

SULAM and  
Temple Chayai Shalom present

# How can I help?

a resource packet for ending poverty

# FOOD INSECURITY

## Area food banks:

- Greater Boston Food Bank (GBFB.org) 617-427-5200
- Family Table (JFCS) 781-647-5327
- MHSA/Bristol Lodge Pantry 781-883-2050
- Merrimack Valley Food Bank 978-454-7272
- Worcester County Food Bank 508-842-3663
- Food Bank of Western MA 413-247-9738
- Paulist Center 617-742-4460
- St Francis House Inc. 617-542-4211

## Helpful ideas:

- 5% of the food waste we make could feed 14 million hungry people. Call restaurants in the area to find out what they do with left over food.
- Donate one dollar every day.
- A food drive is tzedakah!
- Advocate for people living in poverty: speak up!

## Facts:

- 1 in 9 people in **Easton** are food insecure.

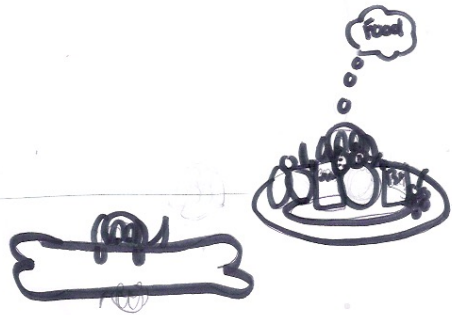
## Best Foods to Donate:

- Fruits and veggies should be canned or dry
- Variety is important with fruits and veggies
- Low fat, shelf stable milk with vitamin D
- Shelf stable meats
- Canned or dry beans
- Non-perishable whole grains

# Donate!



# Food!



## DONATE

Fruits & Veggies



Milk

Grain



Protein

## EDUCATION

Ways to help:

School on Wheels ([schoolonwheels.org](http://schoolonwheels.org)) helps people who can't afford school supplies. It is located at 790 Chestnut St. Brockton, Ma. Their phone number is 508-587-9091. We can get involved by tutoring and donating school supplies. The tutoring is free.

Go to the Boston Public Library ([www.bpl.org](http://www.bpl.org), (617) 325-3147). They help with after school homework for 0 dollars. It is for students K-8 and there is no registration required. It is monday through thursday, 3:30-5:30 PM. It will last until 2015. It is located on 700 Boylston St.

**There are about 20,000 homeless people in Massachusetts right now.**

United Way has a few donation drives that help with school supplies:

<http://supportunitedway.org/volunteer/donationdrive>

## HOUSING

Housing shelters in Boston:

Betty's Place Boston 617-482-1126

YWCA 617-585-5400

Kingston House 617-482-8819

Boston Rescue Mission 617-482-8819

New England Shelter for Homeless Veterans 617-371-1800

Pine Street Inn 617-892-9100

Rosies Place 617-442-9322

Santa Maria 617-423-4366

Woods Mullen Shelter (Boston Public Health Commission) 617-534-7100

Open letter to Town of Lakewood:

Our students learned about a tent city - a settlement of homeless people in tents - in the town on Lakewood, New Jersey. Lakewood is a town with a Jewish majority. The town was planning to dismantle the settlement and our students wrote a short note to the town.

Dear Town of Lakewood

Hi! We are Abby, Sydney, Megan, Aubrey, Gabrielle, Alex, Logan, Brad, Abe, Ben and Nathan. We are members of the Temple Chayai Shalom 6th grade class. We found out about your situation from a video on YouTube. We think that you should allow Tent City to stay. The Torah teaches that everybody should have a home somewhere, you should assist people in poverty whenever you can.

Unfortunately, the town went ahead with the dismantling of the settlement.

## HEALTH

Resources:

Link: [www.massresources.org](http://www.massresources.org)

Mass Resources is a website that provides basic resources for those in need. They help little to no income, limited or no health insurance people who live in the community including the homeless.

According to their website MassResources.org is an online resource for Massachusetts residents in need of housing, food, health care, and other basic services. The primary purpose of the web site is to make it easier for people to find out where to go for help, who is eligible for benefits, and how to apply. MassResources.org makes this information available to anyone who needs services, free of charge, all in one place.

Medications:

NeedyMeds ([www.needymeds.org](http://www.needymeds.org)) is a non-profit information resource devoted to helping people in need find assistance programs to help them afford their medications and costs related to health care. The mission of NeedyMeds is to make information about assistance programs available to low-income patients and their advocates at no cost. The NeedyMeds website is the face of the organization. Databases such as Patient Assistance Programs, Disease-Based Assistance, Free and Low- Clinics, government programs and other types of assistance programs are the crux of the free information offered online.

Patient Assistance ([www.patientassistance.com](http://www.patientassistance.com)) is a free resource designed to help connect people who can't afford their medications with patient assistance programs. They believe medication should be affordable for all people, including low-income families and the uninsured, and their database features over 1000 programs that help make that possible.

Health Connector ([www.healthconnector.org](http://www.healthconnector.org)) is the government website that connects people to different insurance options based on your income. 888-484-4292 to talk to a representative.