

May 18, 2020

Compiled by: Elaine Whitlock—Awesome Volunteer, Sophie Schouboe—Agency Resource Coordinator,
Michelle Geoffroy—Agency Relations Manager

PO Box 160, 97 N. Hatfield Rd. Hatfield, MA 01038 T: 800-247-9632 F: 413-247-9577 E: agencyrelations@foodbankwma.org www.foodbankwma.org

Warehouse Hours: Pick up: 9am-12pm & 1-3pm; No Appointment Salvage: 9am-12pm & 1-3pm (w/ potential wait) *Orders cannot be picked up between 12-1pm.

Capacity Corner: Finding Funding

I know that some programs are concerned about sustaining the funding that they need to purchase food during this crisis. Because stores are donating less food and many programs are seeing more people, many of you are relying more on purchased food either through our buy-in program or directly from stores. While we are doing what we can to support programs financially, you will also likely need to look for financial support outside of The Food Bank. For many of you, that means grants. Grants can be a wonderful source of funding for programs, but it can also be difficult to know where to start. A few places to start looking include local banks, health organizations (Fallon Health has a monthly grant process open right now), Walmart and of course, NewsBites. If you are new to grant writing and want some more tips, sign up for the Beginning Grant Writing training that we'll be holding via Zoom on June 10th by emailing me at sophies@foodbankwma.org. Stay safe.

~Sophie

SNAP & Pandemic EBT

If clients need help applying for or have questions about SNAP, please direct them to The Food Bank SNAP line or Project Bread's Food Resource Hotline:

Food Bank SNAP Direct Line: 413-992-6204. Please print **pg. 10-11** to give to your clients.

Project Bread Food Resource Hotline: 1-800-645-8333

For more information on pandemic EBT see **pgs. 12-13**. For additional information on food resources including pandemic school meals visit: <http://www.projectbread.org/news-and-events/news/covid-19-hunger-food.html#school>

The Food Bank Kitchen & Warehouse Word

See pages 2-3 for recipes and "Osteoporosis Prevention" See **page 4** for the **USDA April-June** and current **MEFAP lists!**

COVID-19 Network Calls This Week

Each week we are hosting network calls to provide more information and to answer your questions. We encourage you to attend but if you can't attend you can find recordings and notes here: <https://tinyurl.com/v836u6zq>. Password is F00dBank.

Thur., 5/21, 3:00pm-4:00pm

Fri., 5/22, 1:00pm-2:00pm

Each meeting will have a unique Zoom link which will be emailed to program contacts along with the call in information by the morning of each meeting. Email agencyrelations@foodbankwma.org with any questions.

COVID-19 USDA Income Guidelines

The USDA has increased the income guidelines due to the COVID-19 crisis. They are now at 250% of the Federal Poverty Line. See **p. 14** for the updated guidelines.

Agency Training Institute: Grant Writing for Beginners

**Wednesday, June 10th
9:30-10:30am via Zoom**

In this workshop, Liz Budd, Grant Relations Officer at The Food Bank, will go over the basics of grants and give you some key insights into the standard application and submission process.

You'll learn how to find grant opportunities, determine your eligibility, put together a persuasive application and more. For more information see flyer on **p.6**.

Register by Monday, June 8th by emailing sophies@foodbankwma.org

Food Bank Closed for Memorial Day

The Food Bank will be closed for Memorial Day on Monday, May 25. Orders for Tuesday, May 26 must be placed by Thursday, May 21.

Does Your Program Have a Public Phone Number?

We are getting a lot of calls from people in need of food during the COVID-19 crisis. When we get those calls, we give people the phone number that we have listed for your program. However, sometimes they try to call a pantry in her area several times, with no success – no answer, no outgoing message, and no response to messages. They ask us "Is this phone number correct?" and "Does this program still exist?"

What would happen if someone looking for food tried to call *your* program?

