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| **Despensas gratis de Alimentos** | **Lunes** | **Martes** | **Miércoles** | **Jueves** | **Viernes** | **Sábado** |
| **Billerica Community Food Pantry**11 Concord Rd. Billerica, MA **978-357-7560** *Registrarse por teléfono previamente* | 5-7 PM2do & 4to del mes | 9-Noon2do & 4to del mes | 1-4:30 PM2do & 4to del mes |  |  | 9-Noon2do del mes |
| **Catholic Charities of Merrimack Valley**70 Lawrence St. Lowell, MA**978-454-9946** | 1-3:30 PM | 1-3:30 PM | 1-3:30 PM | 1-3:30 PM |  |  |
| **CBA Food Pantry**450 Merrimack St. Lowell, MA**978-905-8195 (***o por turno)* |  | 9-5 |  | 9-Noon |  |  |
| **Central Food Ministry**370 W. Sixth St. Lowell, MA**978-454-7445** |  | 10-1 | 10-1 | 10-17-8 |  |  |
| **Chelmsford Community Exchange**50 Rear Billerica Rd. Chelmsford, MA**Chelmsfordfoodpantry.org** |  |  | 5-8 PM | 2-4 PM | 6:30-8 PM |  |
| **Christ Jubilee Food Pantry**101 Smith St. Lowell, MA**978-452-9976** *(Llamar antes de ir)* |  |  |  |  | Noon-1 |  |
| **Community Christian Fellowship**105 Princeton Blvd. Lowell, MA**978-934-9414 x117** *(Llamar antes de ir)* | ***TEMPORALMENTE CERRADO*** |
| **Dracut Food Pantry** 1934 Lakeview Ave. Dracut, MA**978-957-8600** | 6-7 PM4to del mes |  |  |  | 9-11 AM4to del mes |  |
| **Dwelling House of Hope**125 Mt. Hope St. Lowell, MA**1-866-674-9988** |  |  |  |  |  | 9-11:30 AM |
| **Family Resource Center**27 Prescott St. Lowell, MA**978-455-0701** *(Llamar antes de ir)* |  |  |  |  | 11-3 | 9-12:30 |
| **Hope Dove**117 Perry St. Lowell, MA **978-455-2285** |  |  |  | 11-1 |  | 9:30-12:30 |
| **Lowell Senior Center** *(Edad 60+)*276 Broadway St. Lowell, MA**978-674-4131** |  | 10-24to martes del mes |  |  |  |  |
| **Open Pantry Greater Lowell**13 Hurd St. Lowell, MA**978-453-6693** | 8:30-11:45 AM | 8:30-11:45 AM | 8:30-11:45 AM | 8:30-11:45 AM |  |  |
| **Salvation Army**150 Appleton St. Lowell, MA**978-458-3396** | 9-11 AM |  | 9-11 AM3-6 PM |  | 9-11 AM |  |
| **Tewksbury Community Food Pantry**999 Whipple Rd. Tewksbury, MA**978-858-2273**/tewksburypantry.org | **Llame o chequee el website para el horario** |
| **Westford Food Pantry**20 Pleasant St. Westford, MA**978-692-5523**/westfordfoodpantry.org | **Llame o chequee el website para el horario** |  | 6-8 PM |  | 9-11 AM |  |

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| **Programas de Comidas** | **Lunes** | **Martes** | **Miércoles** | **Jueves** | **Viernes** | **Sábado** |
| **Community Servings**18 Marbury Terrace, Jamaica Plain**617-522-7777** | **Para residentes de Lawrence & Lowell con enfermedades graves que pongan en riesgo la vida.** |
| **Life Connection Center**192 Appleton St. Lowell, MA**978-997-0588** | **Comidas para personas sin viviendas** **Martes-Viernes 11:30-1** |
| **Living Waters**10 Kirk St. Lowell, MA**978-323-4673** | **Jueves- Saábado****Comidas calientes para personas sin viviendas** | 6-7 PM | 8:30-10 AM | 8:30-10 AM |
| **Lowell Senior Center (Age 60+ only)**276 Broadway St. Lowell, MA**978-970-4131** | 7-8 Desayuno11-11:30 Almuerzo | 7-8 Desayuno11-11:30 Almuerzo | 7-8 Desayuno11-11:30 Almuerzo | 7-8 Desayuno11-11:30 Almuerzo | 7-8 Desayuno11-11:30 Almuerzo | 7-8 Desayuno11-11:30 Almuerzo**los domingos tambien!** |
| **Meals on Wheels**Elder Services of MV**800-892-0890** | **Abierto de Lunes a Viernes con comidas congeladas durante los fines de semana.** **Para residentes mayores de 60 años que están confinados en su hogar. ¡Se debe aplicar para obtenerlo!** |
| **St. Paul’s Kitchen**273 Summer St. Lowell, MA | **\*Comidas para llevar de lunes a viernes de 5 a 6 p. m.** |
| **Salvation Army Community Table**150 Appleton St. Lowell, MA**978-458-3396** |  | Mayores8:30-10:30Todos 11:30 |  | Mayores8:30-10:30Todos 11:30 |  | Todos 1:00 PM**Domingos Todos 4:00** |
| **Table of Plenty**50 Billerica Rd. Chelmsford, MATown gym behind office / **978-710-8328** |  | 4:30-5:30 PMGrab & Go Meals |  |  |  |  |

**Project Bread Food Source Hotline 1-800-645-8333 o marque 211 para obtener una lista de servicios de emergencia**

**POR FAVOR LLAME ANTES DE IR**