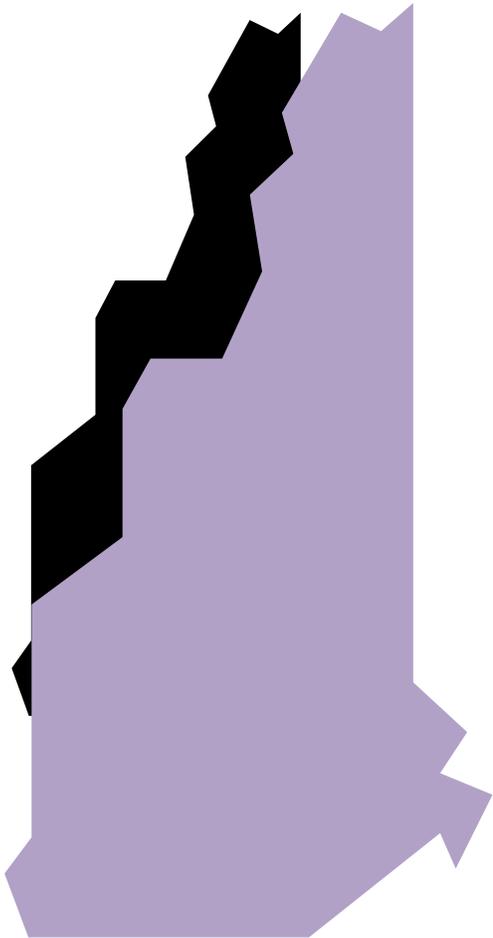


Assistance Handbook 2015



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

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

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Information and Referral Services

New Hampshire’s Relay Service for the Deaf

1-800-RELAY NH (1-800-735-2964) TTY/Voice
This service will translate phone calls for the Deaf

New Hampshire 2-1-1

Your link to resources.

2-1-1 is the number to dial for information about health and human services and organizations in your community. 2-1-1 is a free call and provides free, confidential and person-to-person assistance. Language translation is available.

Child Care Resource & Referral	Clothing and Thrift Shops
Consumer Services	Crisis Services
Discrimination Assistance	Domestic & Sexual Violence Services
Education – GED, Computer Classes	Employment Services
Food Shelves & Nutrition Programs	Health Care Services
Military, Family & Community Network	Housing – Homeless Prevention, Shelter, Tenants' Rights
Independent Living Services	Legal Assistance
Mental Health Care & Counseling	Mentoring
Alcohol & Drug Programs	Parenting Programs
Senior Information & Assistance	Stop Smoking Programs
Support Groups	Transportation
Utility Assistance	Youth & Family Services
Veteran Services	Volunteering
Wellness Programs	And More

Just dial 2-1-1.

Toll free outside New Hampshire: **1-866-444-4211**

TTY line for the hearing impaired: **1-603-634-3388**

www.211nh.org

Assistance Program Definitions

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.

FANF/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
- Low income with 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.

Where to Apply

Department of Health & Human Services District Office Locations

DFA Locations	Towns Served
Berlin 650 Main Street, Suite 200 Berlin; 03570-2431 Phone: 603-752-7800 or 1-800-972-6111 Fax: 603-752-2230	Berlin, Clarksville, Colebrook, Columbia, Dixville, Dummer, Errol, Gorham, Groveton, Milan, Millsfield, N. Stratford, Northumberland, Percy, Pittsburgh, Randolph, Shelburne, Stark, Stewartstown, Stratford, Wentworth's Location, West Stewartstown
Claremont 17 Water Street, Suite. 301 Claremont; 03743-2280 Phone: 603-542-9544 or 1-800-982-1001 Fax: 603-542-2367	Acworth, Canaan, Charlestown, Claremont, Cornish, Croydon, Enfield, George's Mills, Goshen, Grafton, Grantham, Guild, Hanover, Langdon, Lebanon, Lempster, Lyme, Meriden, Newport, Orange, Orford, Plainfield, Springfield, Sunapee, Unity, Washington, West Lebanon
Concord 40 Terrill Park Drive Concord; 03301-9955 Phone: 603-271-6201 or 1-800-322-9191 Fax: 603-271-6451	Allenstown, Andover, Boscawen, Bow, Bradford, Canterbury, Chichester, Concord, Contoocook, Danbury, Dunbarton, Elkins, Epsom, Franklin, Henniker, Hill, Hillsboro, Hooksett, Hopkinton, Loudon, New London, Newbury, Northfield, Pembroke, Penacook, Pittsfield, Salisbury, Suncook, Sutton, Warner, Webster, Wilmot
Conway 73 Hobbs Street Conway; 03818-6188 Phone: 603-447-3841 or 1-800-552-4628 Fax: 603-75447-1988	Albany, Bartlett, Brookfield, Chatham, Chocorua, Conway, Eaton, Effingham, Freedom, Glen, Hale's Location, Hart's Location, Intervale, Jackson, Kearsarge, Madison, Melvin Village, Moultonborough, N. Conway, Ossipee, Sanbornville, Sandwich, Snowville, Tamworth, Tuftonboro, Wakefield, Wolfeboro
Keene 111 Key Road Keene; 03431 Phone: 603- 357-3510 or 1-800-624-9700 Fax: 603-352-2598	Alstead, Antrim, Ashuelot, Bennington, Chesterfield, Deering, Drewville, Dublin, Fitzwilliam, Frankestown, Gilsum, Greenfield, 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
Laconia 65 Beacon Street West Laconia; 03246-9988 Phone: 603-524-4485 or 1-800-322-2121 Fax: 603-528-4105	Alexandria, Alton, Ashland, Barnstead, Belmont, Bridgewater, Bristol, Campton, Center Harbor, Dorchester, Ellsworth, Gilford, Gilmanton, Groton, Hebron, Holderness, Laconia, Lakeport, Meredith, New Hampton, Plymouth, Rumney, Sanbornton, Silver Lake, Thornton, Tilton, Waterville Valley, Wentworth, Winnisquam