Did you know that emergency programs (pantries and meal sites that are open to the public) are required to have a phone number on file with The Food Bank that we can share with the public? When people seeking food assistance go to our website, we post this number along with your program's address so that clients can call to find out your distribution/meal times, which should be listed on your program's outgoing phone message.

Not sure what phone number we have listed for your program?

Visit <https://tinyurl.com/yaktkata> to see your program's public listing. If any of the information is incorrect or out of date, update your program's listing by emailing: agencyrelations@foodbankwma.org

Free PPE

The Massachusetts Emergency Management Agency (MEMA) has free masks, gloves, and other supplies available to emergency food programs. See the flyer on **pg. 5** for details.

CDC Cleaning Recommendations

See **pgs 7-9** for CDC recommendations for cleaning and disinfecting. The recommendations cover everyday steps, steps to take when someone is sick, and considerations for employers.

From the Food Bank Kitchen

Osteoporosis Prevention

Osteoporosis is an extremely common disease in the United States and causes our bones to become weak and brittle. 10 million Americans have osteoporosis and almost 34 million have low bone density (National Osteoporosis Foundation, 2017). Low bone density puts you at an increased risk of osteoporosis and broken bones. Most people that have osteoporosis do not know they have it because it is a “silent disease” and you can’t feel your bones getting weaker. Calcium, vitamin D, protein and regular exercise can help us maintain our bone strength and help promote the creation of new strong bone.

Calcium: Calcium is essential for nerve and muscle function, as well as keeping our bones strong. Calcium is stored in our bones, so if you are not getting enough calcium in your diet your body takes the calcium from your bones and uses it in other parts of your body. This removal of calcium weakens the bone and can make you more prone for injury. It is recommended for adults under 50 years old to get at least 1000 mg of calcium per day. For adults over 50 years old it is recommended to get at least 1200 mg of calcium per day.

Vitamin D: Without vitamin D our bodies cannot absorb our dietary intake of calcium. Vitamin D also helps with our balance and muscle performance. One source that we get vitamin D from is the sun! In the Northeast we struggle with getting enough vitamin D from the sun due to the weather changes in our varying seasons. It may be a good idea to take a vitamin D supplement during the cold fall and winter months where we don’t see the sun as much. There are also many different sources of vitamin D that we can get through the food we eat such as cod, salmon, tuna, egg yolk and fortified foods like orange juice, milk, cereal and yogurt. If you are already taking a vitamin supplement it’s important to check the label and see if vitamin D is already included before buying a separate one for vitamin D. It is recommended for adults 50 years old and under to have 400-800 IUs of vitamin D per day and 800-1000 IUs for people over 50 years of age.

Exercise: Exercise is very important for slowing bone loss and strengthening our bones. It is never too late to start doing more physical activity to get the benefits of exercise! Strength training such as lifting weights, doing push ups, and squats help by strengthening those upper muscles that help reinforce the bones in your arms and upper spine. Weight bearing exercise like running, jogging, and stair climbing help all the lower bones and muscles in our legs and lower spine. Balance exercises can also help in reducing the risk of broken bones by stabilizing your balance and preventing any future falls.

Protein: Getting enough protein in our diets is also very important as it is one of the building blocks for making bones. The average American gets plenty of protein through their diet, but vegetarians, vegans, and older adults may be at risk for low protein intake. It’s important to consult a doctor or nutritionist before taking any protein supplements, to see if supplementation is necessary.

Healthy Body Weight: Maintaining a healthy weight is important to assure we aren’t putting any extra added stress on our bones. Being underweight can be a concern due to lower nutritional intake, which our body then takes from our bones to use in order to keep our bodies functioning. This leads to weak and brittle bones that are prone to injury. Being overweight also puts additional stress on our bones that can cause them to weaken over time. Staying within a healthy range for your height and frame size can help maintain bone strength.

