

Food Resources for Residents Struggling with Hunger

MHSA
MIDDLESEX HUMAN SERVICE
AGENCY, INC.

Daily Soup Kitchen

MHSA along with hundreds of volunteers provide a hot meal daily for community members in need. As a temporary safety precaution, MHSA will be providing Grab & Go meals nightly. We kindly request that anyone who receives our takeout food containers, to properly dispose them into the trash. Everyone is welcome who wears a mask, social distances and has sanitized hands (bathrooms not available).



When: Monday-Friday 4:30-5:30pm.

Where: Immanuel United Methodist Church, 545 Moody Street, Waltham. Please enter through the side door on Cherry Street.

Weekly Food Pantry

MHSA provides a weekly food pantry with nutritious fresh and nonperishable foods for individuals and families in need. Please bring your own bags or carts! Please wear masks and social distance.



When: Wednesdays 9:00am-12:00pm.

Where: Immanuel United Methodist Church, 545 Moody Street, Waltham. Please enter through the side door on Cherry Street.

- **Additional Food Resources:** The Greater Boston Food Bank: gbfb.org/need-food/
- **Host a Food Drive:** Contact Nancy at: 781-894-6110 x2500
- **Support MHSA Nutrition Programs:** MHSAinc.org/donate any denomination is appreciated
- **Volunteer:** Please send your e-mail inquiry to Nancy at: nmcgeoghegan@MHSAinc.org
- **Donate Nonperishable Food:** Please deliver to MHSA Distribution Services, 108 Clematis Avenue #3, Waltham, MA. Open M-F 9:30-4:30.



Monthly Mobile Market

The MHSA Mobile Market is a Saturday outdoor farmer's market-style event that provides nutritious food to anyone in need. The Market provides fresh produce, dairy products, frozen soups and high-protein items, free of charge. Bring your own bags or carts! Everyone is welcome. Please wear masks and social distance.

When: Select Saturdays 11:30-12:30pm.

Where: 50 Prospect Street, Waltham, MA, (side parking lot)

Criteria: Must register with the following information: # of people in your family and zip code.

2022 Dates

**January 22, February 26, March 19,
April 23, May 21, June 25, July 16,
August 20 and September 17.**

Check back for additional dates.

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