Where to Apply

Department of Health & Human Services District Office Locations

DFA Locations	Towns Served
Littleton 80 North Littleton Road Littleton; 03561-3841 Phone: 603-444-6786 or 1-800-552-8959 Fax: 603-444-0348	Bath, Benton, Bethlehem, Carroll, Dalton, Easton, Franconia, Glenciff, Haverhill, Jefferson, Lancaster, Landaff, Lincoln, Lisbon, Littleton, Livermore, Lyman, Monroe, Piermont, Pike, Sugar Hill, Twin Mountain, Warren, Whitefield, Woodstock, Woodsville
Manchester 195 McGregor St., Suite 110 Manchester; 03102-3762 Phone: 603-668-2330 or 1-800-852-7493 Fax: 603-624-4014	Auburn, Bedford, Chester, Goffstown, Manchester, New Boston, Weare
Rochester 150 Wakefield St., Suite 22 Rochester; 03867-1309 Phone: 603-332-9120 or 1-800-862-5300 Fax: 603-335-5993	Barrington, Dover, Durham, Farmington, Gonic, Lee, Madbury, Middleton, Milton, New Durham, Rochester, Rollinsford, Somersworth, Strafford, Union
Seacoast 50 International Drive Portsmouth; 03801 Phone: 603-433-8300 or 1-800-821-0326 Fax: 603-431-1731	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
Southern 3 Pine Street, Suite Q Nashua; 03060-9311 Phone: 603-883-7726 or 1-800-852-0632 Fax: 603-883-2064	Amherst, Atkinson, Brookline, Danville, Derry, Greenville, Hampstead, Hollis, Hudson, Litchfield, Londonderry, Mason, Merrimack, Milford, Mont Vernon, Nashua, Newton, Pelham, Plaistow, Salem, Sandown, Wilton, Windham

Children's Services

Berlin District Office

Tri-County Head Start 603-752-7001	WIC (Woman Infant & Children) 603-225-2050 1-800-578-2050	Child Care Resource & Referral Network: Southern NH Services CCR&R 603-578-1386 1-855-393-1731 Fax: 603-578-1736 ccrr@snhs.org www.nh.childcareaware.org
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Claremont District Office

Tri-County Head Start 603-752-7001 1-800-552-4617	WIC (Women, Infant & Children) Southwestern Community Services 603-719-4234 1-800-529-0005	Child Care Resource & Referral Network: Southern NH Services CCR&R 603-578-1386 1-855-393-1731 Fax: 603-578-1736 ccrr@snhs.org www.nh.childcareaware.org
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Concord District Office

Merrimack County Head Start 603-225-3295	WIC (Women, Infants & Children) 2 Industrial Park Dr. Concord 603-225-2050 1-800-578-2050	Belknap/Merrimack County CAP 2 Industrial Park Dr. Concord, NH 03301 603-225-3295 Fax: 603-228-1898 www.bm.cap.org/wic.htm	Child Care Resource & Referral Network: Southern NH Services CCR&R 603-578-1386 1-855-393-1731 Fax: 603-578-1736 ccrr@snhs.org www.nh.childcareaware.org
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Conway District Office

Tri-County Head Start 603-752-7001	WIC (Women, Infants & Children) 1-855-332-4358	Child and Family Services Healthy Families Program 603-518-4000	Child Care Resource & Referral Network: Southern NH Services CCR&R 603-578-1386 1-855-393-1731 Fax: 603-578-1736 ccrr@snhs.org www.nh.childcareaware.org
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Children's Services (Continued)

Keene District Office

<p style="text-align: center;">WIC (Women, Infants & Children)</p> <p style="text-align: center;">603-719-4234 1-800-529-0005 www.scshelps.org/wic.htm</p>	<p style="text-align: center;">Child and Family Services Healthy Families Program</p> <p style="text-align: center;">603-518-4000</p>	<p style="text-align: center;">Child Care Resource & Referral Network: Southern NH Services CCR&R</p> <p style="text-align: center;">603-578-1386 1-855-393-1731 Fax: 603-578-1736 ccrr@snhs.org www.nh.childcareaware.org</p>
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Laconia District Office

<p style="text-align: center;">Belknap/Merrimack County</p> <p style="text-align: center;">Head Start</p> <p style="text-align: center;">603-225-3295</p>	<p style="text-align: center;">WIC & CSFP CAP</p> <p style="text-align: center;">2 Industrial Park Dr. Concord</p> <p style="text-align: center;">603-225-2050 1-800-578-2050 Fax: 603-228-1898 www.bm-cap.org/wic.htm</p>	<p style="text-align: center;">Child and Family Services</p> <p style="text-align: center;">Healthy Families Program</p> <p style="text-align: center;">603-518-4000</p>	<p style="text-align: center;">Child Care Resource & Referral Network: Southern NH Services CCR&R</p> <p style="text-align: center;">603-578-1386 1-855-393-1731 Fax: 603-578-1736 ccrr@snhs.org www.nh.childcareaware.org</p>
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Littleton District Office

<p style="text-align: center;">Tri-County Head Start</p> <p style="text-align: center;">603-752-7001</p>	<p style="text-align: center;">Education White Mountain Community College 2020 Riverside Dr., Berlin</p> <p style="text-align: center;">Sandy Alonzo: 603-752-1113 x1063</p> <p style="text-align: center;">1-800-445-4525 Fax: 603-752-6335 salonzo@ccsnh.edu</p>	<p style="text-align: center;">Child and Family Services</p> <p style="text-align: center;">Healthy Families Program</p> <p style="text-align: center;">603-518-4000</p>	<p style="text-align: center;">Child Care Resource & Referral Network: Southern NH Services CCR&R</p> <p style="text-align: center;">603-578-1386 1-855-393-1731 Fax: 603-578-1736 ccrr@snhs.org www.nh.childcareaware.org</p>
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Children's Services (Continued)