Foods to Increase in our Diets

Fatty Fish



Leafy Greens



Fortified Foods



Recipes

Garlic Roasted Mushrooms

Yields 4 servings

Source: cafedelites.com

Ingredients:

- 4 tablespoons unsalted butter
- 1/2 an onion chopped
- 1 teaspoon fresh thyme leaves chopped
- 4 cloves garlic minced
- 1 tablespoon olive oil
- 1 pound Cremini or button mushrooms
- 2 tablespoons chopped fresh parsley
- Salt and pepper to taste

Directions:

Heat the butter and oil in a large pan or skillet over medium-high heat. Sauté the onion until softened (about 3 minutes). Add the mushrooms and cook for about 4-5 minutes until golden and crispy on the edges. Stir through thyme, 1 tablespoon of parsley and garlic. Cook for a further 30 seconds, until fragrant. Season with salt and pepper (to your taste). Sprinkle with remaining parsley and serve warm.

Nutrition Facts: 170 calories; 13 g fat; 6 g saturated fat; 5 g carbohydrates; 2 g sugar; 3 g protein; 350 mg sodium

Healthy Broccoli Salad

Yields 8 Servings

Source: rachelcooks.com

Ingredients

- 6 heaping cups coarsely chopped fresh broccoli – about 3 crowns or one large head
- *1/4 cup diced red onion (about 1/2 large red onion)
- 1/2 cup crumbled or chopped cooked bacon
- 1 cup plain Greek yogurt
- 2 tablespoons apple cider vinegar
- 1/4 teaspoon celery seed
- 1 cup raisins
- 3 tablespoons honey
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

Directions:

In a large mixing bowl, combine broccoli, onion, bacon, and raisins. In a small bowl or measuring cup, whisk together dressing ingredients: yogurt, honey, vinegar, pepper, salt, and celery seed. Taste and add salt and pepper to season as you like. Pour dressing over broccoli and stir to combine until all broccoli is coated with dressing. For best flavor, refrigerate for at least one hour and stir again before serving.

***Note:** If you soak the chopped onions in ice water for about 30 minutes before adding them to the salad, it takes the bite out of them and makes their flavor less strong.

Nutrition: 1 Serving= 1 Cup: Calories 169, Fat 4g, Saturated Fat 1g, Sodium 273mg, Carbs 39mg, Fiber 5g, Sugar 18g, Protein 9g.

Greek Yogurt French Onion Dip

Yields 4 servings

Source: foodfaithfitness.com

Ingredients:

- 3 Tbsp olive oil
- 1 Tbsp garlic, minced
- Salt & pepper to taste
- 1/2 cup reduced-fat cream cheese softened at room temperature
- 1 large onion, diced
- 1/2 tsp paprika
- 1 1/4 cups plain Greek yogurt

Directions:

Heat the olive oil up in a large, good-quality non stick pan on medium heat. Add in the sliced onion and cook to coat in the oil. Cook until the onions are soft and deep golden brown, stirring occasionally, about 25 minutes. The trick is to let them sit long enough to brown, but not too long so that they burn. You may need to reduce the heat as they cook. Once the onions are golden, stir in the garlic, smoked paprika and a pinch of salt. Reduce the heat if needed and cook an additional 5 minutes or so, until the garlic begins to brown, Place the onions into a large bowl and roughly chop them.* Add in the remaining ingredients and stir until well combined. Season to taste with salt and pepper.

Nutrition Facts: 1/4 cup of dip: Calories 111, Fat 9gm, Saturated Fat 3gm, Sodium 101mg, Carbohydrate 4gm, Fiber 0.2gm, Sugars 3gm, Protein 5gm

WAREHOUSE WORD



USDA– April– June

Here is what is on order for USDA in the months of April—June. Please keep in mind that things do tend to change (i.e. canceled orders).

