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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 PM  2do & 4to del mes | 9-Noon  2do & 4to del mes | | 1-4:30 PM  2do & 4to del mes | |  | |  | | 9-Noon  2do 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 | | 10-1  7-8 | |  | |  |
| **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 PM  4to del mes |  | |  | |  | | 9-11 AM  4to 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** |  | 10-2  4to 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 AM  3-6 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 Desayuno  11-11:30 Almuerzo | 7-8 Desayuno  11-11:30 Almuerzo | 7-8 Desayuno  11-11:30 Almuerzo | 7-8 Desayuno  11-11:30 Almuerzo | 7-8 Desayuno  11-11:30 Almuerzo | 7-8 Desayuno  11-11:30 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** |  | Mayores  8:30-10:30  Todos 11:30 |  | Mayores  8:30-10:30  Todos 11:30 |  | Todos 1:00 PM  **Domingos Todos 4:00** |
| **Table of Plenty**  50 Billerica Rd. Chelmsford, MA  Town gym behind office / **978-710-8328** |  | 4:30-5:30 PM  Grab & 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**