Manchester District Office

<p>Administration: 40 Pine St. Manchester</p> <p>603-668-8010</p>	<p>WIC and CFSP Southern NH Services PO Box: 504 40 Pine St. Manchester</p> <p>1-800-256-9880 www.snhs.org/programs/health-food-nutrition/women-infants-and-children-wic/</p>	<p>Child and Family Services Healthy Families Program</p> <p>464 Chestnut St. Manchester</p> <p>603-518-4000 1-800-640-6486</p>	<p>Child Care Resource & Referral Network: Southern NH Services CCR&R</p> <p>603-578-1386 1-855-393-1731 Fax: 603-578-1736 crr@snhs.org www.nh.childcareaware.org</p>
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Rochester District Office

<p>Head Start</p> <p>Strafford County: 603-516-8144</p> <p>Rockingham County: 668-8010 x6098</p>	<p>Strafford County CAP PO Box 160, Dover</p> <p>Dover: 603-516-8130 Farmington: 603-755-9305 Milton: 603-652-4501 x9 Rochester: 603-516-8131 www.straffcap.org</p>	<p>Strafford County WIC & CSFP 311 Route 108 Somersworth, NH 03867</p> <p>603-332-4358 1-855-332-4358 Fax: 603-332-4265 www.goodwinch.org/services/health-care-services/#nutrition</p>	<p>Child Care Resource & Referral Network: Southern NH Services CCR&R</p> <p>603-578-1386 1-855-393-1731 Fax: 603-578-1736 crr@snhs.org www.nh.childcareaware.org</p>
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Seacoast District Office

<p>Derry Head Start 9 Crystal Ave. Derry</p> <p>603-216-8864 derryhs@rcation.org</p>	<p>Epping Head Start 213B Main St. Epping</p> <p>603-679-2892</p>	<p>Seacoast Head Start 137 Lafayette Rd. Hampton Falls</p> <p>603-601-2196 seabrook@rcation.org</p>
<p>Newmarket Head Start 1 Terrace Dr. Newmarket</p> <p>603-659-4927</p>	<p>Portsmouth Head Start 100 Campus Dr., Suite 22 Portsmouth</p> <p>603-422-8231 Portsmouth@rcation.org</p>	<p>Administration 40 Pine St. Manchester</p> <p>603-668-8010</p>
<p>WIC (Women, Infants and Children) 9 Crystal Ave., Derry</p> <p>603-647-4470 x5 1-800-256-9880 www.snhs.org/programs/health-food-nutrition/women-infants-and-children-wic/</p>		<p>Child Care Resource & Referral Network: Southern NH Services CCR&R</p> <p>603-578-1386 1-855-393-1731 Fax: 603-578-1736 crr@snhs.org www.nh.childcareaware.org</p>

Children's Services (Continued)

Southern District Office

<p>Derry Head Start 9 Crystal Ave. Derry</p> <p>603-216-8864 derryhs@rcaction.org</p>	<p>Nashua Area 134 Allds St. Nashua</p> <p>603-889-1726</p>	<p>Salem Area</p> <p>Salem Boys & Girls Club 3 Geremonty Dr. Salem</p> <p>603-898-7709</p>
<p>WIC (Women, Infant and Children)</p> <p>Southern NH Services 603-889-3440 1-877-211-0723</p>	<p>Child Care Resource & Referral Network: Southern NH Services CCR&R</p> <p>603-578-1386 1-855-393-1731 Fax: 603-578-1736 ccrr@snhs.org www.nh.childcareaware.org</p>	

Need help? Apply from Home!

Food Stamps, Cash, Medicaid, Child Care

NH Health and Human Services announces NHEASY. Apply for benefits from anywhere! Now available to NH Residents on-line from 6:00 AM until Midnight every day.

www.nheasy.nh.gov

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



Community Action Program (CAP) Locations

Belknap and Merrimack Counties	Concord.....603-225-6880 Franklin.....603-934-3444 Meredith.....603-279-4096 Suncook.....603-485-7824 Warner.....603-456-2207 Laconia.....603-524-5512	Belknap/Merrimack CAP 2 Industrial Park Dr. PO Box 1016 Concord, 03302 www.bm-cap.org
Carroll County	Tamworth.....603-323-7400 Or 1-888-842-3835	Tri-County CAP 30 Exchange St. Berlin, 03570
Coos County	Berlin.....603-752-3248 Colebrook.....603-237-8168	Tri-County CAP 30 Exchange St. Berlin, 03570
Grafton County	Ashland.....603-968-3560 Lebanon.....603-444-6653 Littleton.....603-444-6653 Woodsville.....603-747-3013	Tri-County CAP 30 Exchange St. Berlin, 03570
Rockingham County	Derry.....603-965-3029 Portsmouth.....603-436-3896 Raymond.....603-895-2303 Salem.....603-893-9172 Seabrook.....603-474-3507 Or 1-800-639-3896	Rockingham CAP 4 Cutts St. Portsmouth, 03801 www.rcaction.org
Hillsborough County	Manchester.....603-647-4470 Or 1-800-322-1073 Nashua.....603-889-3440 Or 1-877-211-0723 Hillsboro.....(M+F).....603-464-5835 Peterborough.....603-924-2243 Or 1-877-757-7048 Greenville....(Wed).....603-878-3364 Milford....(Tue+Thur)...603-673-0756	Southern NH Services PO Box 5040 Manchester, 03108 www.snh.org
Strafford County	Farmington/Milton.....603-516-8191 Rochester.....603-516-8131 Dover.....603-749-1334	Strafford CAP PO Box 160 Dover, 03820 www.straffcap.org
Cheshire and Sullivan Counties	Keene.....603-352-7512 Claremont.....603-542-9528 Or 1-800-529-0005	Southwestern Community Services 63 Community Way Keene, 03431 www.scshehelps.org

Domestic and Sexual Violence

Berlin District Office

Response to Sexual & Domestic Violence: **1-866-662-4220**
Berlin: **603-752-5679**
Groveton: **603-636-1747**
www.nhcadsv.org

Claremont District Office

Turning Points Network 11 School St. Claremont, NH 03743 Crisis Line: 1-800-639-3130 Claremont Crisis Line: 603-543-0155 Newport Office: 603-863-4053	WISE 1-866-348-WISE 38 Bank St. Lebanon, NH 03766 Local Crisis Line: 603-448-5525 Office: 603-448-5922
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Concord District Office