USDA Products					
Product	Pack Size	Product	Pack Size	Product	Pack Size
APPLE JUICE	8/64 oz.	FRUIT AND NUT MIX DRIED	24/1 lb	EGGS WHOLE FRZ	12/2 lb
APPLES FRESH	12/3 lb	PORK CHOPS BNLS FRZ	40/1 lb	FISH AK PLCK FILLETS FRZ	20/2 lb
APPLESAUCE CUP	96/4.5	PORK LOIN ROAST FRZ	6/5 lb	GRAPE CONCORD JUICE	8/64 oz
BEANS BLACK CAN	24/300	PORK PATTY CKD	20/2 lb	GRAPEFRUIT FRESH	34-39 lb
BEANS LIGHT RED KIDNEY CAN	24/300	PORK PULLED CKD	20/2 lb	GRAPEFRUIT JUICE	8/64 oz
BEEF CAN	24/24 oz	POTATOES DEHYDRATED FLKS	12/1 lb	GRAPES VARIETY FRESH	19 lb
BEEF CHILI W/O BEANS CAN	24/24 oz	POTATOES FRESH VARIETY	10/5 lb	MILK 1% FRESH	64 oz
BEEF STEW CAN	24/24 oz	RAISINS	24/15 oz	MILK 1% MILKFAT UHT	12/32 oz
BUTTER PRINT SALTED	36/1 lb	SOUP CREAM OF MUSHROOM CAN	12/10.5 oz	ORANGE JUICE	8/64 oz
CHEESE BLEND AMER SKM LVS	12/2 lb	SOUP CRM OF CHICKEN RDU SOD CAN	12/22 oz	ORANGE JUICE SINGLE	70/4 oz
CHEESE CHED YEL CHUNKS	12/1 lb	SOUP TOMATO CAN	24/10.75 oz	ORANGES FRESH	34-39 lb
CHEESE CHED YEL SHRED	6/2 lb	SOUP VEGETABLE CAN	24/10.5 oz	ORANGES FRESH	12/3 lb
CHICKEN BONED CAN	24/12.5 oz	SPAGHETTI SAUCE MEATLESS CAN	24/300	PASTA SPAGHETTI	20/1 lb
CHICKEN WHOLE BAGGED FRZ	36-43 lb	TOMATO DICED CAN	24/300	PEACH FREESTONE DICED FRZ CUP	96/4.4 oz
EGGNOODLE 1/2 INCH WIDE	12/1 lb	TOMATO SAUCE CAN	24/300	PEACHES CLING SLICES CAN	24/300
FISH AK POLLOCK STICKS FRZ	20/2 lb	TURKEY BREAST CKD FRZ	42 lbs	PEANUT BUTTER SMOOTH	12/16 oz

MEFAP- Q4

Here is a reminder of what is on order for quarter 4 for this MEFAP year, which runs from July 1—June 30. Keep in mind that things do occasionally change but MEFAP is generally constant with few last minute adjustments.

Item	Pack/Unit Size	Apr	May	Jun
SLICED CHEESE	12/12 oz	X	X	X
YOGURT, ASSORTED FLAVORS	12/5.3 oz	X	X	X
FRESH, EGGS (15 DZ)	15/1 doz	X	X	X
FROZEN, GROUND TURKEY	12/1 lb chubs	X	X	X
FROZEN, CHICKEN DRUM STICKS	10/3 lb avg	X	X	X
MAC & CHEESE	24/7.25 oz	X	X	X
CEREAL, TOASTED OATS	10/17.63 oz	X		X
SHELF STABLE, MILK 1%	12/32 oz	X	X	X
CANNED, CHICKEN	12/10 oz	X	X	
RICE	30/1 lb	X	X	X
CANNED, DICED TOMATOES	24/14.5 oz	X	X	X
CANNED, TUNA	48/5 oz	X	X	X
PEANUT BUTTER	12/18 oz	X	X	X
CANNED, LIGHT RED KIDNEY BEANS	24/15.25 oz	X	X	X
PASTA, ELBOW	20/16 oz	X	X	X
SOUP, VEGETABLE VEGETARIAN	24/10.5 oz	X	X	
CANNED, MIXED VEGETABLES	24/15.25 oz	X	X	X
CANNED, PINEAPPLE	24/20 oz.	X	X	X

