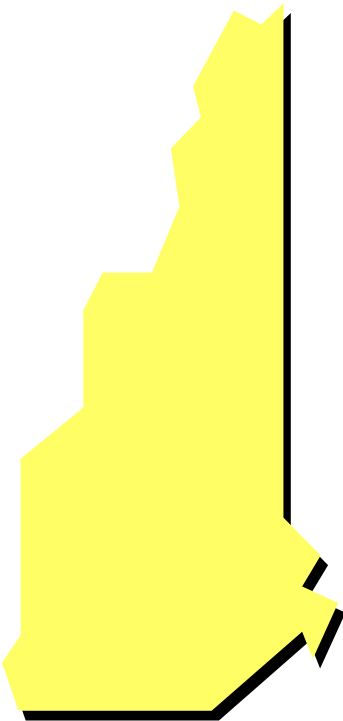


Assistance Handbook 2008



- ❖ Child Care
- ❖ Community Action
- ❖ Emergency Shelter
- ❖ Food Pantries
- ❖ Food Stamps
- ❖ Legal Assistance
- ❖ Nutrition Education
- ❖ Social Services
- ❖ Soup Kitchens

New Hampshire Food Stamp Program

**Division of Family Assistance
New Hampshire Department of
Health and Human Services**

January 2008

Dear Friends:

We are happy to provide you with the New Hampshire Food Stamp Program Assistance Handbook for 2008. The Handbook contains contact information for agencies that provide critical assistance to people and families in need.

As you know, one critical component for good health is good nutrition. You will find information concerning food banks, soup kitchens, prepared meals programs for the elderly, as well as information about other nutrition services.

Good health is also served by having a roof over one's head, heat and medical care. For this reason, you will also find information in the Handbook concerning homeless and transitional services, medical services and fuel assistance.

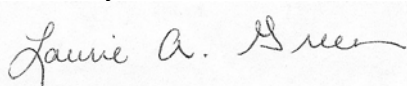
There will be a limited number of hard copies of the Handbook. Our hope is that you will share them with co-workers in your office. The Handbook can also be found on the DHHS website at <http://www.dhhs.state.nh.us/DHHS/DFA/LIBRARY> or as a link on the DHHS homepage at <http://www.dhhs.state.nh.us/dhhs>

A Microsoft Word electronic version can also be obtained by calling 271-2580 or 1-800-852-3345, ext. 4580. Please also call 271-4580 if you have changes and/or corrections in your information.

Again this year, we are grateful to the U.S.D.A. Food and Nutrition Service for helping to fund this project.

Thank you all for the work you do.

Sincerely,

A handwritten signature in cursive script that reads "Laurie A. Green". The signature is written in black ink on a light-colored background.

Laurie A. Green
Food Stamp Program Manager
NH Division of Family Assistance

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NH Division of Family Assistance

Assistance Programs

Food Stamp Program

The Food Stamp Program provides monthly food assistance to low-income families and individuals to help them purchase a nutritionally adequate diet. Household size, income and asset levels, and certain non-financial criteria determine the monthly benefit allotment.

TANF/FAP

This program provides financial and medical assistance to one-parent families, or two-parent families in which one of the parents is disabled or unemployed.

Aid to the Permanently and Totally Disabled (APTD)

This program provides financial and medical assistance to persons who are permanently and totally disabled and are between the ages of 18 and 64.

Old Age Assistance (OAA)

This program provides financial and medical assistance to persons who are 65 years of age or older.

Aid to the Needy Blind (ANB)

This program provides financial and medical assistance to blind individuals who are unable to provide for themselves.

Medical Assistance (Medicaid)

In addition to the assistance programs listed above, Medicaid may be available to persons and families if they are:

- Pregnant.
- Poverty level children up to age 19.
- Children with severe disabilities.

Medicaid may pay certain Medicare Premiums, co-insurance and deductibles for certain individuals if they are qualified Medicare beneficiaries or qualified disabled working individuals.

Child Day Care

This program assists with payment for day care costs. To be eligible, individuals must meet income guidelines and be employed, attending school, in a training program, or actively seeking work.

NH Division of Family Assistance

Monthly Income Limits*

*For Food Stamps, your income may be adjusted to reflect certain expenses. The Food Stamp income amounts below do not reflect income deductions you may be entitled to. **The income limits listed below will change October 1, 2008.**

Household Size	TANF/FAP Payment Standard	130% Food Stamps Elderly & Disabled	100% Food Stamps Non-Elderly nor Disabled	190% Child Care (Step 3)
1	\$489	\$1,107	\$1,404	N/A
2	\$556	\$1,484	\$1,883	\$2,168
3	\$625	\$1,861	\$2,361	\$2,719
4	\$688	\$2,238	\$2,840	\$3,270
5	\$748	\$2,615	\$3,318	\$3,821
6	\$829	\$2,992	\$3,797	\$4,372
7	\$892	\$3,369	\$4,275	\$4,923
8	\$985	\$3,746	\$4,754	\$5,474
For each addit'l. person, add:		\$377	\$479*	\$551*

Where to Apply

DFA Locations	Towns Served
Berlin District Office 231 Main Street Berlin; 03570-2463 Phone: 752-7800 or 1-800-972-6111	Berlin, Clarksville, Colebrook, Columbia, Dixville, Dummer, Errol, Gorham, Groveton, Milan, Millsfield, N. Stratford, Northumberland, Percy, Pittsburgh, Randolph, Shelburne, Stark, Stewartstown, Stratford, Wentworth's Location, W. Stewartstown
Claremont District Office 17 Water Street, Ste. 301 Claremont; 03743-2280 Phone: 542-9544 or 1-800-982-1001	Acworth, Canaan, Charlestown, Claremont, Cornish, Croydon, Ellsworth, Enfield, George's Mills, Goshen, Grafton, Grantham, Guild, Hanover, Langdon, Lebanon, Lempster, Lyme, Meriden, Newport, Orford, Orange, Plainfield, Springfield, Sunapee, Unity, Washington, West Lebanon

NH Division of Family Assistance (cont.)

<p>Concord District Office 40 Terrill Park Drive Concord; 03301-9955 Phone: 271-6201 or 1-800-322-9191</p>	<p>Allenstown, Andover, Boscawen, Bow, Bradford, Canterbury, Chichester, Concord, Contoocook, Danbury, Dunbarton, Epsom, Franklin, Henniker, Hill, Hillsboro, Hooksett, Hopkinton, Loudon, New London, Newbury, Northfield, Pembroke, Penacook, Pittsfield, Salisbury, Suncook, Sutton, Warner, Webster, Wilmot</p>
<p>Conway District Office 73 Hobbs Street Conway; 03818-6188 Phone: 447-3841 or 1-800-552-4628</p>	<p>Albany, Bartlett, Brookfield, Chatham, Chocorua, Conway, Eaton, Effingham, Freedom, Glen, Hart's Location, Intervale, Jackson, Kearsarge, Madison, Moultonborough, N. Conway, Ossipee, Sanbornville, Sandwich, Snowville, Tamworth, Tuftonboro, Wakefield, Wolfeboro</p>
<p>Keene District Office 809 Court Street Keene; 03431-1712 Phone: 357-3510 or 1-800-624-9700</p>	<p>Alstead, Antrim, Ashuelot, Bennington, Chesterfield, Deering, Dublin, Fitzwilliam, Francestown, Gilsum, Greenfield, Groton, Hancock, Harrisville, Hinsdale, Jaffrey, Keene, Lyndeborough, Marlborough, Marlow, Nelson, New Ipswich, Peterborough, Richmond, Rindge, Roxbury, Sharon, Spoffard, Stoddard, Sullivan, Surry, Swanzey, Temple, Troy, Walpole, Westmoreland, Winchester, Windsor</p>
<p>Laconia District Office 65 Beacon Street West Laconia; 03246-9988 Phone: 524-4485 or 1-800-322-2121</p>	<p>Alexandria, Alton, Ashland, Barnstead, Belmont, Bridgewater, Bristol, Campton, Center Harbor, Dorchester, Gilford, Gilmanton, Groton, Hebron, Holderness, Laconia, Lakeport, Meredith, New Hampton, Plymouth, Rumney, Sanbornton, Silver Lake, Thornton, Tilton, Waterville Valley, Wentworth</p>
<p>Littleton District Office 80 North Littleton Road Littleton; 03561-3841 Phone: 444-6786 or 1-800-552-8959</p>	<p>Bath, Benton, Bethlehem, Carroll, Dalton, Easton, Franconia, Haverhill, Jefferson, Lancaster, Landaff, Lincoln, Lisbon, Littleton, Livermore, Lyman, Monroe, Piermont, Pike Sugar Hill, Twin Mountain, Warren, Whitefield, Woodstock, Woodsville</p>

NH Division of Family Assistance (cont.)

<p>Manchester District Office 195 McGregor Street, Suite 110 Manchester; 03102-3762 Phone: 668-2330 or 1-800-852-7493</p>	<p>Auburn, Bedford, Chester, Goffstown, Londonderry, Manchester, New Boston, Pinardville, Weare</p>
<p>Nashua District Office 19 Chestnut Street Nashua; 03060-9311 Phone: 883-7726 or 1-800-852-0632</p>	<p>Amherst, Brookline, Greenville, Hollis, Hudson, Litchfield, Mason, Merrimack, Milford, Mont Vernon, Nashua, Pelham, Reeds Ferry, Wilton</p>
<p>Portsmouth District Office 30 Maplewood Avenue Portsmouth; 03801-3737 Phone: 433-8300 or 1-800-821-0326</p>	<p>Brentwood, Candia, Deerfield, East Kingston, Epping, Exeter, Fremont, Greenland, Hampton, Hampton Falls, Kensington, Kingston, New Castle, Newfields, Newington, Newmarket, North Hampton, Northwood, Nottingham, Portsmouth, Raymond, Rye, Seabrook, South Hampton, Stratham</p>
<p>Rochester District Office 150 Wakefield St., Suite 22 Rochester; 03867-1309 Phone: 332-9120 or 1-800-862-5300</p>	<p>Barrington, Dover, Durham, Farmington, Gonic, Lee, Madbury, Middleton, Milton, New Durham, Rochester, Rollinsford, Somersworth, Strafford, Union</p>
<p>Salem District Office 154 Main Street, Suite 1 Salem; 03079-3191 Phone: 893-9763 or 1-800-852-7492</p>	<p>Atkinson, Danville, Derry, Hampstead, Newton, Plaistow, Salem, Sandown, Windham</p>

For additional information on the Division of Family Assistance and our programs, call toll-free 1-800-852-3345 Ext 4238. Office hours are Monday through Friday, 8:00 am to 4:30 pm.