Crisis Center of Central New Hampshire
Formerly Rape and Domestic Violence Crisis Center
P.O. Box 1344 Concord, NH 03302
Crisis Line: **1-866-841-6229**
Concord Office Line: **603-225-7376**

Conway District Office

Sexual and Domestic Violence
Conway PO Box 1972
Crisis Line: **1-800-336-3795**
Conway Office: **603-447-2494**
Ossipee Office: **603-539-5506**
www.startingpoint.nh.org

Keene District Office

Monadnock Center for Violence Prevention
12 Court St., Keene, NH 03431
Crisis Line: **603-352-3782**
Toll-free Hotline
1-888-511-mvcp(6287)
Keene office: **603-352-3782**
Peterborough Office: **603-209-4015**
Office Line: **603-536-5999**

Laconia District Office

New Beginnings Without Violence and Abuse P.O. Box 622 Laconia, NH 03247 Domestic Violence: 1-866-644-3574 Sexual Assault: 1-800-277-5570 Laconia Office: 603-528-6511	Voices Against Violence P.O. Box 53 Plymouth, NH 03264 Crisis Line: 603-536-1659
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Domestic and Sexual Violence (Continued)

Littleton District Office

The Support Center at The Burch House
P.O. Box 965 Littleton, NH 03561

Crisis Line: **1-800-774-0544**
Littleton Office: **603-444-0624**

Manchester District Office

YWCA Crisis Service
72 Concord St.
Manchester, NH 03101
Crisis Line: **603-668-2299**
Manchester Office: **603-625-5785**

Rochester District Office

Sexual Harassment & Rape Prevention Program (SHARPP)
UNH – Durham 8 Ballard St.
Wolff House Durham, NH 03824
Crisis Line: **1-888-271-SAFE**
Local Line: **603-862-SAFE (7233)**
Office Line: **603-862-3494**

A Safe Place: Rochester Crisis Line: **603-330-0214**

Sexual Assault Support Services (SASS) Rochester Office: **603-332-0775**

Seacoast District Office

A Safe Place
6 Greenleaf Woods, #101
Portsmouth, NH 03801

Toll-free Crisis Line: **1-800-854-3552**
Portsmouth Crisis Line: **603-436-7924**
Portsmouth Office: **603-436-4619**

Sexual Assault Support Services
(SASS)
Junkins Ave. Portsmouth, NH 03801

Crisis Line: **1-888-747-7070**
Portsmouth Office: **603-436-4107**

Southern District Office

Bridges Domestic and Sexual Violence Support
P.O. Box 217

Nashua, NH 03061-0217
Crisis Line: **603-883-3044**
Milford Office: **603-672-9833**
Nashua Office: **603-889-0858**

A Safe Place: Salem Crisis Line: **603-890-6392**

Elders and 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 <http://www.servicelink.org/>**

<p>ServiceLink of Belknap County 67 Water St. Suite 105 Laconia, NH 03246 603-528-6945</p>	<p>ServiceLink of Carroll County 448 White Mountain Highway Tamworth, NH 03886 603-323-2043</p>
<p>ServiceLink of Monadnock Region 105 Castle St. Keene, NH 03431 603-357-1922</p>	<p>ServiceLink of Coos County 610 Sullivan St. Suite 6 Berlin, NH 03570 603-752-6407</p>
<p>ServiceLink of Grafton County -- Lebanon -- 10 Campbell St. Lebanon, NH 03766 603-448-1558</p> <p>-- Littleton -- 262 Cottage St. Suite G-25 Mt. Eustis Commons Littleton, NH 03561 603-444-4498</p>	<p>ServiceLink of Hillsborough County -- Manchester -- 555 Auburn St. Manchester, NH 03103 603-644-2240 Fax: 603-644-2361</p> <p>-- Nashua -- 70 Temple St. Nashua, NH 03064 603-598-4709</p>
<p>ServiceLink of Merrimack County 2 Industrial Park Dr. Concord, NH 03302-1016 603-228-6625</p>	<p>ServiceLink of Rockingham County -- Portsmouth/Seacoast Area-- 30 International Dr. Suite 202 Portsmouth, NH 03801 603-334-6594</p> <p>-- Salem Area-- 8 Commerce Dr. Unit 802 Atkinson, NH 03811 603-893-9769</p>
<p>ServiceLink of Strafford County 1 Old Dover Rd. Suite 6 Rochester, NH 03867 603-332-7398</p>	<p>ServiceLink of Sullivan County 1 Pleasant St. Suite 105 Claremont, NH 03743 (corner of Pleasant and Sullivan) 603-542-5177</p>

Employment Assistance

Berlin District Office

<p>WorkReadyNH NAMI Community Outreach www.NAMINH.org 2020 Riverside Dr., Berlin Sandy Alonzo: 603-915-1804 salonzo.Banubg@gmail.com salonzo@ccsnh.edu</p>	<p>NH Employment Security Manager: Mark Belanger 151 Pleasant St. PO Box 159, Berlin 603-752-5500 Fax: 752-5536 Mark.J.Belanger@nhes.nh.gov</p>	<p>NHES Colebrook Satellite Office 118 Main St., Suite 2A, Colebrook WAC Center Mon/Tues/Wed 8:00am-4:30pm 603-237-5859 Fax: 237-5865</p>
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Claremont District Office

