

# GOOD FOOD MASSACHUSETTS

Programs that connect people with healthy and affordable food

## Did you know...



1 out of 9 people in MA are food insecure, meaning they regularly struggle to have enough adequate food for themselves and their families; 1 out of 6 MA children suffer from food insecurity.



Food Insecurity leads to health issues that impede a person's ability to lead a full life—consequences that also impact health care costs and the economy.



67% of food insecure MA residents are eligible for assistance programs, but many are not participating. 680,000 MassHealth customers likely qualify for, but are not currently receiving, SNAP benefits.



Many of your constituents lack access to nutritious food options due to income, transportation, or lack of healthy food retail. An estimated 750,000 MA residents do not have access to enough food for a healthy diet. People who are food insecure aren't able to work or learn at their full capacity, leading to a range of health and economic consequences.

Fortunately, an abundance of resources and programs are available to your constituents. Your knowledge of them can support efforts in increasing the health of your community. This resource is a guide to many of the programs available to qualifying MA residents. The purpose is to inform local leaders of many resources available to increase access to healthy, affordable food and to make your municipality a healthier place to live, work, learn, and play.

Data Sources: Feeding America (2016) Map the Meal Gap; MassLegal Services (2017) Fact Sheet on MA SNAP Gap

This guide was produced by the Healthy Eating Community of Practice, a statewide partnership working to increase food access for all residents in MA. Please contact [HealthyMAPartnership@gmail.com](mailto:HealthyMAPartnership@gmail.com)

## Nutrition & Economic Development

**Supplemental Nutrition Assistance Program** (SNAP; formerly known as food stamps) provides nutritious food to eligible low-income individuals and families. It is implemented by the federal USDA's Food and Nutrition Service, which works with state agencies, retailers, nutrition educators, and neighborhood organizations. Every \$1 in SNAP benefits generates about \$1.70 in local economic activity. [www.mass.gov/snap](http://www.mass.gov/snap)

**MA SNAP-Ed** is a nutrition education and obesity prevention program for those who currently receive/qualify to receive SNAP or other federal assistance programs. SNAP-Ed supports nutrition policy, system, and environmental (PSE) changes within municipalities, such as ordinances, bylaws, and regulations. The program provides people with information and tools necessary to make informed decisions about healthy foods within a limited budget. [snaped.fns.usda.gov/state-snap-ed-contacts/massachusetts](http://snaped.fns.usda.gov/state-snap-ed-contacts/massachusetts)

**MA Women, Infant, and Children** (WIC) is a free nutrition program funded by federal and state government that provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services to all MA families who qualify, including women who are pregnant and children under 5. [www.mass.gov/wic](http://www.mass.gov/wic)

**MA Food Trust** will provide loans, grants, and technical assistance to new and expanded healthy food retailers and local food enterprises in low- and moderate-income communities, investing in jobs and healthier food environments. To get involved in advocating for implementation, contact the MA Public Health Association. [mapublichealth.org/priorities/access-to-healthy-affordable-food/ma-food-trust-program/](http://mapublichealth.org/priorities/access-to-healthy-affordable-food/ma-food-trust-program/)

## Buy Local Incentives

**Healthy Incentives Program** (HIP) will provide a 1-to-1 match for SNAP dollars spent on produce at farmers' markets, farm stands, mobile markets, and Community Supported Agriculture (CSA) programs. The earned incentive is added to the recipient's EBT card for immediate or future use at any SNAP retailer on any SNAP-eligible foods. HIP is being implemented by the MA Department of Transitional Assistance (the agency providing emergency living assistance to residents) from 4/1/17 to 3/31/20. [mafoodsystem.org/projects/HIP/](http://mafoodsystem.org/projects/HIP/)

**MA Farmers' Market Nutrition Program** (FMNP) provides eligible elders (60+) and WIC participants with coupons for produce redeemable at farmers' markets. Coupons are available from early summer through October each year. [www.mass.gov/agr](http://www.mass.gov/agr)

## School Food

**Community Eligibility Provision** (CEP) is a meal service option for schools/school districts with 40% participation in free and reduced-price meals. CEP allows schools and districts to serve breakfast and lunch at no cost to all students without the burden of collecting household applications. [www.doe.mass.edu/cnp/nprograms/cep/](http://www.doe.mass.edu/cnp/nprograms/cep/)

**MA Farm to School** increases access to healthy, locally grown food in schools, from preschool through college. The organization facilitates sustainable purchasing relationships between institutions and farms, promotes local food and agricultural education, and supports networking of farm to school practitioners. [www.massfarmtoschool.org](http://www.massfarmtoschool.org)

## Child & Senior Food Access

**Child and Adult Care Food Program** (CACFP) offers nutrition education and meal reimbursement to non-residential care providers. The program operates in child care and after school centers, family day care homes, adult day health centers, and emergency shelters. Eligibility is dependent on age and income. [www.doe.mass.edu/cnp/nprograms/cacfp.html](http://www.doe.mass.edu/cnp/nprograms/cacfp.html)

**Executive Office of Elder Affairs Senior Nutrition Program** provides food at community meal sites and home delivery to senior citizens (60+) and handicapped/disabled people under 60 who live in elder housing facilities. The program includes culturally-appropriate and therapeutic meals. [www.mass.gov/elders/meals-nutrition/](http://www.mass.gov/elders/meals-nutrition/)