



CITY OF MEDFORD

FOOD RESOURCES

UPDATED 10/16/2025



- **Medford Public Schools** – Breakfasts and lunches are free for all students in the state of Massachusetts. To ensure your child gets their free meals, make sure they have their LASID number accessible. Reach out to meals@medford.k12.ma.us or visit www.mps02155.org/students-families/school-breakfast-and-lunch.
- **Mystic Community Market** – A free food pantry located at 291 Mystic Ave. Open on Monday & Wednesday 3:30pm-7pm, Thursday 3:30pm-7pm, Friday 3:30pm-6pm & Saturday 9am-2pm, or call 617-629-5120 to make an appointment.
- **Medford Food Pantries** – Saint Raphael Parish – Tuesdays 9am-12pm.
- **Micro Pantries** – There are 15 micro pantries open 24/7 around our community. Find locations at sanctuaryucc.org.
- **Community Fridge** – Located at 75 Riverside Ave. For those who are donating, please keep in mind this is a refrigerator only, not a freezer.
- **Senior Center and Meals-On-Wheels** – The Council on Aging hosts a food pantry every other Tuesday from 11 am-1pm. Please register at 781-396-6010. Mystic Valley Elder Services, Meals on Wheels offers weekly delivery of well-balanced lunches to thousands of older adults. Call Nutrition Services at 781-324-7705.

- **SNAP/EBT/Food Stamps** – Our closest SNAP office is The Department of Transitional Assistance (DTA) 245 Commercial St Malden. DTA offers the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps. It is a federal nutrition benefit program for families with low incomes that provides monetary supplements for certain food purchases. For more information, visit <https://www.mass.gov/snap-benefits-formerly-food-stamps>.
- **WIC** – Our closest WIC office is located at 239 Commercial St in Malden. WIC is a nutrition program that provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services, free of charge, to Massachusetts families who qualify. Also offers remote services – call (781) 338-7578 or email Sharon Burton at sburton@hallmarkhealth.org.
- **Lasagna Love** – Request lasagna on their website at www.lasagnaLove.org/request-a-meal/.
- **Facebook groups** – Everything is Free Medford, Medford Micro Pantry Food Mission, Medford MA, LOPH'S Community Fridge, City of Medford Community Engagement Team.
- **Medford Community Engagement Team** – 781-475-5644. Reach out with questions, concerns, or are looking for support applying for SNAP or accessing food resources. Visit www.medfordma.org/medford-connects for more information.

- **MelroseWakefield Hospital Mobile Food Market** – Reach out to Eileen Dern to receive assistance: eileen.o.dern@tuftsmedicine.org.
- **The Child and Adult Care Food Program** – Visit <https://www.doe.mass.edu/cnp/nprograms/cacfp.html> for more details.
- **Vida Real** – 98 George P. Hassett Dr. Thursdays 1:30-2:30pm. Free to community members. No reservations needed.
- **MAMAS** – Mutual Aid Medford and Somerville. Provides resources and support to our Somerville & Medford neighbors through mutual aid. Visit <https://mutualaiddisasterrelief.org/co-conspirators/mutual-aid-medford-and-somerville/> for more details.
- **The Unitarian Universalist Church of Medford Community Cupboard Food Pantry** – Thursdays from 6pm-7:30pm at 147 High Street.
- **Malden YMCA Food Locker Program and Homebound Delivery Program** – For those unable to make hours at food pantries due to work or other complications. Home delivery is an option for community members who are homebound. Reach out to Joshua Chu, Director of Food Access and Community Health, at jchu@mv-ymca.org or 781-851-4452 ext. 223.
- **Check out the following websites for further food resources:**
 - <https://mafoodsystem.org/organizations/>
 - <https://foodforfree.org/need-food/>
 - <https://massoptions.org>