Domestic Violence

Berlin

Response to Sexual and
Domestic Violence
Berlin; 03570
Phone: 752-5679/1-866-644-
3574(24hr)
Colebrook Satellite Office 237-
8746
Lancaster Satellite Office 788-
2562

Claremont

Women's Supportive Svcs.
Claremont; 03743
Phone: 543-0155/1-800-639-
3130
Newport Satellite Office 863-
4053
www.free-to-soar.org

Concord

Rape & Domestic Violence Crisis
Ctr.
Concord; 03302-1344
Phone: 225-7376/1-866-841-
6229
www.rdvcc.org

Conway

Starting Point: Services for
Victims of Domestic and Sexual
Violence
Conway; 03818
Phone: 356-7993/1-800-336-
3795
Ossipee Satellite Office 539-
5506
www.startingpointnh.org

Durham

Sexual Harassment and Rape
Prevention Program (SHARPP)
Durham; 03824
Phone: 862-3494/862-7233
1-888-271-7233
www.unh.edu/sharpp

Keene

Monadnock Center for Violence
Prevention
Keene; 03431-3402
Phone: 352-3844/352-3782/1-866-
511-6287
www.mcvprevention.org

Laconia

New Beginnings
A Women's Crisis Center
Laconia; 03247
Phone: 528-6511/1-866-644-3574
www.NewBeginningsNH.org

Lebanon

Women's Information Serv.
(WISE)
Lebanon; 03766
Phone: 448-5922/448-5525
1-866-348-9473/TTY 1-866-889-
8647

Littleton

The Support Center at Burch
House
Littleton; 03561
Phone: 444-0624/1-800-774-0544
www.tccap.org/supportcenter.htm

Manchester

YWCA Crisis Service-Emily's Place
Manchester; 03101
Phone: 625-5785/668-2299 (24hrs)
Derry Satellite Office 432-2687

Domestic Violence (cont.)

Nashua

Bridges: Domestic and Sexual
Violence Support
Nashua; 03061-0217
Phone: 889-0858 /883-3044
Milford Satellite Office 672-9833
(Will accept collect calls)
www.bridgesnh.org

Portsmouth

A Safe Place
Portsmouth; 03801
Phone: 436-7924/1-800-854-
3552
Rochester Satellite Office 330-
0214-
Salem Satellite Office 890-
6392

Plymouth

Voices Against Violence
Plymouth; 03264
Phone: 536-3423/536-1659

Sexual Assault Support
Services
Portsmouth; 03801
436-4107/1-888-747-7070
Rochester Satellite Office 332-
0775
www.sassnh.org

Call Toll Free Hotline at 1-866-644-3574 for Domestic Violence

Call Toll Free Hotline at 1-800-277-5570 for Sexual Assault

www.nhcadsv.org

(Teen web site) www.reachoutnh.org

Elders, Adults Living with Disabilities (ServiceLink)

ServiceLink is a statewide network of community-based resources dedicated to promoting the independence and well being of anyone seeking information about aging issues. One toll free number connects callers to the ServiceLink site in their area.

1-866-634-9412

Coos County ServiceLink Berlin Senior Center 610 Sullivan St., Suite 6 Berlin; 03570, 752-6407	Strafford County ServiceLink 1 Wakefield St., Suite 306 Rochester; 03867, 332-7398
Carroll County ServiceLink 448 White Mountain Highway PO Box 420 Chocorua; 03817, 323-9394	Greater Nashua ServiceLink 70 Temple St. Nashua; 03064, 598-4709
Northern Grafton County ServiceLink Mt. Eustis Commons 262 Cottage St, Suite G-1 Littleton; 03561, 444-4498	Hillsborough County ServiceLink 555 Auburn St. Manchester; 03103, 644-2240
Southern Grafton County ServiceLink 10 Campbell St., PO Box 433 Lebanon; 03766, 448-1835	Monadnock Area ServiceLink 105 Castle St. Keene; 03431, 357-1922
Belknap County ServiceLink 780 N. Main St. Laconia; 03246, 528-6945	Rockingham County ServiceLink 270 West Rd., Unit 1A Portsmouth; 03801, 334-6594
Merrimack County ServiceLink 2 Industrial Park Dr., PO Box 1016 Concord; 03302, 228-6625	Southwestern Rockingham County ServiceLink 287 Lawrence Rd PO Box 1363 Salem: 03079, 893-9769
Sullivan County ServiceLink 1 Pleasant St, Ste 105 PO Box 1338 Claremont; 03743, 542-5177	

<http://www.servicelink.org/>

Especially for Children

NH Head Start

Head Start and Early Head Start offer pre-school education for 3-5 years olds and services to pre-natal mothers and children to age 3. Support services include Child Care, Nutrition, Health, Mental Health, Parenting Support, Disability and Family Literacy.

Belknap-Merrimack Head Start	225-3295
Rockingham County Head Start	431-2911
Southern NH Services, Inc. Head Start	668-8010
Southwestern Community Services Head Start	352-7512
Strafford County Head Start	749-1334
Tri-County Head Start	752-7001

Child and Family Services Healthy Families Program

This program provides Case Management Services for low-income or Medicaid eligible women, pregnant women and teen parents. Offices are in Concord, Derry, Exeter, Manchester and Nashua. Call: 518-4000 for more information.

School Breakfast/Lunch

The National School Lunch/Breakfast Program makes it possible for schools to serve nutritious inexpensive breakfasts and lunches to students each day. For eligibility information contact your local school food service or the NH Department of Education at 271-3646/1-800-852-3345.

The income limits listed below will change July 1, 2008.

Reduced Price Meals-185 %

Free Meals-130 %

Family Size	Annual Income	Monthly Income	Weekly Income	Annual Income	Monthly Income	Weekly Income
1	18,889	1,575	364	13,273	1,107	256
2	25,327	2,111	488	17,797	1,484	343
3	31,765	2,648	611	22,231	1,861	430
4	38,203	3,184	735	26,845	2,238	517
5	44,641	3,721	859	31,369	2,615	604
6	51,079	4,257	983	35,893	2,992	691
7	57,517	4,794	1,107	40,417	3,369	778
8	63,995	5,330	1,230	44,941	3,746	865
For each add'l family member, add:	+6,438	+537	+124	+4,524	+377	+87

Especially for Children

Child Care

Finding, selecting and paying for child care

The agencies listed below can:

Help you find:

- an in-home provider (a child care-provider who can care for your children in your home); or
- a family daycare provider (a provider who cares for children in his/her home); and a center or a school age care provider

Give you tips on:

- identifying good quality child care; and
- tell you about NH child care scholarships eligibility guidelines that can help pay for child care services

Becoming a child care provider

The agencies listed below can:

- help you start your own child care business;
- provide you with child care training;
- connect you with families needing child care;
- link you to community resources, child care licensing and professional opportunities; and
- help you enroll to become eligible to receive child care scholarship reimbursement

Child Care Resource and Referral Network of NH

Berlin/Littleton

NH Community Technical College/Berlin
2020 Riverside Drive
Berlin; 03570-3799
752-1113x1462/1-(800) 445-4525
Fax: 752-6335
sblais@nhctc.edu

Claremont

Claremont 21st Century-21C CCR&R
169 Main Street
Claremont; 03743
543-4295/1-(877) 212-7267
Fax: 542-0275
kdewey@claremont.k12.nh.us

Concord

Easter Seals
2 Industrial Park Drive
Concord; 03301
226-3791/1-(800) 307-2737 x9084
Fax: 226-2540
lrnfos@eastersealsnh.org

Conway

Lakes Region Community Services
PO Box 509, 66 Communications Dr.
Laconia; 03246
284-7311/1-(866) 261-7555
Fax: 524-0288
shannonq@lrcsc.org

Keene

Southwestern Community Services
69Z Island Street
Keene; 03431
352-7512x163/1-(800) 529-0005
Fax: 352-3618
childfirstccr&r@scshelps.org

Laconia

Lakes Region Community Services
PO Box 509, 67 Communications Drive
Laconia; 03247
528-0274/1-(800) 649-8817x174
Fax: 524-0288
maureenl@lrcsc.org

Manchester

Easter Seals
555 Auburn Street
Manchester; 03103
621-3501/1-(800) 870-8728x3501
Fax: 625-1148
sreagan@eastersealsnh.org

Nashua

Nashua Area Child Care Resource and Referral Service
19 Chestnut Street
Nashua; 03061
883-7726x718/1-(800) 852-0632
Fax: 883-2064
d_ohare@comcast.net

Portsmouth/Salem

RCA Child Care Services
8 Centerville Drive
Salem; 03079
893-8446/1-(800) 310-8333
Fax: 893-8413
kmoschella@rcaction.org

Rochester

Strafford County Child Care Connections
PO Box 607, Rochester Community Ctr.
Farmington; 03835
335-3849/1-(888) 440-4914
Fax: 335-6221
strafdctyccc@metrocast.net

Food Pantries

Alstead

Fall Mountain Emergency Food Shelf
Baker Bldg, 12-A, 03275
835-2283 (call first for appt)
(M-Sat. 9-4)

Alton

Alton Community Services
PO Box 43, Main St.; 03809
875-2273/876-6396 (Sat 10-12)

Antrim

Antrim Bennington Food Pantry
Antrim Baptist Church
85 Main St., PO Box 206, 03440
588-6614

Ashland

Ashland Community Food Pantry
12 Highland St., PO Box 1146; 03217
968-9698 (Th,F 12-6, Sat 10-12)

Hosanna's Bread Box Pantry
Hosanna Christian Fellowship
PO Box 765; 03217, 968-2473

Barnstead

Barnstead Food Pantry
Barnstead Town Hall
39 Province Rd, PO Box 11; 03225
269-4071 (7 days/wk by appointment)

Families in Need
Rt. 126; 03225
942-8696 (Sun. 11:45)

Barrington

Barrington Community Food Pantry
41 Province Lane; 03825
664-9007 (Th 6-7:30 - as needed)

Bartlett

Bartlett Jackson Food Pantry
Route 302, PO Box 279; 03838
383-0999/383-6408
(Sat 10-12 & on call during week for
emergency situations)

Belmont

St. Joseph Church Food Pantry
PO Box 285; 03220
267-8174(M-F 8:30-4)

Bennington

ST. Patrick's Church Food Pantry
10 Greenfield Rd.; 03442, 588-2180

Berlin

Ecumenical Food Pantry
153 Grafton St.; 03570
752-2067 (W,F 2-3:30)

The Salvation Army
15 Cole St., PO Box 495; 03570
752-1644

Tri-County CAP
55 Maynesboro St.; 03570
752-3248 (M-F 8-3)

Bethlehem

Bethlehem Town Offices Food Pantry
2155 Main St.; 03574
869-3351 (M-Th 8-4, F 8-12)

Boscawen

Boscawen Congregational Church Food
Pantry (for Boscawen residents only)
12 High Street; 03303
796-2565/796-2043 (W 4-6)

Bow

Town of Bow
10 Grandview Rd.; 03304
603-228-1137-Ext 19 (by appointment)

Bradford

Bradford Community Food Pantry
88 W. Main Street; 03221
938-5313 (3rd Wed by appt only.)

Kearsarge Valley Community Action
49 W. Main St., PO Box 116
Warner; 03278
456-2207 (M-F 8:30-4:30)

Brentwood

Pilgrim United Church of Christ
197 Middle Rd.; 03833
778-3189 (by appt)

Bristol

Bristol Community Services/Food Pantry
21 N. Main St.; 03222
744-2222 (M,W,F, 9-1:30)

Food Pantries (cont.)