COVID-19 (Corona Virus)

In order to protect the health and well-being of our staff & agency members we are implementing the following changes during pickup, effective immediately:

- We have suspended shopping until further notice.
- Please call 413-203-6299 to alert staff you have arrived for your pick up.
- We ask that agencies remain in their vehicles or if waiting outside of your vehicle to remain a 6 foot distance from other individuals.
- Your invoice can pin code signed, follow-

Please keep in mind: These items will not necessarily be available throughout the month/quarter but will come in at some point during this time period.

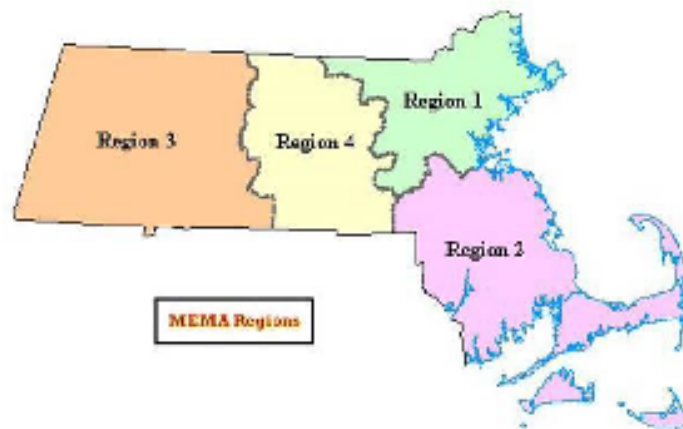
Process for Requesting Personal Protective Equipment (PPE) from Massachusetts Emergency Management Agency

Identify what your PPE needs are and be prepared to describe the following:

- PPE normally used, if applicable
- Quantity needed
- Burn rate (how quickly supplies are exhausted)

Identify which region your agency/organizations located in.

- Region 1 is Boston and communities north.
- Region 2 is communities southeast of Boston, Cape, and Islands.
- Region 3/4 is Worcester county to the New York border.



From 7AM – 5PM PPE can be requested by phoning the Regions at their respective phone numbers.

- Region I 978-328-1500
- Region II 508-427-0400
- Region III/IV 413-750-1400

From 5PM – 7AM PPE can be requested by email.

- Region I REOC1.Manager@mass.gov
- Region II REOC2.Manager@mass.gov
- Region III/IV REOC34.Manager@mass.gov



Feeding our neighbors in need and leading the community to end hunger

Grant Writing for Beginners

When:
Wednesday, June 10th

Time:
9:30-10:30am

Where:
Zoom

In this workshop we'll go over the basics of grants and give you some key insights into the standard application and submission process...

You'll learn...

- How to find grant opportunities
- How to determine your eligibility
- Key aspects to successful applications
- How to put together a persuasive application
- About common energy incentive programs to help your organization save money on energy

Who should attend:

Agency staff or volunteers who are new to grant writing or have never written a grant proposal but want to learn how.

Facilitator: Liz Budd, Grant Relations Officer, The Food Bank of Western Massachusetts

To register, or for more information, contact:

Sophie Schouboe, Agency Resource Coordinator: sophies@foodbankwma.org or 413-247-9738 ext. #142

*The Food Bank of Western Massachusetts
97 North Hatfield Rd., PO Box 160, Hatfield, MA 01038
Phone: (413) 247-9738 | Fax: (413) 247-9577 | www.foodbankwma.org*

This institution is an equal opportunity provider and employer.

Cleaning And Disinfecting Your Facility

Everyday Steps, Steps When Someone is Sick, and Considerations for Employers

How to clean and disinfect

Wear disposable gloves to clean and disinfect.

