the Trump administration's decision to suspend funding to SNAP—despite having billions of dollars in contingency funds available that the administration is legally obligated to use.

Senator Markey is outraged by these actions. He [said at a press conference he hosted last week with Congresswoman Pressley](#) that “at a time when the cost of living and groceries is skyrocketing, our federal government must focus on lowering costs and meeting the basic needs of all Americans.”

Also this Saturday, Massachusetts residents using the Health Connector will begin open enrollment for 2026 health insurance plans. More than 300,000 MA residents who get health insurance through the Health Connector will discover that their insurance premiums will increase unless Congress preserves federal tax credits that lower health care costs. Senator Markey raised the alarm about these increases at [a press conference with the Executive Director of the Massachusetts Health Connector](#).

In light of these crises, our office has updated our [shutdown resources for constituents](#), and we are including below additional resources related to SNAP, health care, and energy costs.

Please feel free to share these resources widely. Despite the federal government shutdown, Senator Markey's office remains open and available to serve constituents and communities. Please continue to reach out to us with urgent concerns and casework matters.

Thank you for your partnership and commitment to your community during this moment—we are grateful for your work.

SNAP, Home Energy, and Health Insurance Resources

Food Assistance

Alerts and Updates

To learn more and stay up to date on SNAP benefit alerts, [click here](#).

Visit the Department of Transitional Assistance (DTA) Frequently Asked Questions (FAQ) page for more information regarding the Federal Shutdown and SNAP [here](#).

To stay up to date with the Department of Public Health (DPH) Women, Infants, & Children Nutrition Program (WIC) Alert, [click here](#).

For frequently asked questions about the Massachusetts Healthy Incentives Program (HIP) and to find HIP Vendors, [click here](#).

Mass 211 is a resource available 24/7 that connects callers to information about government benefits and critical health and human services available in their community. To learn more and get connected, [click here](#).

For up-to-date shutdown information on health care, immigration, housing, and more, see [MassLegalServices.org/Shutdown](https://www.mass.gov/SHUTDOWN).

Food Banks and Resources

In response to the SNAP Freeze, the Healey administration has set up [Mass.gov/SNAPFree](https://www.mass.gov/SNAPFreeze)

It is a new Resource Hub with information on how families facing hunger can get help and ways for people and businesses to offer help

It is alongside the Commonwealth of Massachusetts's [Food Bank Finder](#)

Project Bread's [FoodSource Hotline](#): 1-800-645-8333

If you are facing immediate hunger, you can call or text this hotline to receive information regarding food resources in your area or talk with a Project Bread Counselor.

The Hotline includes 180 languages and is available Monday – Friday 8AM to 7PM and Saturday 10AM to 2PM

United Way's [United Response Fund](#)

To support local community-based organizations provide critical services and meet the needs of their communities; deploy emergency financial assistance to individuals and families; and make organizations resilient to funding cuts over the long-term

Feeding America's [Local Food Bank Locator](#)

Foodpantries.org's [list of Massachusetts food pantries](#)

FreeFood.org's list of [Massachusetts food pantries](#)

Homeless Shelter Directory's [list of food banks and soup kitchens](#)

Catholic Charities Boston: <https://www.ccab.org/>

Regional Food Resources

Boston Area Food Resources: [BOS - Food Access and Food Assistance Resources](#)

Greater Boston Food Bank: [GBFB.org/need-food](https://www.gbfb.org/need-food)

Food Bank of Western MA: [FoodbankWMA.org/get-help/](https://www.foodbankwma.org/get-help/)

Worcester County Food Bank: [Foodbank.org/find-food/](https://www.foodbank.org/find-food/)

Merrimack Valley Food Bank: [MVFB.org/pantry-schedule](https://mvfb.org/pantry-schedule)

ABCD's [Food Access Centers](#)

Serving Boston, Malden, Medford, and Everett

The Salem Pantry: <https://thesalempantry.org/>

South Shore Food Bank: <https://www.southshorefoodbank.org/>

Damien's Food Pantry: <https://damiensfoodpantry.org/>

Serving the Southcoast

Nantucket Food Pantry: <https://www.assistnantucket.org/>

Martha's Vineyard Island Grown Initiative Food Pantry: <http://islandfoodpantry.org/resources/>

The Family Pantry of Cape Cod: <https://www.thefamilypantry.com/>

Hockomock Area YMCA (Greater North Attleborough and Franklin):
<https://www.hockymca.org/food-access/>

Greater Fall River Community Food Pantry: <https://greaterfrcfcommunity.org/>

Our Daily Bread (Greater Taunton): <https://tauntonsoupkitchen.org>

Health Insurance

Massachusetts [Health Connector](#)

[Health Insurance Enrollment Page](#)

[Updates on changes to health insurance enrollment due to new federal policies](#)

Find your [local healthcare enrollment navigator](#)

[Health Care For All's](#) free hotline to help constituents navigate enrolling in health insurance:
800-727-4232

[MassOptions](#)

Resources built to connect residents to health insurance, aging, and disability services

[Massachusetts Health Policy Commission](#)

Resources for public and private health insurance recipients, health care providers, and elder services

Are your health insurance premiums significantly increasing in 2026? [Share your story with our office by clicking here.](#)

Home Energy

The Massachusetts Department of Public Utilities extended the statewide moratorium on utility shut-offs for low-income residents' gas and electric services, which began October 27, 2025 and goes until April 1, 2026. To receive this protection, you must provide verification of financial hardship to your utility company. Visit the [Massachusetts Councils on Aging](#) for more information.

If your gas or electricity services are turned off, please reach out to our office for assistance.

Beginning November 1, [Local Home Energy Assistance Program \(HEAP\) agencies](#) will have limited funding for heating emergencies only during the shutdown, as utility bill assistance will be frozen. You can still apply for the season to receive assistance once government funding resumes.

Salvation Army Utility & Rent Assistance:

<https://www.salvationarmyusa.org/utility-rent-assistance/>

National Energy & Utility Affordability Coalition (NEUAC) [Massachusetts Energy Resources](#)