Campton

The Corner Cupboard Pantry
1307 NH Rt. 175; 03223
726-3223 (M,W,Th,F 9-5,T 11-6)

New Life Church
349 Owl St.;03223
726-8149 (by appt)

Canaan

Mascoma Area Senior Center
1166 US Rte 3; 03741
523-4333 (by appt)

Candia

St. Paul Parish Food Pantry
54 Main Street; 03034
483-8481
(M-Thu 9-12 call first)

Carroll

Town of Carroll-Twin Mtn.
PO Box 146, 92 School St: 03595
846-5754 (M-F 8-3)

Center Harbor

Center Harbor CC Pantry
80 Bean Road; PO Box 927;
03254
253-8008 (M-F 8:30-5:00)

Immaculate Conception
Apos. Sch. Food pantry
109 Dane Rd.; 03254
253-7728

Center Ossipee

Agape Ministries Food Pantry
Ossipee Valley Bible Church
Rt. 16-2205; 03814
539-4456 (M-F 2-3)

Center Strafford

Third Baptist Church
Jct. of Rtes. 126 & 202A; 03815
664-7729/664-7750 (Th. 8-10)

Charlestown

Health & Human Services Food
Pantry
122 Main St., PO Box 385; 03603
826-5266/826-9762 (by appt)

Chesterfield

Joan's Food Pantry
PO Box 59; 03443
363-8348 (Sat 9-1)

Chichester

Town Office-Food Pantry
54 Main Street; 03258
798-5318 (M-F 9-4)

Claremont

Town Welfare Food Pantry
58 Operahouse Square City Hall;
03743
542-7007 (M,T,TH,F 9-1)

Claremont Soup Kitchen & Food
Pantry
18 Central St., PO Box 957; 03743-
0957
543-3290 (T–Th 8-6)

Colebrook

Tri-County Community CAP
PO Box 346, 8 Parsons St.; 03576
237-8168 (M-F 8:30-4)

Concord

Concord Area Center CAP
2 Industrial Park Dr., Bldg 2; 03301
228-6164 (F 12-4)

First Congregational Church Food
Pantry
177 N. Main Street; 03301-5039
225-5491 (M,T,TH 9-11)

CenterPoint Pantry
20 N. State St.; 03301
224-7427 (3rd Sat of Month 7-9:30)

Friends of Forgotten Children
224 Bog Road; 03301
753-4801 (M,F 9-1, W 9-1&2-6)

Gospel Light Food Pantry
124 Hall St.; 03301

St. VDP/St. John the Evangelist
69 1/2 S. Main St.; 03301
225-1122 (M-TH 7-9)

St. VDP, St. Peter's Parish
135 N. State St.; 03301
225-4331 (M 4-4:30, W,F 4-5 call first)

St. Paul's Church Food Pantry
21 Centre Street; 03301
224-2523 (M-TH 10-2)

The Salvation Army
58 Clinton Street; 03301
225-5586 (M-F 9-12, 1-3)

Food Pantries (cont.)

Contoocook

Hopkinton Food Pantry
14 Maple Street; 03229
746-6448/746-5729 (W 6:30-7:30)

Conway

Conway Village Congregational Church
132 Main St., PO Box 333; 03818
447-3851 (M-F 9-1 call for appt)
(Conway & Albany Residents)

Danbury

Danbury Food Pantry
23 High St.; 03230
768-3354 (must call)

Danville

Danville Food Pantry
210 Main St.; 03819
382-8253 (as needed)

Deerfield

Deerfield Women's Food Pantry
8 Old Centre Rd.; 03037
463-7800 (Last Fri. of Sept., Nov.
and Dec. 10-12) Residents only.

Derry

FBC Community Food Pantry
2 Crystal Ave.; 03038
421-1897 (T 3:30-5, Th 9:30-12)

The Upper Room Food Pantry
36 Tsienetto Rd.; 03038
437-8477 (must call)

St. Thomas Aquinas Food Pantry
26 Crystal Ave.; 03038
432-5000/537-0912
(M,W 1-5, F 1-4)

Dover

Dover Food Pantry
1 Silver St.; 03820
742-5664 (Th 9-12)
(Dover residents only)

St. Joseph's Church Food Pantry
150 Central Avenue; 03820
742-4837 (M,Tu,W 9-12)

Dunbarton

Congregational Church Food Pantry
6 Stark Highway North; 03046
644-8767 (by appt only)

Goffstown Area Salvation Army Food Pantry
26 Long Pond Road; 03046
774-1021

Durham

Church of St. Thomas More Food Pantry
6 Madbury Rd., PO Box 620; 03824
868-2666 (Th 4-6)

Effingham

See Freedom (Freedom Food Pantry)

Exeter

Congregational Church
21 Front St.; 03833
772-4216 (T 10-12)

St. VDP/St. Michael's Church
11 Linden St., Michael House; 03833
778-1051 (M,Tu,Th 7-8, Wed 1-2)

Farmington

Interfaith Food Pantry
400 Main St.; 03835
755-4816 (last Sat. 9:30-12) (NONE in
August)

S.C.C.A. Farmington Outreach Food Pantry
527 Main St.; 03833
755-9035 (Once every 6 wks M-F 9-12 or call
first for extreme emergency)

Franconia

Good Neighbor Food Pantry
Community Church of Christ
44 Church St., PO Box 237; 03580-0237
823-8421 (W,Th 1-4)

Franklin

Belknap-Merrimack CAP/CAP's Cupboard
Franklin Area Center
82 Elkins St.; 03235
934-3444 (M-Fri 1-2, call if an emergency)

Greater Tilton Northfield Food Pantry
340 Central St.; 03234
934-6909

Twin Rivers Emergency Food Closet
Central St.; 03235
934-2662 (T,Th 9-1, W 5-7)

Food Pantries (cont.)

Franklin (continued)

St. Paul's Food Outreach Pantry
108 School St.; 03235

Freedom

Freedom Food Pantry
First Christian Church
12 Elm St., PO Box 502; 03836
539-2637/539-6460
(Sat 10-12 & emergency)
Serves Freedom, Ossipee and
Effingham

RSVP

Benny Jesseman; 03836
356-9331

Glen

Glen Baptist Church
Rt. 302; 03838
383-9223
Also Serves Bartlett & Jackson

Goffstown

Goffstown Area Salvation Army
58 Clinton St.; 03045
497-4810 (by appt)

Goffstown Network, Inc
8 Main St.; 03045
497-3433
(Wed 6-8, Sat 10-12)

Greenfield

Greenfield CCC Food Pantry
Ministry Center, 12 Depot Rd.;
03047
547-3626 (Sat 10-12)

Greenville

St. VDP/Sacred Heart Catholic
Church
15 High St.; 03048
878-9096 (M-F by appt)

Groveton

Groveton Food Pantry at St.
Francis Xavier Parish
N.E.A.T. Food Pantry
11 State St., PO Box 247; 03582
636-1047 (Wed 9:30-12)

Hampstead

St. Anne Ecumenical Food Pantry
26 Emerson Ave.; 03841
329-5886 (Th 10-12)

Hampton

First Baptist Church
36 Winnacunnet Rd.; 03842
926-3200 (M 10-12 or appt if emerg.)

Hampton Town Office
100 Winnacunnet Rd.; 03842
926-5948 (M-F 9-1)

St. VDP/Our Lady of the Miraculous
Medal
289 Lafayette Rd.; 03842
929-4427 (M,T,Th 10:30-12:30, M-F 5-7
call first)

The Salvation Army
PO Box 2086; 03843
929-1729 (M-F 1-3, by appt only)

Henniker

Henniker Food Pantry
7 Western Ave., PO Box 55; 03242
428-3810/428-7692
(Every other W 7-7:30)

Hooksett

The Hooksett Food Pantry
146 Londonderry Tpk. Unit 23
Hill Haven Indst. Park; 03106
625-4754
(M,T,Th 9-1,W 6-8)

Hopkinton

Hopkinton Food Pantry
14 Maple St., Columbia Hall; 03229
746-6448 (Message only)
746-5729 (W 6:30-7:30)

Hudson

First Baptist Church of Hudson
236 Central St. Rte 111; 03051-4446
882-6116 (M-F 8-12)

St. VDP/St. John the Evangelist
27 Library St.; 03051
883-6048 (2nd & 4th W 7-9 by appt)

Food Pantries (cont.)

Jaffrey

Bills Kitchen Table
667 Main St.; 03452
355-1302

Bread of Life Food Pantry
48 Stratton Rd.; 03452
532-6131/532-7950 (M 4-6)

Jaffrey Food Pantry
54 Main St.; 03452
532-7047/532-7538 (T 10-1, Th 9-12)

Keene

Community Kitchen, Inc.
37 Mechanic St., PO Box 1315;
03431
352-3200 (W 12:30-5:30, Th 11-4)

The Salvation Army
15 Roxbury Plaza; 03431
352-0607 (T,W,Th 1-4)

Laconia

Inreach Ministries Food Pantry
626 Main St.; 03246
524-5895 (T-Th 9-12)

New Beginnings
A Women's Crisis Center
PO Box 622; 03246
528-5683 (M-F 8:30-4:30, some evenings & Saturdays)

St. VDP/St Joseph's Parish
1269 Union Ave., PO Box 6123;
03246
528-5683 (W 6-8, F 12-2)

The Common Food Pantry
121 Belmont Rd.; 03246
524-5512 (M-F 8:30-4:30)

United Baptist Church Food Pantry
35 Park St.; 03246
524-8875/524-1701 (F 2-4)

The Salvation Army Food Pantry
177 Union Ave.; 03246
524-1834 (T-F 9-12)

Lakeport

St Vincent DePaul Society
1269 Union Ave., PO Box 6123;
02347
524-5470 (W 6-8, F 12-2, call if emergency)

Lancaster

Christ United Methodist Church
16 Church Street; 03584
788-2734 (M,W,F 1-3)

Lancaster Food Pantry/Tri-County
CAP

73 Main St.; 03584
788-4477 (M-F 8-3)

Tyler Blain House
56 Prospect St.; 03584
788-2344 (7 days/24 hrs)

Langdon

Baker Building
Rte 12-A; 03602
835-2283 (M,W,F,Sat 10-4:30)

Lebanon

LISTEN Comm. Svs.
60 Hanover St.; 03766
448-4553 (M-F 9-5)
643-4006/298-7758 (Sun 3-5)

Grace Outreach
407 North Main St,
West Lebanon; 03784
643-4006/298-7753 (Sat 3-5)

Lee

Lee Church Congregational
17 Mast Rd.; 03824
659-2861 (1st & 3rd Mon 6-7)

Littleton

All Saints Church Food Pantry
35 School St.; 03561 (T,Th,F 9-12)

Littleton Baptist Church
94 Union St.; 03561
444-6255 (W 6:30-8:30 or emergency)

Support Center at Burch House
PO Box 965; 03561
444-0624 (M-F 9-4)

Food Pantries (cont.)

