



Low Income Toolkit
Basic Needs Resource Guide: Boston
Last Updated: March 11, 2021

Table of Contents

Page 2: Welcome!

Pages 3-4: Food Security Resources

Pages 5: Clothing Resources

Page 6: Furniture

Page 7: Utilities

Welcome to the Northeastern Basic Needs Security Toolkit! This guide was created by a current student to help you navigate life as a low income student, specifically during the financial constraints of a global pandemic. In order to thrive at Northeastern, our basic needs must be met. This guide aims to provide resources in the Boston area to help insure those needs are met.

This guide is extensive but not exhaustive. To truly get the most out of your benefits, research how to extend your dollar in your neighborhood. Local facebook pages and mutual aid instagram accounts are helpful ways to stay up to date on deals, programs, and resources in your local area.

I hope you find this document useful, and wish you the best of luck in your time at Northeastern.

Makaila Cerrone

Northeastern Class of 2020

Food Security

- Solidarity Supply Distro
 - 549 Columbus Ave., Boston; Mondays at 430pm
 - Free bag of groceries
 - [Instagram](#) and [Facebook](#).
- Northeastern Mutual Aid
 - 360 Huntington Ave., Boston; Thursdays at 2pm
 - Free bag of groceries
 - <https://numutualaid.org/food-and-essentials/>
- Fair Foods
 - 81 Orton Marotta Way, South Boston; Tuesdays from 1:30-2:30pm
 - 150 American Legion Hwy, Boston; Tuesdays from 3-5pm
 - 10B Green St. (in Community Room), Jamaica Plain; Wednesdays from 1-2pm
 - 14 Harvard Ave., Allston; Wednesdays from 10-4pm
 - 1 Dix St., Boston; Thursdays from 2-4pm
 - 10 Parish St., Dorchester; Fridays from 2-4pm
 - 10 Washington St., Dorchester; Saturdays from 10-1am
 - 690 Washington St., Boston; Saturdays from 2-4pm
 - \$2 for 12 pound bag of produce
 - <https://www.fairfoods.org/findfood>
- Daily Table Grocery Store
 - 450 Washington St., Dorchester; 617-506-0219
 - 2201 Washington St., Roxbury; 617-516-8174
 - 684 Massachusetts Ave., Cambridge; 617-945-1924
 - Grocery store with lower prices. They participate in the Boston food bucks program so you can get 50% off on produce if you use your ebt card.
 - <https://dailytable.org/>
- Community Fridges
 - 70 St.Stephen St., Boston; @numutualaid
 - 1471 Dorchester Ave., Boston; @dotcommunityfridge
 - 672 Centre St., Jamaica Plain; @bostoncommunityfridge

- 549 Columbus Ave., Roxbury; @southendfridge
- 506 Park Dr., Boston; @earthy.boston
- 35 Prospect St., Somerville; @somervillecommunityfridge
- Take what you need, leave what you can

APPLYING FOR SNAP BENEFITS

Do you need help
buying healthy food?
Are you eligible for
federal work study?
You may qualify for
SNAP benefits!



What is SNAP?

The Supplemental Nutrition Assistance Program aims to connect low income households to fresh nutritious food. To get SNAP benefits, you must apply in the state in which you currently live and must meet certain requirements, including resource and income limits. SNAP benefits are loaded onto an EBT card, which works like a debit card.

Who is eligible?

Special eligibility rules apply to college students ages 18-49 who are enrolled part-time or more. You must meet **ONE** of these criteria:

- You have a federal work-study grant and you are doing a work-study job **OR** you anticipate having a work study job at some point during school term
- You are working for pay an average of 20 hours a week or more (an average of 80 hours/month)
- You receive a MASSGrant from the Mass Department of Higher Education

How do I apply?

1. You can apply online in under 20 minutes by going to bit.ly/masnapapply. You will need to know your birth date, social security number, income and expenses.
2. There will be a list of documents that you have to send in to verify your eligibility.
3. A decision will be made within 30 days. If approved, you will be sent an EBT card, and your benefits will go on the card, effective the day you applied.

Take this 10 second screener to see if you qualify: bit.ly/masnapsurvey

Clothing

Greater Boston

- Boomerangs
 - 563 Massachusetts Ave., Cambridge; 617-758-6128
 - 716 Centre St., Jamaica Plain; 617-524-5120
 - 1407 Washington St., Boston; 617-456-0996
 - <https://shopboomerangs.org/>
- Buffalo Exchange
 - 312 Harvard St., Brookline; 617-779-7901
 - 238 Elm St., Somerville; 617-629-5383
 - <https://www.buffaloexchange.com/locations/>
- Garment District
 - 200 Broadway, Cambridge; 617-876-5230
 - <https://garmentdistrict.com/>
- Goodwill
 - 965 Commonwealth Ave., Boston; 617-254-0112
 - 1010 Harrison Ave., Boston; 617-541-1270
 - 678 Centre St., Jamaica Plain; 617-522-1415
 - 470 W Broadway, South Boston; 617-307-6367
 - <https://www.goodwillmass.org/>
- Savers
 - 1230 VFW Parkway, West Roxbury; 02132 (617-323-9213)
 - <https://www.savers.com/>

Furniture

Greater Boston




- Boston Building Resources Reuse Center
 - 100 Terrace St., Boston; 617-442-2262
 - <https://www.bostonbuildingresources.com/reuse-center>
- Habitat for Humanity ReStore
 - 1580 VFW Parkway, West Roxbury; 617-327-1170
 - <http://habitatbostonrestore.org/>

See if your town or city has a “**Buy Nothing**” or “**Everything Free**” page on Facebook.

Utilities

APPLYING FOR UTILITIES ASSISTANCE

Based on the MPF Stipend, you may qualify for other forms of assistance, such as heating and energy assistance.

<p style="text-align: center; margin-bottom: 10px;">Provider Assistance</p> <div style="text-align: center;">  </div> <p style="text-align: center; margin-top: 10px;">National Grid Customers can apply for fuel assistance here: bit.ly/nationalgridassistance</p> <div style="text-align: center; margin-top: 20px;">  </div> <p style="text-align: center; margin-top: 10px;">Eversource Customers can apply for fuel assistance here: bit.ly/eversourcefuelassistance</p>	<p style="text-align: center; margin-bottom: 10px;">Government Assistance</p> <div style="text-align: center;">  </div> <p style="text-align: center; margin-top: 10px;">Known commonly as Fuel Assistance, the Federal Low Income Home Energy Assistance Program (LIHEAP) provides eligible households with help in paying a portion of winter heating bills. See if you qualify and apply here: bit.ly/massliheap</p>
--	--

Eversource Customers can apply for fuel assistance here:

<https://www.eversource.com/content/ema-c/residential/my-account/billing-payments/help-pay-my-bill/fuel-assistance>

National Grid Customers can apply for fuel assistance here:

<https://www.nationalgridus.com/Discount-Rate-App-MA>

If you need additional help beyond a reduced rate, learn about the Low Income Home Energy assistance program here:

<https://www.mass.gov/service-details/learn-about-low-income-home-energy-assistance-program-liheap>