Clean

- **Clean surfaces using soap and water.** Practice routine cleaning of frequently touched surfaces.



High touch surfaces include:

Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.



Disinfect

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- **Recommend use of EPA-registered household disinfectant.** Follow the instructions on the label to ensure safe and effective use of the product.

Many products recommend:

- Keeping surface wet for a period of time (see product label)
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.

- **Diluted household bleach solutions may also be used** if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

Leave solution on the surface for **at least 1 minute**

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water
- OR
- 4 teaspoons bleach per quart of water
- **Alcohol solutions with at least 70% alcohol.**

Soft surfaces

For soft surfaces such as **carpeted floor, rugs, and drapes**

- **Clean the surface using soap and water** or with cleaners appropriate for use on these surfaces.



- **Launder items** (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

OR

- **Disinfect with an EPA-registered household disinfectant.** [These disinfectants](#) meet EPA's criteria for use against COVID-19.

Electronics

- For electronics, such as **tablets, touch screens, keyboards, remote controls, and ATM machines**
- Consider putting a **wipeable** cover on electronics.
- **Follow manufacturer's instruction** for cleaning and disinfecting.
 - If no guidance, **use alcohol-based wipes or sprays containing at least 70% alcohol.** Dry surface thoroughly.



Laundry

For clothing, towels, linens and other items

- **Wear disposable gloves.**
- **Wash hands with soap and water** as soon as you remove the gloves.
- **Do not shake** dirty laundry.
- Launder items according to the manufacturer's instructions. Use the **warmest appropriate water setting** and dry items completely.
- Dirty laundry from a sick person **can be washed with other people's items.**
- Clean and **disinfect clothes hampers** according to guidance above for surfaces.



Cleaning and disinfecting your building or facility if someone is sick

- **Close off areas** used by the sick person.
- **Open outside doors and windows** to increase air circulation in the area. **Wait 24 hours** before you clean or disinfect. If 24 hours is not feasible, wait as long as possible.
- Clean and disinfect **all areas used by the sick person**, such as offices, bathrooms, common areas, shared electronic equipment like tablets, touch screens, keyboards, remote controls, and ATM machines.
- If **more than 7 days** since the sick person visited or used the facility, additional cleaning and disinfection is not necessary.
 - Continue routine cleaning and disinfection.



When cleaning

- **Wear disposable gloves and gowns for all tasks in the cleaning process, including handling trash.**
 - Additional personal protective equipment (PPE) might be required based on the cleaning/disinfectant products being used and whether there is a risk of splash.
 - Gloves and gowns should be removed carefully to avoid contamination of the wearer and the surrounding area.
- **Wash your hands often** with soap and water for 20 seconds.
 - Always wash immediately after removing gloves and after contact with a sick person.



- Hand sanitizer: If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water.
- **Additional key times to wash hands** include:
 - After blowing one's nose, coughing, or sneezing.
 - After using the restroom.
 - Before eating or preparing food.
 - After contact with animals or pets.
 - Before and after providing routine care for another person who needs assistance (e.g., a child).