Littleton (continued)

Tri-County CAP
244 Main St.; 03561
444-6653 (M-F 10-2)

Londonderry

St. Jude Parish
435 Mammoth Rd.; 03053
432-3333 (by appt)

Loudon

Blessed Hope of Loudon Food Pantry
30 Chichester Rd., PO Box 7852;
03307
783-4540 (W 2-3, Sat 9-12)

Madison

Madison Church Food Pantry
53 Conway Rd., Rt. 13, PO Box 119;
03849
367-4705 (W 10-1 or by appt)
(Madison residents only)

Manchester

Blessed Sacrament Food Pantry
14 Elm St.; 03103
622-5445 (every other W 1-3)

First United Methodist Church
961 Valley St.; 03103
622-8863 (T 9-12)

Manchester Christian Church
1308 Wellington Rd.; 03103
622-9677x3104 (by appt only)

Manchester (continued)

New Horizons for NH
199 Manchester St.; 03103
668-1877 (M,W,F 12-1 & Th 6-7)

St. Andrew's Church Food Pantry
102 N. Main St.; 03102
622-8632/624-3827 (1st,3rd T 8:40-10:30)

St. Rafael Parish Food Pantry
103 Walker St.; 03102
623-2604(M 6:45-8)

St. VDP/Sacred Heart Parish
247 South Main St.; 03102
625-9525 (call for info 9-1)

St. VDP/St. Anthony Church
172 Belmont St.; 03103
625-6409 (call for info-no pantry on site)

St. VDP/St. Augustine Church
383 Beech St.; 03103
625-5655 (call for information)

Salvation Army Food Pantry
121 Cedar Street; 03101
627-7013(M-F 9-9:30)

St. Joseph's Church
145 Lowell St.; 03104
622-6404 (T afternoon by appt only)

Meredith

Calvary Bible Church Food Pantry
6 St. James St., PO Box 1; 03253
279-6025 (Every other M 6:30-7:30)

Food Pantries (cont.)

Meredith (continued)

Meredith Emergency Food Pantry
147 Main St.; 03253
279-4096 (T,W,Th 9-12:30)

Merrimack

Riverside Christian Church
27 Depot St.; 03054
424-1711 (T only)

St. John Neumann Food Pantry
708 Milford Rd., 101-A; 03054
880-4689 (M-F 10-11:30)

Milford

St. Patrick Share Program Food Pantry
35 Amherst St.; 03055
673-9898 (M,T,F 10-12, Wed 2-4, by appt only)
Serves: Milford, Brookline, Amherst & Mount Vernon

Milton

Milton Community Services
60 Charles St., PO Box 223; 03851
652-9893 (M-F 9-4)

Nashua:

Christian Bible Church
205 Manchester St.; 03064
882-1055 (M-F 8-4)

Corpus Christi Food Pantry
43 Franklin St.; 03064
882-6372 (M,W 10:30-12:30,T,Th 3-5)

Main Street United Methodist Church
154 Main St.; 03060
882-3361 (M-F 8-2)

Nashua (continued)

Nashua Pastoral Care Center, Inc.
7 Concord St.; 03064
886-2866 (3rd W, call for appointment)

Nashua Soup Kitchen & Shelter
PO Box 3116, 42 Chestnut St.; 03061
889-7770 (M-F 7-6 call first)

Salvation Army
1 Montgomery Ave.; 03060
889-5151/883-7841
(M-F 9-12, 1-4)

Tolles St. Mission Food Pantry
52 Whitney St. ; 03064
880-4984 (W,Th 1:30-3, fresh produce
T,Th 10:30-11:30)

New Ipswich

St. VDP/Sacred Heart Food Pantry
Sacred Heart Parish, PO Box 117;
03071
878-1098 (by appt)

New London

Kearsarge Valley Community Action
49 W. Main St., PO Box 116; 03278
456-2207 (M,F 9-12 or by appt)

Newbury

Kearsarge Valley Community Action
49 W. Main St., PO Box 116; 03278
456-2207 (M,F 9-12 or by appt)

South Newbury Union Church
Corner of Village & Sutton Rd.; 03255
938-5369 (call for appointment)

Food Pantries (cont.)

Newmarket

Newmarket Community Church
10 N. Main St.; 03857
659-2930 (F 9-12)

Newport

Newport Area Assoc. of Churches
95-97 S. Main St.; 03773
863-3411 (M 9-12)

North Conway

Reverence For Life
Vaughan Community Service, Inc.
PO Box 401, 2503 Main St.; 03860
356-2324 (M 12-1:30;W 8-9:30;Th 9-10:30 or by appt)

North Walpole

St. Peter's Church Food Pantry
38 Church St.; 03609
445-5304 (Sat 11-11:30, as needed)

Northfield

Northfield-Tilton Congregational Church
283 Main St., Tilton; 03276
286-4253 (T 9-2, Th-9-12)

Northwood

Northwood Food Pantry-Town Hall
818 1st NH Turnpike; 03261
942-8912 (by appt only)

Nottingham

Nottingham Food Pantry
PO Box 209, Church St.; 03290
(3rd Th 9-12, 5-7)

Ossipee

Freedom Food Pantry
First Christian Church
Main St.; 03836
539-2637/539-6460
(Sat 12-1 & emergency)

Pelham

St. Patrick's/Pelham Food Pantry
12 Main St.; 03076
635-7592 (T 9-10:30, W 1-3)

Pembroke

NH Help Line/Cmmty. Service Council
79 Sheep Davis Rd.; 03275
225-9000 (M-F 9-4 or as needed)

Interfaith Food
147 Main St.; 03275
485-4232 (W 1-3, 5:30-6:30)

Penacook

Immaculate Conception Food Pantry
9 Bonney Rd.; 03303
753-4413 (T,Th,Sat 9-10)

United Church of Penacook
PO Box 6178, 21 Merrimack St.; 03303
753-4072 (T 9:30-11:30)

Peterborough

Monadnock Area Food Bank
All Saints Church Parish House
53 Concord St.; 03458
924-3202 (M 9-11, T 10-12, Sat 10-2)

Pittsfield

Pittsfield Food Pantry
85 Main St.; 03263;
435-6773

Plaistow

Holy Angels Community Food Pantry
St. Luke the Evangelist Church
8 Atkinson Depot Rd.; 03865
382-8324 (T 6-7, W-F 10-12)

Plymouth

Helping Hands Food Pantry
319 Highland St.; 03264
536-1966 (1st & 3rd Fri 1-3)

PACE Food Pantry
258 Highland St.; 03264
536-1101 (T,Th 8-11)

Pemi-Bridge House Food Pantry
41 Green St.; 03264
536-7631 (call first, emergencies)

Food Pantries (cont.)

Portsmouth

Aids Response Seacoast
1 Junkins Ave.; 03801
433-5377 (M-F 9-5)

Seacoast Family Services Assn.
7 Junkins Ave.; 03801
436-0641/436-6161 (T-F 10-2 call for
appt)

Salvation Army Food Pantry
15 Middle St.; 03801
436-2606 (M-Th 9-4, F 9-2:30)

Seacoast Community Church Food
Pantry
397 Lafayette Rd.; 03801
436-8623 (T 11:30-12:30)

Seacoast Consumer Alliance
F/Pantry
544 Islington St.; 03801
427-6966 (F 12-3)

Raymond

Greater Raymond Outreach Center
55 Prescott Rd.; 03077
895-2303 (M,T,TH,F 9-4:30, W 12-9)

New Life Assembly of God
84 Nottingham Rd.; 03077
895-6041 (M-F 8-4:30)

Richmond

Richmond Community Food Pantry
30 Granite Hill Rd.; 03470
239-4494

Rochester

Gerry's Food Pantry
Rochester Community Center
150 Wakefield St.; 03867
330-3468 (M,F 1-3:30; W 10-3:30)

Salvation Army
10 Olde Farm Lane; 03687
332-2623 (M,W,F 9-2)

Rye Beach

St. Theresa Parish Center
PO Box 482, 815 Central Rd.; 03871
964-6440 (M-F 9-4)

Salem

Pleasant St. United Methodist
8 Pleasant St.; 03079
898-2501 (W 10-12)

The Eighth Pole Inc., Food Pantry
at Rockingham
PO Box 47, Rockingham Park;
03079
898-2311x313
(May 28th-Sep 6th 9-5)

Food for Hungry
Pleasant St. United Methodist
Church
8 Pleasant St.; 03079
898-2501 (W 10-12)

Rockingham Cmnty.
Action/Salem Ctr.
287 Lawrence Rd.; 03079
893-9172 (M,T,Th,F 9-4:30, W 9-
12)

St. Joseph Community Food
Pantry
40 Main St.; 03079
898-4933 ext 11 (Friday 12-1,
need to call at least day before
Fri)

Sandown

Sandown Community Food Pantry
Hampstead St. (across from Town
Hall), PO Box 5; 03873
887-3946 (call for appointment)

Seabrook

Seabrook Church of Christ
867 Lafayette Rd.
PO Box 1357; 03874
474-2660 (W 9-11)

Somersworth

The Community Food Pantry, Inc.
176 W High St., PO Box 228;
03878
692-2057 (M 10-12;W 6-8; Th 3-5)

Sunapee

Town of Sunapee Food Pantry
23 Edgemont Rd. ; 03782
763-2212 (M,T,Th,F 8-5 W 8-1)

Food Pantries (cont.)

Suncook

Suncook Community Action Program
15 Glass St., Suite 104; 03275
485-7824 (M-F 8:30-4:40)

Trinity Bible Church
539 Rt. 114
South Sutton; 03273
927-4384 (M,Th 6-7:30)

Sutton

Kearsarge Valley Community Action
49 W. Main St., PO Box 116; 03278
456-2207 (M-F 9-12)

Tamworth

St. Andrew's in the Valley
Episcopal Church
PO Box 426, Old Rte. 25; 03886
284-7708/323-7016 (T,F 10-12)

Tilton

Northfield-Tilton Congregational
Church
283 Main St., Tilton; 03276
286-4253 (T 9-2)

Troy

Helping Hands Center Food Pantry
PO Box 240, 1 Depot St.; 03465
242-3007 (M-F 9:30-2 & Sat 9:30-1)

Twin Mountain

Town of Carroll Food Pantry
97 School St., PO Box 146; 03595
846-5754 (M-F 8-3)

Wakefield

The Wakefield Food Pantry
132 Meadow St., Parks & Rec. Bldg
Sanbornville; 03872
and E. Wakefield; 03830
522-3094 (W 10-12, 4-6)

Warner

Kearsarge Valley Community Action
49 W. Main St., PO Box 116; 03278
456-2207 (M-F 8:30-4:30)

Warren

Mt. Mooselauke Health Center
20 Main St.; 03279
786-9957 (F 2-4)

Webster

Webster Food Pantry
1011 Long St.; 03303
648-2165 (W 7-8:30)

West Nottingham

Liberty Baptist Church Food Pantry
60 Freeman Hall Rd.
PO Box 78; 03291
942-8692 (T 6:30-7)

Whitefield

Friends-N-Neighbors Food Pantry
27 Jefferson Rd., PO Box 27; 03598
837-2469 (Mon 6:30-7:30 by appt)

St. Matthew's Rectory
9 Jefferson Rd.; 03598
837-2558 (S 8-12 or by appt or
emergency)

Wilton

Open Cupboard Pantry
Sacred Heart Church
47 Maple St., PO Box 111; 03086
654-6547/654-2635 (by appt)

Windham

The Shepherd's Pantry
1 Church Road; 03087
432-2150 (M 9-11)

Wolfeboro

L.I.F.E. Ministries, Inc.
228 South Main St.
PO Box 476; 03896
569-0202/569-1126 (W 9-12, 4-6)

Woodsville

Woodsville Food Pantry/Tri-County CAP
PO Box 172, 6 Church St.; 03785
747-3013 (M-F 10-2)

Vermont

North Country Community Food Pantry
Gale St., Canaan, Vt.; 05903
802-246-8829 (T 5-7, W 10-12)

Heat and Fuel Assistance Program

The New Hampshire Fuel Assistance Program (FAP) provides income eligible households with assistance in paying home energy bills (oil, kerosene, natural gas, propane, wood, electricity, and/or coal) during the winter heating season. FAP prioritizes households with at least one member who is elderly, disabled and/or a child under age 6. Eligibility for FAP is based on household size, household income, and annual home energy costs.