<p>NH Employment Security: Claremont Branch Manager: Vickie Herrick 404 Washington Street/PO Box 180 603-543-3111 Fax: 543-3113 Virginia.I.Herrick@nhes.nh.gov</p>	<p>NH Employment Security: Lebanon Branch Manager: Vickie Herrick 85 Mechanic Street, Suite D2-1 603-543-3111 Virginia.I.Herrick@nhes.nh.gov</p>
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<p><u>Concord District Office</u> NH Employment Security Manager: Pamela Szacik 45 South Fruit St., Concord 603-228-4100 Fax: 229-4353 Pamela.R.Szacik@nhes.nh.gov</p>	<p><u>Conway District Office</u> NH Employment Security Manager: Kathy Howard 518 White Mountain Highway Conway 603-444-2971 Kathy.G.Howard@nhes.nh.gov</p>	<p><u>Keene District Office</u> NH Employment Security Manager: Vickie Herrick 109 Key Rd., Keene 603-352-1904 Fax: 352-1906 Virginia.I.Herrick@nhes.nh.gov</p>
<p><u>Laconia District Office</u> NH Employment Security Manager: Carol Cantin 426 Union Ave. #3, Laconia 603-524-3960 Fax: 603-524-3963 Carol.A.Cantin@nhes.nh.gov</p>	<p><u>Littleton District Office</u> NH Employment Security Manager: Kathy Howard 646 Union St., Suite 100, Littleton 603-444-2971 Kathy.G.Howard@nhes.nh.gov</p>	<p><u>Manchester District Office</u> NH Employment Security Manager: Cynthia Peterson 300 Hanover St., Manchester 603-627-7841 Cynthia.J.Peterson@nhes.nh.gov</p>
<p><u>Rochester District Office</u> NH Employment Security Somersworth Branch Manager: Cyndi Peterson 6 Marsh Brook Rd., Somersworth 603-742-3600 Fax: 749-7515 Cynthia.J.Peterson@nhes.nh.gov</p>	<p><u>Seacoast District Office</u> Manager: Arlene Murphy 2000 Lafayette Road Portsmouth, NH 03801-5605 603-436-3702 Fax: 603-436-3754</p>	<p><u>Southern District Office</u> NH Employment Security Nashua Branch Manager: Mike Walden 6 Townsend West 603-882-5177 Michael.A.Walden@nhes.nh.gov Salem Branch Manager: Mike Walden 29 South Broadway 603-893-9185 Michael.A.Walden@nhes.nh.gov</p>

Food Pantries and Soup Kitchens

Berlin District Office

Berlin

Harvest Christian Church
219 Willow St.
603-752-5374
Mon-Fri 8:00am-12:00pm
1:00pm-2:00pm

The Salvation Army
Food Pantry/*Soup Kitchen*
15 Cole St.

603-752-1644
Tues/Thurs 9:00am – 12:00pm
Must show picture I.D

St. Vincent De Paul Society
153 Grafton St.
603-752-4844
Tues/Fri 2:00pm-3:30pm

Colebrook

Helping Hands North Food Pantry
96 Main St.
603-237-5891
Mon-Fri 10:00am-2:00pm
Wed 10:00am-5:00pm

Groveton

Groveton Food Pantry
St Francis Xavier
11 State St.
603-636-1047
Wed 10:00am-12:00pm
Thurs/Fri 1:00pm-2:30pm

Lancaster

Christ United Methodist Church
135 Main St.
603-788-2734
M/W/F 1:00pm-3:00pm

Whitefield

Community Baptist Church
27 Jefferson Rd.
603-837-2469
Mon/Thurs 5:00pm-6:00pm
Must show picture I.D

Friends-N-Neighbors
4 Main St.
603-837-9044
M/Thurs 5:00pm-6:00pm

Prepared Food for the Elderly (Berlin District Office) (C=Congregate Meals and HD=Home Delivered Meals)

Colebrook

Senior Meals (C & HD)
45 Colby Commons
603-237-4957

Berlin

Berlin Senior Meals (C & HD)
610 Sullivan St.
603-752-2545

Groveton

Methodist Church Carter Hall
Main St.
(C & HD)
Mon/Wed 12:00pm
603-636-1049

North Stratford

N Stratford Senior Meals (C)
Town Hall Route 3
603-922-3803
Tues/Thurs 10:30am-2:00pm

Food Pantries and Soup Kitchens (Continued)

Claremont District Office

Chesterfield

Ashbury Methodist Church
487 Route 63, PO Box 59
603-363-8348
Sat 9:00am-1:00pm

Charleston

Fall Mountain Emergency Food Shelf
34 Woodrise Rd. **603-826-9762**
By appointment only

Claremont

Claremont *Soup Kitchen* & Food Pantry
51 Central St. **603-543-3290**
Food Pantry: Mon 3:00pm-5:30pm
Soup Kitchen: Mon-Thurs 12:30pm-5:30pm

His Helping Hands
106 Main St.
603-843-5177

Food Pantry: Mon-Sat 9:00am-12:30pm
Soup Kitchen: Mon-Sat 9-10:30am & 11am-12:15pm

St. Mary Roman Catholic Parish
32 Pearl St. **603-542-9518** Call ahead

St. Vincent De Paul Society
35 Central St. **603-542-5950**
Mon 2:00pm

Langdon

Fall Mountain Friendly Meals
Route 12A Baker Building **603-835-2283**
M/W/F/Sat 10:00am-4:00pm
Tues/Thurs 11:00am

Lebanon

First Baptist Church
11 School St. **603-448-5618**
3rd Saturday of every month
9:00am-12:00pm

Listen Community Services
60 Hanover St.
603-448-4553
By appointment only

Well Spring Food Pantry
407 North Main St. **603-643-4006**
Sat 3:00pm-5:00pm

Newport

Newport Area Association of Churches
PO Box 672 **603-863-3411**
Outside normal hours: **603-504-2432**
Mon/Thurs. 9:00am – 12:00pm
Tue 4:30p-6:30pm
Wed 12:00-3:00pm
Thurs 9:00am-12:00pm

Sunapee

Town Of Sunapee Food Pantry
23 Edgemont Rd. **603-763-2212**

Welfare Admin Office **603-369-9896**
Mon/Tues/Thurs/Fri 8am-5pm
Wed 8:00am – 1:00pm

Prepared Food for the Elderly (Claremont District Office) (C=Congregate Meals and HD=Home Delivered Meals)

Canaan

Mascoma Area
Senior Center
1166 Route 4
603-523-4333
(C&HD)

Claremont

Sullivan County Nutrition
Earl Bourdon Center
603-543-3072
67 Maple Ave.
(C) Mon-Fri 11:45am
(HD) Mon-Fri

Lebanon

Upper Valley Senior Center
10 Campbell St.
603-448-4213
(C&HD)

Newport

Newport Senior Center
Sullivan County Nutrition
76 South Main St.
603-863-3177
(C & HD) Mon-Fri 11:45am

Food Pantries and Soup Kitchens (Continued)

Concord District Office

Allenstown (see Pembroke)

Andover

Town Office Pantry
31 School St.
603-735-5332
Mon-Fri 9:00am-5:00pm

Boscawen

Congregational Church
Food Pantry
12 High St.
603-796-2565
Mon 11:00am-12:00pm
Wed 3:00pm-6:00pm
Residents only

Boscawen Town Office
116 North Main St.