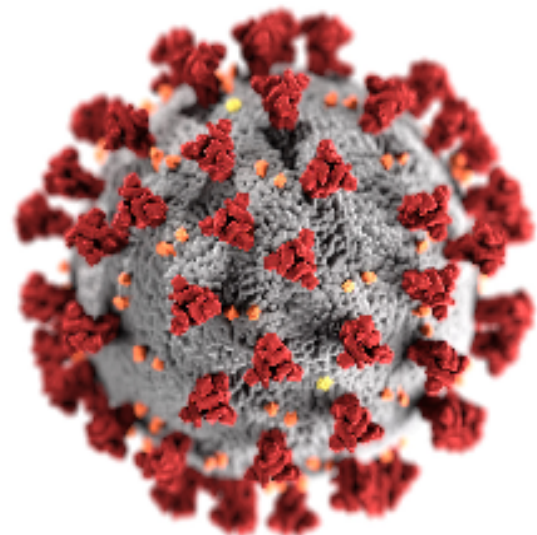
Additional Considerations for Employers



- **Educate workers** performing cleaning, laundry, and trash pick-up to recognize the symptoms of COVID-19.
- Provide instructions **on what to do if they develop symptoms within 14 days** after their last possible exposure to the virus.
- Develop **policies for worker protection and provide training** to all cleaning staff on site prior to providing cleaning tasks.
 - Training should include when to use PPE, what PPE is necessary, how to properly don (put on), use, and doff (take off) PPE, and how to properly dispose of PPE.
- Ensure workers are **trained on the hazards of the cleaning chemicals** used in the workplace in accordance with OSHA's Hazard Communication standard ([29 CFR 1910.1200](#)).
- **Comply** with OSHA's standards on Bloodborne Pathogens ([29 CFR 1910.1030](#)), including proper disposal of regulated waste, and PPE ([29 CFR 1910.132](#)).

For facilities that house people overnight:

- Follow CDC's guidance for [colleges and universities](#). Work with state and local health officials to determine the best way to isolate people who are sick and if temporary housing is needed.
- For guidance on cleaning and disinfecting a sick person's bedroom/bathroom, review CDC's guidance on [disinfecting your home if someone is sick](#).



Is your grocery budget
TIGHT?

SNAP *Food Assistance Benefits*
may be able to help you!



Income Guidelines

Household Size	Gross Monthly Income Limit (200% FPL)
1	\$2,127.
2	\$2,873.
3	\$3,555.
4	\$4,292.
5	\$5,028.
6	\$5,765.
7	\$6,502.
8	\$7,238.
Each additional member:	+\$737.

The Food Bank of Western Massachusetts is still processing SNAP applications during the COVID-19 pandemic.

Call: 413-992-6204

to reach a SNAP Coordinator to apply or for more information.

Find us in your community: foodbankwma.org



United Way
of Hampshire County



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97 North Hatfield Road, Hatfield MA 413-247-9738

foodbankwma.org



This institution is an equal opportunity provider, and employer.

¿Es suficiente su dinero disponible para la compra de alimentos?

¡SNAP
puede ayudarle!

Asistencia de beneficios de alimentos.



Pautas de ingreso

tamaño del hogar	Límite de ingreso mensual bruto (200% FPL)
1	\$2,127.
2	\$2,873.
3	\$3,555.
4	\$4,292.
5	\$5,028.
6	\$5,765.
7	\$6,502.
8	\$7,238.
Cada miembro adicional:	+\$737.

El Food Bank of Western Massachusetts todavía está procesando aplicaciones para SNAP durante la pandemia COVID-19.

Por favor llame al 413-992-6204

para hablar con un coordinador de SNAP. Le ayudaremos a aplicar o le daremos información adicional. Puede encontrarnos en su comunidad:

foodbankwma.org



United Way
of Hampshire County



El logotipo SNAP es una marca de servicio del Departamento de Agricultura de los E.E.U.U. (USDA, por sus siglas en inglés). (USDA). USDA no respalda ningunos bienes, servicios o empresas. De conformidad con la Ley Federal de Derechos Civiles y los reglamentos y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. Se prohíbe a esta institución discriminar sobre la base de raza, color, nacionalidad, discapacidad, edad, sexo y, en algunos casos, creencias religiosas o políticas.

97 North Hatfield Road, Hatfield MA 413-247-9738

foodbankwma.org



Esta institución es un proveedor que ofrece igualdad de oportunidades.

What is P-EBT?

¿Qué es P-EBT?



Pandemic-Electronic Benefits

Transfer (P-EBT) is additional food support for families during the COVID-19 pandemic.

Transferencia electrónica de beneficios durante la pandemia (P-EBT, por sus siglas en inglés) es un apoyo alimentario adicional para familias durante la pandemia de COVID-19.