Homeowners and renters (including renters with heat included) are eligible for FAP.

FAP income guidelines are updated annually at the beginning of the new program year.

The FAP application process begins each year on October 1. Benefits are generally available for certified FAP clients on December 1.

Applicants must provide written documentation (copies of checks or check stubs, etc.) for all household income sources for the time period specified on the FAP application (usually 30 days).

The six Community Action Agencies (CAPs) in New Hampshire are responsible for the FAP application process. Telephone your local CAP for information, including current income guidelines, or to make an appointment to complete a FAP application.

Other Energy Programs

Weatherization Assistance Program: funds energy improvements in the homes of approximately 600 low-income households. Priority is given to the elderly, handicapped, and families with young children. To apply, contact your local CAP.

Senior Elderly Assistance Services: is for elderly people who are not income eligible for Fuel Assistance but have a compelling need for a one-time grant of up to \$250 towards heating costs.

Neighbor Helping Neighbor: helps households facing a disconnect or heating emergency. This subsidy is for households who are not income eligible and have not previously received Fuel Assistance or Weatherization funds.

Electric Assistance Program: provides qualified electric utility customers with a discount from 15 – 90% on their monthly electric bill.

**Office of Energy and Planning
603-271-2155**

Heat and Fuel Assistance Program

CAP Locations		
Belknap and Merrimack Counties	Concord:.....225-6880 Franklin:.....934-3444 Meredith:.....279-4096 Suncook:.....485-7824 Warner:.....456-2207 Laconia:.....524-5512	Belknap/Merrimack CAP 2 Industrial Park Drive PO Box 1016 Concord; 03302
Coos, Carroll, and Grafton Counties	Lebanon:.....448-4553 Lancaster:.....788-4477 Littleton:444-6653 Plymouth:.....536-8222 Berlin:.....752-3248 Woodsville:.....747-3013 Colebrook:.....237-8168 Tamworth:.....323-7400 Or 1-888-842-3835	Tri-County CAP 30 Exchange Street Berlin; 03570
Rockingham County	Portsmouth: 1-800-639-3896 436-3896 Salem:.....898-8435	Rockingham CAP 7 Junkins Avenue Portsmouth; 03801
Hillsborough County	Manchester:.....647-4470 1-800-322-1073 Nashua:.....889-3440 1-877-211-0723 Hillsboro: (M&F).....464-5835 Peterborough:.....924-2243 1-877-757-7048 Greenville: (Wed)...878-3364 Milford: (T&Th).....673-0756	Southern NH Services PO Box 5040 Manchester; 03108
Strafford County	Farmington:.....755-9305 Milton:.....652-9893 Rochester:.....332-3963 Dover:.....749-1334	Strafford CAP PO Box 160 Dover; 03820
Cheshire and Sullivan Counties	Keene:.....352-7512 or 352-7513 Claremont:.....543-0148 542-9528 or 1-800-529-0005	Southwestern Community Services 69 Z Island Street Keene; 03431

**Office of Energy and Planning
603-271-2155**

Homeless & Transitional Shelters*

Claremont

Sullivan County Housing Coalition
17 Pearl St.; 03743
542-3160 (24 hrs/7 days)
www.scshelps.org

Homeless Outreach/Intervention
Program
17 Pearl Street; 03743
542-4539/1-800-852-3388
mhall@cschelps.org

Southwestern Community Services
96-102 Main St.,
PO Box 1338; 03743
1-800-529-0005

Concord

Edna McKenna House
100 South Fruit Street; 03301
228-3505 (24 hrs/7 days)
mfrench@totalnetnh.net

New Start Program-CAP
Transitional Housing
2 Industrial Park Dr.; 03301
229-1989

Dover

My Friend's Place
368 Washington Street; 03820-
3635
749-3017/749-5068 (24 hrs/7 days)
MFP368@aol.com

Franconia

BanCroft House
104 Harvard St., PO Box 344;
03580
823-8842 (24 hrs/7 days)

Greenland

New Generations – Pregnant Women
& Mothers of Infants/Handicap
Accessible
568 Portsmouth Avenue
Mail: PO Box 676; 03840
436-4989 (24 hrs/7 days)
email:
newgen4989@newgeneration.inc.org
web: www.newgennh.com

Jaffrey

MATS-Peterboro
924-5033
web:
www.forministry.com/usnhucofctvcoj
email: ucj@worldpath.net

Keene

Monadnock Area Housing Coalition
69 Z Island Street; 03431
352-1654 (24 hrs/7 days)
web: www.scshelps.org
email: scs@scshelps.org

Laconia

Open Arms Outreach, Inc.
Transitional Housing for Homeless
Families
756 Union Ave.; 03246
524-4580 (M-F 9am to 5pm)
email: kpeters@oaoutreach.org
web: www.oaoutreach.org

Salvation Army
177 Union Avenue; 03247
528-8086 (24 hrs/7 days)

*Some homeless and transitional housing shelters may route their calls to the local police department who will forward them on to the proper personnel.

Homeless & Transitional Shelters* (cont)

Lancaster

Lynsey House
56 Prospect St.; 03584
788-2344 (24 hrs/7 days)
lynseyh@ncia.net

Lebanon

Headrest, Inc.
PO Box 221, 14 Church St.; 03766
448-4872 (24/Hr Hotline: 448-4400)
No families, singles only, specialize
in substance abuse

Listen Community Svcs.
60 Hanover Street; 03766
448-4553 (M-F 9am–5pm)
web: www.listencs.org

Littleton

Support Center at Burch House
PO Box 965; 03561
444-0624 (M–F, 9am – 4pm)

Manchester

Families in Transition, Inc.
122 Market St., 03101
641-9441 (M–F, 8:30-5:00)
web: www.FITNH.org

Helping Hands Outreach Center
50 Lowell St., PO Box 3551; 03101
623-8778 (M-Th 9-4)
email: HHOC@ACSELLERATED.CO

New Horizons for NH
199 Manchester Street; 03105
668-1877 (24hrs/7days)
web: www.newhorizonsfornh.org
email:
Lee.Martel@newhorizonsfornh.org

The Way Home
214 Spruce St., 03103
627-3491 (transitional services-
handicapped accessible)

Nashua

Harbor Homes (Targets Mentally Ill)
45 High St.; 03060
881-8436

Maple Arms
14-1 Maple Street; 03060
882-5451 (24 hrs/7 days)
www.harborhomes.org

Nashua Soup Kitchen & Shelter
PO Box 3116
42 Chestnut St.; 03061
883-1101 (7 days/6pm until 8am)
www.NSKS.org

Peterborough

Monadnock Area Transitional
Shelter/Case Management Services
PO Box 3053; 03458
924-5033

Plymouth

Pemi-Bridge House
41 Green Street; 03264
536-7631 (24 hrs/7 days)
pemibridgehouse@aol.com

Voices Against Violence
(Domestic Violence Victims Only)
PO Box 53; 03264
536-5999/536-3423

Portsmouth

Crossroads House, Inc.
600 Lafayette Road; 03801
436-2218 (24hrs/7days)
www.crossroadshouse.org

*Some homeless and transitional housing shelters may route their calls to the local police department who will forward them on to the proper personnel.

Homeless Emergency Services

<p>Unite to Help: All Homeless emergencies and referral 24 hours a day, 7 days a week 1-800-852-3388 or 225-9000 www.cscnh.org</p>	
<p>Homeless Outreach Intervention Program: Street Homeless Intervention and Shelter Placement 1-800-852-3388 or 225-9000</p>	
<p>NH Legal Assistance-Homeless Advocacy: Homeless legal issues: Town/City Welfare Rights, Shelter Rights, accessing services, etc. 1-800-562-3174 or 668-2900, Fax: 625-1840</p>	
<p>Bureau of Elderly and Adult Services: A social worker can help the individual/family find alternative housing, transportation, meals, homemaking. 1-800-351-1888</p>	
<p>Veterans Administration: Referral resource for homeless Veterans 1-800-892-8384 or 624-4366 www.visn1.med.va.gov</p>	
<p>Child and Family Services: Transitional Program for Homeless Individuals 18-21 years of age. Call 1-800-640-6486</p>	
<p>Homeless Social Detox Programs via NH Helpline: State-funded referrals for detoxification beds for the homeless 1-800-852-3388</p>	
<p>National Runaway Switchboard: Shelter referrals for teens, etc. 1-800-RUN-AWAY (1-800-786-2929)</p>	
<p>The Housing Referral Network: Provides information and referrals to housing programs</p>	
<p>Southern New Hampshire Services</p>	
<p>Merrimack County:</p>	<p>1-800-856-5525</p>
<p>Strafford County:</p>	<p>1-877-225-4939</p>

Referral Agencies for People Currently in Shelters

Claremont

Homeless Outreach Intervention
17 Pearl Street; 03743
542-4539/1-800-852-3388
email: mhall@scshelps.org
web: www.scshelps.org

Concord

The Salvation Army
58 Clinton Street; 03301
225-5586

Dover

Community Partners
113 Crosby Road, Suite 1;
03820
749-4015
www.bhdssc.org

Littleton

Child & Family Services
130 Cottage Street; 03561
444-0418/1-800-439-0418
Fax: 444-5919

Manchester

Child & Family Services of NH
99 Hanover Street; 03101
518-4208/1-800-640-6486
Jennifer Chisholm
email: info@cfs.org
web: www.cfsnh.org

Manchester

Families In Transition
122 Market Street; 03101
641-9441 www.fitnh.org

Nashua

Nashua Pastoral Care Center
7 Concord Street; 03064
603-886-2866/Fax: 886-9214
www.nashuanpcc.org

Nashua

Grtr. Nashua Council on Alcoholism
Keystone Hall, Pine St. Ext.; 03060
881-4848

Portsmouth

AIDS Seacoast
1 Junkins Ave.; 03801
433-5377/Fax: 373-9221
email: info@aidsresponse.org
web: www.aidsresponse.org