603-753-9188

Mon-Fri 8:30am-11:00pm
Mon-Fri 12:00pm-4:30pm
By Appointment Only

Soup Kitchen

Sovereign Grace Church
235 High St.
603-796-2607
3rd Sat of month
4:30pm-5:30pm

Bow

Bow Human Services
10 Grandview Rd.
603-228-1187 X 6
By appointment only

Bradford

First Baptist Church
88 W Main St.
603-938-5313
3rd Wed 5:30pm-6:30pm
Tues/Thurs Appointments only

Chichester

Town Office Pantry
54 Main St.
603-798-5350
Mon 8:30am-4:00pm
Tues-Thurs 8:30am-2:00pm
Tues 4:00pm-7:00pm

Concord

Center Point Pantry
20 N State St.
603-224-7427
1st and 3rd Sat 7:00am-8:30am

Concord CAP
2 Industrial Park Dr. Building # 2
603-225-6880
Fri 12:00pm-4:00pm
(Once every 30 days)

Concord City Office
28 Commercial St.
603-225-8575
Mon-Fri 8:30am-12:00pm
1:00pm-4:00pm

First Congregational Church UCC
177 N. Main St.
Entrance on Washington St.
603-225-5491
Mon/Tues/Thurs 9:30am-11:30am

Friends of Forgotten Children
224 Bog Rd.
603-753-4801
Thurs 9:00am-12:30pm
1:30pm-5:30pm
Fri 9:00am-3:30pm

Gospel Light Pantry
124 Hall St.
603-225-7373 or 603-224-5738
Last two Saturdays of the month
9:00am-10:00am

Concord Continued

The Friendly Kitchen
2 South Commercial St.
603-224-7678
Breakfast
Sat/Sun 8:00am-9:00am
Lunch M-F 12:00pm-12:30pm
Dinner daily 5:00pm-6:00pm
(*Breakfast daily 12/1 – 3/31*)

St. Vincent De Paul
Food Pantry
PO Box 2756
603-225-1122
Mon-Thurs 7:00pm-9:00pm

St. Peter's Parish
Food Pantry
135 N State St.
603-225-4331
Mon 3:00pm-4:30pm
Wed 3:30pm-5:00 pm
Thurs 6:00-7:00pm
Fri 3:00pm-5:00pm

St. Paul's Episcopal Church
21 Center St.
603-224-2523
Mon-Thurs 10:00am-2:00pm

The Salvation Army
58 Clinton St.
603-225-5586
Tues-Fri 9:30am-1:30pm

West Congregational Church
Food Pantry
499 N State St.
603-224-4142
Fri 10:00am-12:00pm
All other times
by appointment

Food Pantries and Soup Kitchens (Continued)

Concord District Office (Continued)

Dunbarton

First Congregational Church
6 Stark Highway
603-774-3208

By appointment only

Salvation Army
26 Long Pond Rd.
603-774-1021

By appointment only

Epsom

Epsom Food Pantry
1598 Dover Rd.
(Old Town Hall)
603-736-4407
Call for appointment
Wed 12:00pm-2:00pm
Sat 10:00am-12:00pm

Franklin

Belknap/Merrimack County
CAP
Food Pantry
82 Elkins St.
603-934-3444
Mon-Fri 1:00pm-2:00pm
Call for emergency

Twin Rivers
Interfaith Food Pantry
237 Central St. **603-934-2662**
Tues & Thurs 9:00am-11:00am
Wed 5:00pm-7:00pm

Henniker

Henniker Food Pantry
21 Western Ave.
603-731-8144 or **603-428-7554**
Mon 11:00am-12:00pm
Wed 5:30pm-7:00pm
Proof of eligibility & residency

Hillsboro

Hillsboro Food Pantry
7 Church St. **603-464-4080**
Tues 5:00pm-7:00pm
*Proof of residency and
physical address*

Hopkinton

Hopkinton Food Pantry
41 Houston Dr. **603-746-6448**
Wed. 6:30pm-7:30pm

Hooksett

Hooksett Community Food Pantry
35 Main St. **603-485-7222**
Mon & Fri. 9:30am-12:00pm
Tues & Thurs 2:00pm-4:30pm
Wed 9:00am-12:00pm
3:30pm-6:00pm

Loudon

Loudon Food Pantry
30 Chichester Rd. Ste. D
603-724-9731
Mon/Tue/Thurs
10:00am-5:00pm
Wed 10:00am-6:00pm

Newbury

South Newbury Union Church
Village/Sutton Rd.
603-938-2064
By appointment Only

New London

First Baptist Church
461 Main St. **603-526-6511**
Wed 5:30pm-7:00pm
Sat 10am-11:30am

Kearsage Lake Sunapee
Community Food Pantry
461 Main St. **603-526-6511**
Wed 5:30pm-7:00pm
Sat 10:00-11:30am

Penacook

Immaculate Conceptions
9 Bonney St. **603-753-4413 x5**
Tues/Wed 6:00pm-7:00pm

United Church of Penacook
21 Merrimack St. **603-753-4072**
Pantry: Tues 9:30am-11:30am
Kitchen: M/W/F 4:30pm-5:30pm