Families will receive **\$5.70** per child per day for every day school is closed.

Las familias recibirán **\$5.70** por niño, por día, por cada día que la escuela permanezca cerrada.

Cards will be mailed in **May**

Las tarjetas se enviarán por correo en **Mayo**



Who will get a P-EBT card?

¿Quiénes recibirán una tarjeta P-EBT?



All Massachusetts families with school aged children who qualify for free or reduced price meals.

Todas las familias de Massachusetts con hijos en edad escolar que califiquen para comidas gratuitas o a precio reducido.



P-EBT benefits are available to households regardless of immigration status and are not considered in a public charge test.

Los beneficios de P-EBT están disponibles para grupos familiares independientemente del estado migratorio y no se considerará en una prueba de cargos públicos.

One card per child will be provided for families not receiving DTA benefits.

Se proporcionará una tarjeta por niño para las familias que no reciban beneficios de DTA.

What can I buy with the P-EBT card?

¿Qué puedo comprar con la tarjeta P-EBT?



For more information

Para más información

<https://www.fns.usda.gov/snaps/eligible-food-items>

What now?

¿Qué debo hacer ahora?

Look for the card
in the mail in May.

Espere a recibir la
tarjeta por correo
en Mayo.



Set a PIN for your
card. Instructions
will be provided.

Establezca un PIN
para su tarjeta. Se le
proporcionarán
instrucciones.



Buy food!

¡Comprar comida!



Cards can only be used at stores where
DTA benefits are accepted.

Find approved retailers near you:

Las tarjetas solo pueden usarse en tiendas donde
se acepten beneficios de DTA. Busque las tiendas
minoristas aprobadas cerca suyo:

<https://www.fns.usda.gov/snaps/retailer-locator>

Contact Us

Contáctenos



FoodSource Hotline: 800-645-8333

Monday-Friday 8am-7pm

Saturdays 10am-2pm

Support in 160 languages

Línea directa de FoodSource:

800-645-8333

Lunes a viernes de 8am-7pm

Sábados de 10am-2pm

Asistencia en 160 idiomas

www.Map-EBT.org



Need more help buying healthy food?

You may be eligible for the Supplemental
Nutrition Assistance Program (SNAP).

Check your eligibility on mass.gov/SNAP.

¿Necesita más ayuda para comprar

alimentos saludables?

Puede ser elegible para el Programa de
Asistencia Nutricional Suplementaria (SNAP).

Verifique si es elegible en mass.gov/SNAP.

Additional Food Funds for Families during COVID-19

Fondos Adicionales para Alimentos
destinados a Familias durante COVID-19

Introducing the P-EBT Card!

¡Presentamos la Tarjeta P-EBT!



USDA/TEFAP Income Guidelines

The Emergency Food Assistance Program—Income Eligibility Guidelines During COVID-19 Pandemic

These Guidelines must be visibly posted during every USDA/TEFAP pantry distribution.

Please use the following figures when determining if recipients are eligible to receive USDA/TEFAP commodity foods under The Emergency Food Assistance Program.

Recipients are NOT required to provide photo ID, social security number, or verification of eligibility to receive USDA/TEFAP foods.

<i># of Household Members</i>	<i>Annual</i>	<i>Monthly</i>	<i>Weekly</i>
1	31,900	2,658	613
2	43,100	3,592	829
3	54,300	4,525	1,044
4	65,500	5,458	1,260
5	76,700	6,392	1,475
6	87,900	7,325	1,690
7	99,100	8,258	1,906
8	110,300	9,192	2,121
For each additional household member, add:	+11,200	+933	+215

In addition, households that participate in the following means tested programs are also TEFAP eligible: Food Stamps/ SNAP, TANF, WIC, Welfare, Medicaid, Supplemental Security Income, Head Start, Fuel Assistance or Veteran's Aid.

TEFAP Income Guidelines 2018-2019 (185% of Poverty)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at