Information and Referral Services

Regional Information and Referral Locations	
Carroll County 1-888-842-3835 Coos County 1-800-552-4617 Grafton County 1-800-552-4617	Tri-County CAP 1-800-552-4617 Kathleen McCosh (Fuel/Weatherization) Philip Guiser
Monadnock United Way Helpline Ellen Avery 23 Center Street Keene; 03431	Phone: 352-1999 or 1-800-368-4357 Hours: 8:30 a.m. – 4:30 p.m.
Headrest Exec. Director: Marcel Duclos 14 Church St., PO Box 247 Lebanon; 03766	Phone: 448-4400 or 1-800-639-6095 24 hours, 7 days INFO@HEADREST.ORG
Information Bank Program Mgr: Erica Ortiz 160 Silver St. Manchester; 03103	Phone: 668-8600 Hours: 8:30 a.m. – 4:30 p.m. EORTIZ@SNHS.ORG
Info & Referral – Greater Nashua Director: Maggie Decker 18 Technology Way Nashua; 03060	Phone: 883-9330 Hours: 8 a.m. – 5 p.m. MDECKER@CCOFNASHUA.ORG
Lamprey Hlth. Care Transportation Transportation Mgr.: Marsha Price 207 S. Main Street Newmarket; 03857	Phone: 659-2424 or 1-800-582-7214 Hours: 8 a.m. – 4 p.m. MPRICE@LAMPREYHEALTH.ORG
Info. Link Program Manager: Phyllis Eldridge 100 Campus Dr., Suite 13 Portsmouth; 03801	Phone: 1-888-499-2525 Hours: 9:00am – 5:00 pm INFOLINK@INFOLINKNH.ORG (Rockingham & Strafford counties)
Sullivan County United Way Exec. Director: Kelly Murphy PO Box 673 Claremont; 03743	Phone: 543-0121 Hours: 8:30 a.m. – 4:30 p.m. KMURPHY@SC.UNITEDWAY.ORG
Strafford County Info & Referral Director of Human Svcs. Administration & Justice Bldg. County Farm Road, PO Box 799 Dover; 03821-0799	Hrs: M-TH 8:30a.m. – 8:00 p.m. Fri – 8:30 a.m. – 4:30 p.m. Phone: 742-8078
Carroll Cty. Healthline Info&Referral Health & Home Care Svcs. 448 White Mtn. High, PO Box 420 Chocurua; 03817	Hrs: 7:00 a.m. – 4:30 p.m. Phone: 323-9394/1-800-499-4171 Fax: 323-7508 Email: INFO@CCHHC.ORG

Relay Service for the DEAF

1-800-735-2964

Job Assistance

For Assistance finding and keeping employment:
NH Employment Security Locations

<p><u>Berlin</u> Manager: Mark Belanger 151 Pleasant Street PO Box 159 Berlin; 03570 752-5500/1-800-679-2533</p>	<p><u>Lebanon</u> Manager: Arthur McAllister 85 Mechanic Street, Suite 4 Lebanon; 03766 448-6340</p>
<p><u>Claremont</u> Manager: Tom Norris 404 Washington Street PO Box 180 Claremont; 03743 543-3111/1-800-679-1661</p>	<p><u>Littleton</u> Manager: Kathy Howard 646 Union Street, Suite 100 Littleton; 03561 444-2971/1-888-510-7772</p>
<p><u>Concord</u> Manager: Mike Walden 10 West Street; PO Box 1140 Concord; 03302 228-4100/1-888-510-7774</p>	<p><u>Manchester</u> Manager: Leanne Topolosky 300 Hanover Street Manchester; 03104 627-7841/1-888-698-8904</p>
<p><u>Conway</u> Manager: George Gilman 518 White Mountain Highway Conway; 03818 447-5924/1-800-963-0341</p>	<p><u>Nashua</u> Manager: 6 Townsend West Nashua; 03063 882-5177/1-888-510-7771</p>
<p><u>Keene</u> Manager: Joel Slutsky 109 Key Road Keene; 03431 352-1904/1-800-275-3759</p>	<p><u>Portsmouth</u> Manager: Francis Morrissey 2000 Lafayette Road Portsmouth; 03801 436-3702/1-888-404-9998</p>
<p><u>Laconia</u> Manager: Pam Szacik 426 Union Ave., Suite 3 Laconia; 03246 524-3960/1-888-510-7773</p>	<p><u>Salem</u> Manager: Roberta Gabriel 29 South Broadway Salem; 03079 893-9185/1-800-821-9997</p>
<p style="text-align: center;"><u>Somerset</u> Manager: Marianne Rechy 243 Rte. 108 Somersworth; 03878 742-3600/1-800-995-8117</p>	

Legal Assistance

Landlord/Tenant, Consumer, Bankruptcy

Franklin Pierce Law Center
Practice Clinic
2 White Street
Concord; 03301
225-3350

Free Legal Services to Low-Income Persons

New Hampshire Pro Bono
112 Pleasant Street
Concord; 03301
1-800-639-5290

Hearings on Utility Shutoffs

Public Utilities Commission
21 Fruit St., Suite 10
Concord; 03301
271-2431
1-800-852-3793

Free Civil Legal Services for Clients over 60

Senior Citizens Law Project
Senior Advice Line
1361 Elm Street, Suite 307
Manchester; 03101
624-6000
1-888-353-9944

Lawline- Free Legal Advice

NH Bar Association
Concord; 03301
The second Wednesday of each month 6 PM – 8 PM
223-9912
800-868-1212

Legal Assistance

Legal Advice & Referral Center

PO Box 4147
Concord; 03302
224-3333
1-800-639-5290

Fair Housing Project of New Hampshire Legal Assistance

1361 Elm Street, Suite 307
Manchester, 03101
669-4960

TTY 206-2299/1-800-634-8989

1-800-921-1115

Se habla espanol

NH Attorney General's Office

33 Capitol Street
Concord; 03301
271-3658/271-3655

Civil Legal Services For Low Income Persons New Hampshire Legal Assistance Branch Offices

256 Main Street
Berlin; 03570
1-800-548-1886

206 Moody Building
24 Operahouse Square
Suite 206
Claremont; 03743
542-8795/542-8796
1-800-562-3994

271 Main Street
Littleton; 03561
444-8000/444-8817
1-800-548-1886
Fax 444-8804

1361 Elm Street
Suite 307
Manchester; 03101
668-2900
1-800-562-3174
1-800-634-8989
or 206-2299 (tty)
Se habla espanol

Simeon Smith House
154 High Street
PO Box 778
Portsmouth; 03802
431-7411
1-800-334-3135

Nutrition Education

<p>The Nutrition Connections program provides low-income people with basic skills to serve nutritious foods to their families. Trained staff members teach people individually or in small groups. These staff members have been trained in nutrition education by the University of New Hampshire Cooperative Extension, which administrates Nutrition Connections. Subjects taught include the essentials of good nutrition, skills preparing and serving nutritious low-cost meals, food buying, managing available resources including food stamps, and proper food storage and sanitation.</p>	
<p>Belknap County 36 County Dr. Laconia; 03246 527-5475</p>	<p>Hillsboro County 329 Mast Rd., Suite 101 Goffstown; 03045 641-6060</p>
<p>Carroll County PO Box 860 Ctr. Ossipee; 03814 539-3331</p>	<p>Merrimack County 315 Daniel Webster Highway Boscawen; 03303 Liz Martin 796-2151 X 316</p>
<p>Cheshire County 800 Park Ave. Keene; 03431 352-4550</p>	<p>Rockingham County 113 North Rd. Brentwood; 03833 1-800-248-6672</p>
<p>Coos County 629A Main St. Lancaster; 03584 788-4961</p>	<p>Strafford County 259 County Farm Rd., Unit 5 Dover; 03820 749-4445</p>
<p>Grafton County Whole Village Center 258 Highland St. Plymouth; 03264 536-3720</p>	<p>Sullivan County 24 Main St. Newport; 03773 863-9200</p>
<p>Operation Frontline offers a cooking based approach to nutrition education. Program lessons cover cooking skills, nutrition information, food safety, food budgeting and general planning. <div style="text-align: center;"> <p>Operation Frontline 62 West Brook Rd. Manchester, 03101 669-9725</p> </div> </p>	

“Other” Programs

Food

Serve New England: Make your food stamps/EBT card go twice as far. SERVE in New Hampshire (35 locations) provides deep discounts on major brand name foods. You can buy a package of frozen meats, fresh fruits and vegetables at about half the grocery store price. The only qualification is volunteering at least 2 hours doing anything, anywhere. No limit on how much food you can buy. Call 1-800-603-4855 for nearest location.

Child and Adult Care Food Program (CACFP): CACFP was established to provide healthy meals for Child Care Centers, Family Day Care participants, and Adult Day Care Centers. Non-profit and For-profit organizations are eligible to participate. For information regarding participating centers and providers contact the NH Department of Education. 1-800-852-3345 extension 3646.

Medical

NH Healthy Kids: Free or low cost medical and dental insurance for uninsured NH Children. Call 1-877-464-2447 or visit www.nhhealthykids.com

Catastrophic Illness: \$2,500 a year to low income residents who require extensive treatment for cancer, cystic fibrosis, end-stage renal disease, hemophilia, multiple sclerosis or spinal cord injury. Call 1-800-852-3345 Ext. 4495

Maternal and Child Health: Health care services (including family planning) for pregnant women, children, teens, and adults. Services are offered in community settings across the state, funded by state, federal and local funds. Teens may request confidential services. 1-800-852-3345 ext 4517

The Medicine Program: Free prescription medicine to those who qualify. PO Box 520, Doniphan, MO 63902. Or call 1-573-996-7300/1-800-694-3893

NH Senior Prescription Discount Program: For NH residents aged 65 and over. No application fee or income test. Discounts on drugs at participating pharmacies. Call 1-888-580-8902

A Prescription Program: To provide eligible veterans and certain dependents and survivors of veterans with prescription drugs and medical supplies from VA pharmacies upon presentation of prescription(s) from VA provider or VA authorized provider. Call 624-4366 ext 6771 or 1-800-892-8384 ext 6771. www.visn1.med.va.gov

NH Medication Bridge Program: To help individuals access free/reduced cost prescription medications directly from the pharmaceutical companies. Individuals should be within 200% of federal poverty and not have prescription insurance. Call Governor's Customer Service line at 1-800-852-3456. WWW.HEALTHYNH.COM

Dental Assistance Information

Medicaid recipients can call Medicaid Client Services. This number only applies to Medicaid Recipients. 1-800-852-3345, ext. 4344 or 8069.

Adult Education

New Hampshire Department of Education: For information on opportunities nearby for classes leading to high school equivalency diploma. 271-6699.

"Other" Programs (cont.)

Shelter

United To Help: For assistance with security deposits for apartments in Merrimack County and the Homeless Hotline. 79 Sheep David Rd., PO Box 2338, Pembroke; 03275. www.cscnh.org. Call 225-9000 or 1-800-852-3388

NH Housing Finance Authority: HUD Section 8 low-income housing. Call 1-800-439-7247. www.nhhfa.org

The Way Home: May provide low-cost, interest-free loans to assist with security deposits. 214 Spruce St., Manchester; 03103. Call 627-3491

Refugees

State Refugee Coordinator, NH Office of Energy and Planning: Assistance is provided to refugees in the following areas: Instruction in English for speakers of other languages (ESOL); employment counseling; social services; health case management; and immigration and legal services. Some services have fees associated with them, and many providers prioritize service to very recent arrivals. Contact Barbara Seebart, State Refugee Coordinator, 271-6361. Email: barbara.seebart@nh.gov.