Pembroke

Belknap/Merrimack County CAP
15 Glass St. Suite 104
603-485-7824
Mon-Thurs 11:00am-4:00pm

Interfaith Food Pantry
147 Main St.
603-485-4747 x3
Wed 1:00pm-3:00pm
5:30pm-6:30pm
*Proof of residency, picture ID,
piece of mail for every adult in
household, social security or
Medicaid card for all children
in the household. Total income
for the entire household for the
last four weeks.*

Suncook United Methodist Church
Soup Kitchen 152 Main St.
603-485-9707
Sept-June Wed 5:00pm-6:00pm

Suncook CAP
15 Glass St. #104 **603-485-7824**
Mon-Thurs 11:00am-4:00pm

Pittsfield

Pittsfield Town Office
85 Main St. **603-435-6773 x19**
Mon 11:00am-2:00pm
4:00-7:00pm
Wed & Thurs 11:00am-2:00pm

Suncook see Pembroke

Sutton

Trinity Bible Church
539 Route 114 **603-927-4384**
Mon & Thurs 6:00pm-7:00pm

Warner

Kearsage Valley CAP
49 West Main St. **603-456-2207**
Thurs 11:00am-1:00pm

Webster

Webster Food Pantry
1011 Long St. **603-648-2128**
Mon-Fri 11:00am-1:00pm

Food Pantries and Soup Kitchens (Continued)

Concord District Office

Prepared Food for the Elderly (Concord District Office) (C=Congregate Meals and HD=Home Delivered Meals)

Bradford

Mountain View Senior Center
134 East Main St.
603-938-2104
Tues/Thurs. & 1st & 3rd Fri (C)
M-F (HD)

Danbury

Danbury Community Center
15 High St.
603-768-3424
(C) 2nd & 4th Friday of each month

Pittsfield

Pittsfield Senior Center
74 Main St.
603-435-8482
(C&HD) 12:00pm

Concord

Concord Area MOW
2 Industrial Park Dr.
603-225-9029
603-225-6880
603-225-3295 x375
(HD)

Franklin

TRIP
Franklin Senior Center
Smith/Canal St.
603-934-4151
(C&HD)

Suncook

Suncook Senior Center
10 School St.
603-485-4254
(C&HD)

Concord

Horseshoe Pond Place
26 Commercial St. suite. 105
603-228-6956

Hillsboro

St. Joseph's Services
St. Mary's Church, Church St.
603-464-3553
(C&HD) Mon-Fri 12:00pm

Wilmot

Wilmot Community
Association
Wilmot Community Barn
603-526-7934
(C) 3rd Thurs of each month

Food Pantries and Soup Kitchens (Continued)

Conway District Office

Center Ossipee

Ossipee Valley Bible Church
2205 White Mountain Hwy.
603-539-4456
Mon-Fri 2:00pm-3:00pm
(Also serving Glen)

Conway

Conway Village Congregational Church
132 Main St.
603-447-3851
Tues 9:00am-11:00am
5:30pm-7:30pm

White Mountain
Community Health Center
298 White Mountain Hwy
603-447-8900
Mon-Fri 9:00am-7:00pm
Thurs 9:00am-5:30pm

Freedom

Freedom Food Pantry
12 Elm St.
603-539-5453
Sat 10:00am-12:00pm

Glen

Bartlett Jackson Food Pantry
Community Baptist Church
Route 302
603-383-9223
Sat 10:00am-12:00pm

Madison

Madison Church Food Pantry
53 Conway Rd. Route 113
603-367-4705
Wed 10:00am-1:00pm

North Conway

Vaughan Community Service
2503 White Mountain Highway
603-356-2324
Mon 10:00am-11:30am
Wed 9:00am-10:30am
Thurs 1:30pm-3:00pm
By appointment in emergency

Sanbornville

The Wakefield Food Pantry
138 Meadow St.
603-522-3094
Wed 10:00am-1:00pm
5:00pm-7:00pm

Tamworth

Community Center Food Pantry
678 Whittier Rd.
603-960-4067
Tues/Fri 10:00am-12:00pm

West Ossipee

Agape Ministries
1895 Route 16
603-539-4456
M/W/F 1:00pm-3:00pm

Wolfeboro

LIFE Ministries
264 S Main St.
603-569-0202 or 603-569-4982
Wed 10:00am-1:00pm
5:00pm-7:00pm

Prepared Food for the Elderly (Conway District Office) (C=Congregate Meals and HD=Home Delivered Meals)

Center Ossipee

Moultonborough Lions Club
Ossipee Concerned Citizens
3 Dore St.
603-539-6851
(C&HD M-F)

Center Sandwich

Doris L. Benz Community Center
Heard Rd.
PO Box 52 for mail only
603-284-7211
(C) 10:00am-1:00pm

North Conway

Gibson Center
for Senior Services
603-356-3231
(C&HD except holidays)

Moultonborough

Moultonborough
Senior Meals
Olde Route 109
(Lyons Club)
603-476-5110 (C&HD)

Wakefield

Greater Wakefield
Resource Center
254 Main St.
603-473-8324
(C) M/W/Thurs 12:00pm

Food Pantries and Soup Kitchens (Continued)

Keene District Office

Alstead

Fall Mountains Friendly Meals
Soup Kitchen
Alstead Fire Station **603-835-2283**
Tues/Thurs 9:00am & 11:00am

Antrim

Antrim Food Pantry
Antrim Baptist Church
85 Main St. **603-588-6614**
Sat 10:00am-12:00pm
By appointment only

Chesterfield

Joan's Food Pantry
Ashbury Methodist Church
Route 63
603-363-8348
Sat 9:00am -1:00pm

Greenfield

Greenfield Congregational Church
12 Depot Rd. **547-0649**
Sat 9:00am-12:00pm

Jaffrey

Jaffrey Assembly of God
48 Stratton Rd. **603-532-6131**
Tues. 4:30pm-6:30pm

United Church of Jaffrey
54 Main St. **603-532-7047**
Tues 10:30am-12:30pm
Thurs 6:00-8:00pm