Other

The Upper Room: Education programs for youth & parents; teen parenting; juvenile diversion; family resource & referral, 36 Tsienetto Rd., Derry. Call 437-8477

Monthly \$7.75 phone credit: Anyone is eligible who participates in the Medicaid, Food Stamps, Supplemental Security Income (SSI), Federal Public Housing Assistance, or low income Home Energy Assistance. Call the NH Public Utilities Commission at 1-800-852-3793.

Pet Neutering: Reduced cost for pet neutering if you qualify. Call NH Dept of Agriculture 271-3697. email: aburke@agr.state.nh.us

Home Budgeting: Consumer Credit Counseling Service offers free counseling for households in the day-to-day management of their incomes. Call 1-800-327-6778.

www.cccsnh-vt.org, cccs@cccsnh-vt.org

Dress For Success: This is a not-for-profit organization that helps low-income women make a tailored transition into the work force. 111 S. Main St., Concord; 03301. Call: 224-8683/520-8852

Free Reconstructive Face and Neck Surgery: For victims of domestic violence either men or women who have suffered disfiguring injuries. This service includes 2 programs FACE-TO-FACE and S.C.O.R.E.S. Call 1-800-842-4546.

Give Back A Smile Program: This program is a free service to anyone who has teeth damaged or missing as a result of domestic abuse and has been in counseling and out of the relationship for one year. Call 1-800-773-4227.

Christmas Assistance: Clothing, food and toys for families in need in Derry. Call the Salvation Army at 434-7790.

NH Catholic Charities

A statewide human service agency, NH Catholic Charities provides counseling, information and referral, support groups, and institutional health care for individuals and families from 16 offices and facilities throughout New Hampshire.

1-800-562-5249

www.catholiccharitiesnh.org

Prepared Meals Programs For The Elderly

(C) = Congregate Meals

(HD) = Home-Delivered Meals

Alstead

Fall Mountain Friendly Meals
Alstead Fire Station
PO Box 191; 03602
835-2283 (C&HD T,Th 11am)

Alton Bay

Alton Senior Ctr./Community Bldg.
Pearson Rd., PO Box 1113; 03810
875-7102 (C&HD)

Antrim

Antrim Village
St. Joseph Community Service
6 Aiken Street; 03440
588-3069 (C)

Belmont

Belmont Senior Center
14 Mill Street, PO Box 214; 03220
267-9867 (C M/W/Th, Brunch Friday)

Berlin

Berlin Senior Meals
610 Sullivan; 03570
752-2545/Fax 752-6531 (C&HD)

Bradford

Mtn. View Senior Center
134 E. Main Street
PO Box 6; 03221
938-2104 (C&HD 1st Fri each month)

Bristol

Bristol Area Senior Services
15 Church Street
PO Box 266; 03222
744-8395/744-9393 (C-T at noon, HD M-F)

Canaan

Mascoma Area Senior Center
1166 U.S. Route 4
PO Box 210; 03741
523-4333 (C&HD)

Center Ossipee

Ossipee Concerned Citizens
3 Dore St., PO Box 426; 03814
539-6851 (C M-Th/HD M-F)

Charlestown

Charlestown Senior Center/Sullivan
Nutrition, Charlestown Off. Bldg
PO Box 385; 03603
826-5139 (C&HD)

Claremont

Sullivan County Nutrition
Earl Bourdon Center
Meals on Wheels
67 Maple Avenue; 03743
543-3072 (C&HD)

Colebrook

Senior Meals
15 Colby Commons Lane; 03576
237-4957 (C&HD)

Concord

Concord Area M.O.W.
2 Industrial Park Drive
PO Box 1016; 03301
225-9092/225-6880/225-3295x375 (H)

Horseshoe Pond Place Senior Services
26 Commercial Street,
Suite 105; 03301
228-6956

Danbury

Community Center
768-3424 (C 2nd Fri of month)

Derry

Marion Gerrish Senior Center
39 West Broadway; 03038
434-5148 (C&HD)

Dover

Waldron Towers Hall
3 Green Street; 03820
742-0157 (C&HD)

Prepared Meals Programs for the Elderly (cont.)

Epping

Epping Community Church
Pleasant Street; 03042
679-4696 (C&HD)

Exeter

Exeter Senior Center
30 Court Street; 03833
778-8196 (C&HD)

Farmington

First Congregational Church
17 South Main St.; 03835
755-4816 (C&HD)

Franklin

Franklin Senior Center @ TRIP
PO Box 182
Smith/Canal Street; 03235
934-4151 (C&HD)

Goffstown

The Meetinghouse
St. Joseph Community
Services
12 Reed Street; 03045
497-4633 (C&HD)

Greenville

St. Joseph's Community
Services
56 Main Street; 03048
Greenville Falls Senior Housing
878-3109/878-1964 (C&HD)

Groveton

Carter Hall, Methodist Church
Main Street; 03582
636-1049 (C&HD)

Hampton

United Methodist Church
525 Lafayette Rd; 03842
929-1108 (C&HD)

Hancock

Senior Nutrition at Sargent Center
36 Sargent Camp Road; 03449
525-3311 (C)

Haverhill North

Horsemeadow Senior Center
91 Horsemeadow Rd.; 03774
787-2539 (C&HD)

Hillsboro

St. Mary's Church
St. Joseph's Services
Church Street; 03244
464-3553 (C-M-F/12:00 & HD)

Hinsdale

Hinsdale Friendly Meals
Community Center, Main Street;
03451
336-7087 (C&HD)

Hollis

St. Joseph Community Services
Hollis Senior Center; 03049
882-0351 (C-Th, sign up 1 wk in
advance)

Hudson (See Sullivan Terrace Center
in Nashua)

Keene

Central Square Terrace
5 Central Square; 03431
352-7525/352-2253 (C&HD)

Harper Acres Friendly Meals
105 Castle Street; 03431
357-4589 (HD)

Laconia

Laconia Sr. Ctr.
17 Church Street; 03246
524-7689 (C&HD)

Lebanon

Upper Valley Senior Center
10 Campbell Street
PO Box 433; 03766
448-4213 (C&HD)

Prepared Meals Programs for the Elderly (cont.)

Lincoln

Linwood Area Senior Services
194 Pollard Rd.; 03251
745-4705 (C&HD M-W,S&Sun)

Littleton

Littleton Area Senior Center
PO Box 98, 77 Riverglen Lane; 03561
444-6050 (C&HD)

Madison

Gibson Senior Center
Silver Lake Landing
Rte 113, Silver Lake; 03875
356-3231 (C Tuesday)

Manchester

Carpenter Center Inc.
323 Franklin Street; 03101
669-1699 (C&HD)

Meredith

Interlakes Senior Center
Trinity Episcopal Church
1 Circle Drive; 03253
279-5631 (C&HD)

Merrimack

Merrimack Adult Center
St. Joseph Community Svc.
Church Street; 03054
237-4957 (C)

Milford

VFW Hall
1 Perkins Street; 03055
875-5110 (C&HD)

Moultonboro

Moultonboro-Sandwich Snr. Meals
Ossipee Concerned Citizens
Lion's Club; 03254
476-5110 (C&HD)

Moultonboro Senior Center
Old Route 109, PO Box 354; 03254
476-5110 (C&HD)

Nashua

Nashua Housing Authority
St. Joseph Community Services
70 Temple Street; 03060
882-2160 (C&HD)

Sullivan Terrace S. Elderly Nutrition
St. Joseph's Community Services
57 Tyler Street; 03060
883-1459/424-9967 (C&HD)

New London

Meals on Wheels
CAP – Elderly Nutrition Program
37 Pleasant St.; 03257
526-6155 (HD)

Newmarket

Newmarket Community Center
1 Terrace Drive; 03857
659-3150 (C&HD)

Newport

Newport Senior Center
76 South Main Street; 03773
863-3177 (C&HD)

North Conway

Gibson Center
14 Grove St., PO Box 655; 03860
356-3231/356-3667 (C&HD)

North Stratford

North Stratford Senior Meals
Town Hall, Route 3; 03590
922-3865 (C T&Th)

North Woodstock (see Lincoln)

Ossipee

Senior Center
3 Dore Street, PO Box 426; 03814
539-6851 (C&HD)

Pelham

Pelham Senior Center
8 Nashua Road; 03076
635-3800 (C T-F @ 12pm)

Penacook

Community Senior Center
PO Box 6008, 76 Commercial Drive
753-9700 (C Mon)

Pittsfield

Pittsfield Sr./Community Center
74 Main Street; 03263
435-8482 (C&HD)

Pittsburg (see Colebrook)

Echo Valley Village
20 Back Lake Road; 03592
538-1122 (C T&Th)

Prepared Meals Programs for the Elderly (cont.)

Plaistow

Vic-Geary Center
18 Greenough Road; 03865
382-5995 (C&HD)

Plymouth

Plymouth Regional Senior Center
8 Depot Street; 03264
536-1204/536-2000 (C&HD)

Portsmouth

Gosling Meadows
40 Wedgewood Road; 03801
431-0561 (HD)

Portsmouth Senior Center
127 Parrot Avenue; 03801
431-8677 (C)

Rochester

Wellsweep Acres
13 Old Farm Rd.; 03867
332-0831 (C&HD)

Salem

Ingram Senior Center
One Sally Sweet Way; 03079
890-2190 (C&HD)

Sandwich:

Doris L. Benz Community Center
18 Heard Rd., PO Box 52; 03227
284-7211 (C)

Seabrook

Seabrook Community Center
311 Lafayette Road; 03874
474-2139 (C&HD)

Somersworth

Fillion Terrace Hall
75 Washington Street; 03878
692-5169am/692-4211 (C&HD)

Suncook

St. John the Baptist Parish Hall
10 School Street; 03275
485-4254 (C&HD)

Troy

Friendly Meals
Meadowood
Bowkerville Road; 03465
242-7986 (C&HD)

Wakefield

Greater Wakefield Resource
Center
254 Main Street, PO Box 96,
Union; 03887
473-8324 (C on M,W,Th)

Warner

Warner Senior Center
Old Graded School Bldg.,
49 W Main St.; PO Box 116; 03278
456-2207/456-9200 (C Wed)

Whitefield

Whitefield Senior Center
34 Jefferson Road; 03598
837-2424 (C&HD)

Wilmot

Wilmot Community Barn
Wilmot Community Association
PO Box 23; 03287
526-7934 (C 3rd Th of month)

Windham

Windham Senior Citizen Center
2 North Lowell Rd.; 03087
434-2411 (C on T,Th)

Woodstock (see Lincoln)

Woodsville (See Haverhill)

Prepared Meals Programs for the Elderly (cont.)

For Additional Information:

If you cannot find your town listed and are interested in finding out about a nutrition program located near you, please contact one of the community agencies listed below:

Nutrition and Elder Services-CAP
Belknap-Merrimack Counties, Inc.
PO Box 1016
Concord; 03302
225-3295

Ossipee Concerned Citizens, Inc.
PO Box 426, 3 Dore Street
Center Ossipee; 03814
539-6851

Gibson Center for Senior Services
PO Box 655
North Conway; 03860
356-3231

Rockingham Nutrition & MOW
Program
106 North Road
Brentwood; 03833
679-2201/1-800-298-6006

Grafton County Sr. Citizen Council,
Inc.
PO Box 433
Lebanon; 03766
448-4897

St. Joseph Community Svs. Inc.
PO Box 910
Merrimack; 03054
424-9967

HCS
PO Box 564
Keene; 03431
352-2253

Strafford Nutrition/MOW
Somersworth Housing Authority
9 Bartlett Avenue
Somersworth; 03878
692-2864

North Country Elderly Programs
610 Sullivan Street
Berlin; 03570
752-3010

Sullivan County Nutrition
76 South Main St., PO Box 387
Newport; 03773
863-3177

Social Security Administration

Assistance Programs	
<p style="text-align: center;"><u>Retirement Benefits</u></p> <p>Cash benefits for workers aged 62 or older who have worked a sufficient number of years and contributed to the program during that time. Dependents may also be eligible for benefits.</p>	<p style="text-align: center;"><u>Disability Benefits</u></p> <p>Benefits for workers who become physically or mentally disabled prior to retirement age. Disability must be severe enough to prohibit substantial work and be expected to last for a year or more.</p>
<p style="text-align: center;"><u>Supplemental Security</u></p> <p>Monthly cash payment to aged, blind, and disabled people who have little or no income. Recipients may be eligible for Medicaid benefits (see Division of Family Assistance, page 1). A handicapped child under age 18 may receive this if child and parent meet income and resource requirements.</p>	<p style="text-align: center;"><u>Medicare</u></p> <p>Hospital Insurance (Part A) and Medical Insurance (Part B) for people 65 and older who qualify for retirement benefits, for workers who have been receiving disability benefits for 24 months or more, and for people who need kidney dialysis or transplant.</p>
<p><u>Survivors Benefits</u></p> <p>Lump sum payment and monthly cash benefits to spouses and dependent children of deceased workers.</p>	

Social Security Office Locations		
<p style="text-align: center;"><u>Concord</u></p> <p>70 Commercial St, Ste. 100 Zip: 03301 Phone: 224-1939</p>	<p style="text-align: center;"><u>Manchester</u></p> <p>2 Wall Street Ste. 301 Zip: 03101 Phone: 641-2180</p>	<p style="text-align: center;"><u>Keene</u></p> <p>34 Mechanic Street Zip: 03431 Phone: 352-3487</p>
<p style="text-align: center;"><u>Portsmouth</u></p> <p>80 Daniel St., Federal Building Rm. 200 Zip: 03802 Phone: 433-0716</p>	<p style="text-align: center;"><u>Littleton</u></p> <p>177 Main Street Zip: 03561 Phone: 444-2945</p>	<p style="text-align: center;"><u>Nashua</u></p> <p>175 Amherst Street Zip: 03064-1366 Phone: 880-0295</p>
<p>OR CALL 1-800-772-1213</p>		

Soup Kitchens

Alstead

Fall Mountain Friendly Meals
Alstead Fire Station, PO Box 191;
03602
835-2283 (T/Th—open 8:30 am, meals
served at 9 & 11am)

Berlin

Salvation Army Soup Kitchen
15 Cole St., PO Box 495; 03570
752-1644 (M–4:30)

Claremont

Claremont Soup Kitchen, Inc.
18 Central St., PO Box 957; 03743
543-3290 soupma@aol.com
(M-Th 4–5:30pm)

Concord

The Friendly Kitchen, Inc.
14 Montgomery St.; 03301
224-7678
(M–Sun except Thanksgiving, Open at
3, dinner 5-6; Sat&Sun breakfast 8-
9/weekday breakfast 8-9 Nov 1st-
March 30th)

Derry

Sonshine Soup Kitchen
4 Crystal Ave. #4; 03038
437-2833 (M-F/4:30-5:30)
www.soupinderry.org
soupinderry@ix.netcom.com

Franklin:

Bread & Roses
Unitarian Church
206 Central St.; 03235
(Mon/Thu 4:00-5:30)
934-2346

Hampton

St. VDP/Our Lady of the Miraculous
Medal Soup Kitchen
57 Ashworth; 03842
929-4427 (M-F 5-7pm)

Keene

The Community Kitchen, Inc.
37 Mechanic St.; 03431
352-3200
(Dinner M–F 5–6:30, Sun 11-12:30)
www.thecommunitykitchen.org

Laconia

Inreach Ministries at the Christ
LifeCenter
626 Main Street; 03246
524-5895 (T/Th 9-12pm)

Salvation Army Soup Kitchen
177 Union Ave.; 02347
524-1834 (T/W/F 12:00-1:00,
Sunday after church)

Lebanon

LISTEN Comm. Svs.
60 Hanover Street; 03766
448-4553 (M-F 5-6pm)
www.listencenter.org [email@listen-
inc.org](mailto:email@listen-inc.org)

Manchester

New Horizons for NH, Inc.
199 Manchester Street; 03103
668-1877 (7 days/wk 4:30 pm)
www.newhorizonsfornh.org
Lee.Martel@newhorizonsfornh.org

Soup Kitchens (cont.)

Nashua

Nashua Soup Kitchen
42 Chestnut St., PO Box 3116; 03061
889-7770 (M-F 7am-6pm; Sat 4-6pm,
Sun Noon-2pm)
www.nskns.org
eileennsks@verizon.net

Pembroke

Suncook United Methodist Church
152 Main St.; 03275
485-9707 (Wed 5-6pm Sept – June)
VA1790@aol.com

Penacook

The United Church of Penacook
21 Merrimack St.; 03303
753-4072 (M/W 4:30-5:30pm June-
Sept, M/W/Th 4:30-5:30 Oct-May)

Plymouth

Meals for Many
258 Highland St.; 03264
536-1101 (Th 5-6pm)

Portsmouth (cont)

St. John's Episcopal Church
101 Chapel St.; 03801
436-8283
(Th noon-1pm)
www.stjohnsnh.org
administrator@stjohnsnh.org

Salvation Army
15 Middle Street; 03801
436-2606
M-F Breakfast 7am;
7days/wk Dinner 5-6pm

Rochester

First United Methodist Church
34 S. Main St.; 03867
332-4170 (Tue & Thu 5-6pm)

Salvation Army
10 Old Farm Lane; 03867
332-2623 (M/W/F 12-1)

Tamworth

St. Andrew's in the Valley Episcopal
Church
678 Whittier Rd.; 03886
323-8515 (Sundays 5:00 –5:30pm)
standrew@ncia.net

Town Welfare Offices

Each NH town and city offers direct relief in the form of vouchers paid directly to vendors for such needs as food, rent, heat, and utilities. RSA 165 requires towns and cities to assist people who live within their jurisdiction, who have no other means of support, who require temporary assistance, or whose bare minimum in expenses exceeds their customary income.

Most towns and cities have full-time welfare directors with regular office hours. Check under "Government, City/Town" in the Yellow Pages for phone numbers. In smaller towns, contact the Board of Selectmen or Town Office for details.

Town/City	Town/City	Town/City	Town/City	Town/City
Auburn 483-5052	Epping 679-1202	Keene 357-9809	Nashua 589-4520	Raymond 895-4735
Barrington 664-9007	Farmington 755-2208	Kensington 772-5423	New Boston 487-5504	Rindge 899-5181
Bedford 472-9869	Francestown 547-3469	Laconia 527-1267	New Castle 610-7260 610-7267	Rochester 332-3505
Berlin 752-2120	Goffstown 497-8990	Lebanon 448-2944	New Durham 859-2091	Rollinsford 742-2510
Candia 483-8101	Gorham 466-3322	Lee 659-5414	Orange 523-7054	Salisbury 648-2473
Claremont 542-7007	Greenfield 547-3442	Littleton 444-3996x10	Orford 353-4889	Somersworth 692-9509
Concord 225-8575	Hampton 926-5948	Londonderry 432-1100 x147	Ossipee 539-4181	Strafford 664-2192
Conway 447-3811	Hampstead 329-4100	Madbury 742-5131	Pelham 635-8233	Tilton 286-4521
Dover 516-6500	Henniker 428-3221	Manchester 624-6484	Pembroke 485-2883	Warner 456-2298
Dunbarton 774-3541	Hooksett 485-8769	Merrimack 423-8535	Pittsburg 538-6686	Whitefield 837-2551
Durham 868-8043	Jackson 383-4223	Middleton 473-2261	Plymouth 536-1731	Wolfeboro 569-8161
Effingham 539-7770	Jaffrey 532-7445	Milton 652-9893	Portsmouth 610-7260 610-7267	

Women, Infants, and Children (WIC)

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) provides supplemental nutritious foods and nutrition education to pregnant and breast-feeding women. It also provides foods to infants and children up to 5 years of age. To participate, infants, children, pregnant women and breastfeeding mothers must be determined “nutritionally at-risk” due to a dietary inadequacy or medical condition by a nutritionist, physician, or nurse. Participants must meet the income criteria below:

The income limits listed below will change April 1, 2008.

Family Size	Annual Income	Monthly Income	Weekly Income
1	\$18,889	\$1,575	\$364
2	25,327	2,111	488
3	31,765	2,648	611
4	38,203	3,184	735
5	44,641	3,721	859
6	51,079	4,257	983
7	57,515	4,797	1,107
8	63,955	5,330	1,230
For each additional family member, add:	+6,438	+537	+121

WIC provides infants with iron-fortified formula and cereal and with fruit juice rich in vitamin C. Infants and children with individual needs may be accommodated with special formulas. WIC provides women and children with milk, cheese, eggs, iron-fortified cereals, fruit juice rich in vitamin C, and peanut butter or dried peas and beans. WIC also provides nutrition education, breastfeeding support, and healthcare referrals.

WIC also administers the Commodity Supplemental Food Program (CSFP). This program provides supplemental foods to low-income seniors 60 years and older, and women and children up to 6 years old who are no longer eligible for WIC.

For more information, contact the WIC Nutrition Services Bureau at
271-4546 or 1-800-WIC-4321.

Women, Infants, and Children (WIC)

WIC Locations	
Northern Grafton County	Ammonoosuc Com. Hlth. Svcs. 25 Mount Eustis Road Littleton; 03561 444-6192/1-800-530-5987
Belknap, Merrimack and Southern Grafton Counties	Belknap-Merrimack CAP PO Box 1016 2 Industrial Park Drive Concord; 03302 225-2050/1-800-578-2050
Coos County	Coos Cnty. Family Hlth. Svcs. 54 Willow Street Berlin; 03570 752-4678/1-888-266-7942
Carroll County	Ossipee Concerned Citizens PO Box 426, Dore Street Center Ossipee; 03814 539-6821/1-800-411-1106
Rockingham County	Rockingham Community Action 35 High Street Exeter; 03833 778-1834/1-800-256-9880
Hillsborough County	Southern NH Services PO Box 5040 Manchester; 03108 668-8010/1-800-322-1073
Cheshire County and Sullivan	Southwestern Community Svcs. PO Box 603, 69Z Island Street Keene; 03431 352-7512/1-800-529-0005
Strafford County	Avis Goodwin Community Health Services 22 South Main Street Rochester; 03867 332-4358