Keene

Community Kitchen
37 Mechanic St. **603-352-3200**
Wed 12:30pm-5:30pm
Thurs 11:30am-4:00pm

Salvation Army
15 Roxbury Plaza
603-352-0607 x10
Tues-Fri 9:00am-2:00pm

St. Vincent DePaul
173 Main St. **603-352-3525**
M/W/F 7:00pm-8:00pm

Marlborough

Federated Church of Marlborough
16 Pleasant St. **603-876-3863**
M/W/F 9:00am-1:00pm

Peterborough

Monadnock Area Food Pantry
All Saints Church Parish House
51 Concord St. **603-924-3202**
Mon 10:00am-12:00pm
Tues 10:00am-12:00pm
Sat 10:00am-12:00pm

Peterborough Food Panty
Community Center
603-924-8000 x101
25 Elm St.
Mon-Fri 9:00am-12:00pm

Richmond

Richmond Community
Food Pantry **603-239-4232**
105 Old Homestead Highway

Mondays

9:00am-12:00pm
1:00pm-4:00pm
6:00-8:00pm

Wednesdays

9:00am-12:00pm
1:00pm-5:00pm

Thursdays

9:00am-12:00pm

Rindge

Rindge Food Pantry
First Congregational Church
1102 NH Route 119
603-899-5031
Thurs 2:00pm-6:00pm

Troy

Helping Hands Center Pantry
1 Depot St. **603-242-3007**
Mon-Sat 10:00am-1:30pm

Winchester

Grace Christian Fellowship
39 Keene Rd. **603-239-7441**
Tuesdays: Bread give away
5:00pm-6:00pm

Prepared Food for the Elderly (Keene District Office) (C=Congregate Meals and HD=Home Delivered Meals)

Alstead

Fall Mountain
Friendly Meals at the
Alstead Fire Station
603-835-2283
Tues/Thurs 11:00am (C&HD)

Antrim

St Joseph Community Services
6 Aiken St. **603-588-3069 (C)**

Hinsdale

Hinsdale Friendly Meals
Community Center
Main St.
603-336-7087 (C&HD)

Keene

Home Health
Hospice & Community Service
5 Central Square
603-352-2253 (C&HD)
Harper Acres Friendly Meals
105 Castle St.
603-357-4589 (C&HD)

Food Pantries and Soup Kitchens (Continued)

Laconia District Office

Alton

Alton Community Services
43 Main St.
603-875-2273 or 603-876-6396
Sat 9:00am-11:00am

Ashland

Ashland Food Pantry
12 Highland St. **603-968-9698**
As needed by appointment

Barnstead

Families In Need
595 Route 126
603-942-8696
Sun 11:45am

Barnstead Food Pantry
134 Suncook Valley Parkway
603-269-4071
Thurs/Fri/Sat 10:00am-3:00pm

Belmont

St. Joseph Church
6 High St. **603-267-8174**
Mon-Fri 8:30am-4pm

Bristol

Bristol Community Services
24 Pleasant St. **603-744-2222**
M/W/F 9:00am-1:30pm

Campton

Campton Area Resource Center
Thrift Shop and Food Pantry
12 Six Flags Rd. **603-236-6232**
Wed-Fri 1:00pm-3:00pm

Campton Continued

Campton Town Office
12 Gearty Way
603-726-3223 x100
Mon-Fri 9:00am-5:00pm

Center Harbor

Center Harbor CC Pantry
80 Bean Rd. **603-253-8008**
Mon-Fri 8:00am-12:00pm
Or by appointment

Laconia

The Common Food Pantry
Belknap-Merrimack County CAP
121 Belmont Rd.
603-525-5512 (Referral only)
Mon-Fri 9:00am-11:30am
1:00pm-4:00pm

Christ Life Center Food Pantry
175 Mechanic St. **603-524-2662**
Thurs 9:00am-12:00pm

United Baptist Church Food Pantry
35 Park St. **603-524-8875**
Fri 9:00am-12:00pm

Salvation Army
177 Union Ave. **603-524-1834 x10**
Tues/Thurs 9:30am-12:00pm

St Vincent De Paul Society
1269 Union Ave. **603-524-5470**
Mon 12:00pm-2:00pm
Wed 6:00pm-8:00pm

Meredith

Calvary Bible Church
Food Pantry
6 St. James St. **603-279-6025**
Last Monday of each month
4:00pm-6:00pm

Belknap/Merrimack County
Community Action Program
147 Main St. **603-279-4096**
Tue/Wed/Thurs 10:00am 1:00pm

Plymouth

Plymouth Assembly of God
319 Highland St. **603-536-1966**
1st & 3rd Mon 12:00pm-2:00pm

Plymouth Area
Community Closet
5 South Main St. **603-536-1101**
Tues/Thurs 9:00am-11:00am

Sanborton

Second Baptist Church
322 Upper Bay Rd.
603-524-5996
1st Wed 4:00pm-6:00pm
3rd Wed 4:00pm-6:00pm

Tilton

Northfield-Tilton
Congregational Church
283 Main St. **603-286-4253**
Tues 9:00am-1:00pm

Prepared Food for the Elderly (Laconia District Office) (C=Congregate Meals and HD=Home Delivered Meals)

Alton Bay

Alton Senior Center, Pearson Rd.
603-875-7102
(C&HD)

Laconia

Senior Center 17 Church St.
603-524-7689
(C&HD)

Belmont

Senior Center 14 Mill St.
603-267-9867
(Referrals only see Laconia)

Bristol

Newfound Area Senior Center
Bristol United Church of Christ
15 Church St.
603-744-8395
(C&HD)

Plymouth

Senior Center 8 Depot St.
603-536-1204 or 603-536-2000
(C&HD)

Food Pantries and Soup Kitchens (Continued)

Littleton District Office

Bethlehem

Bethlehem Town Office
2155 Main St.
603-869-3351 x11
Mon 10:00am-11:00am
Wed 2:00pm-3:00pm
Fri 10:00am-11:00am

Helping Hands Food Pantry
475 Whitefield Rd. Route 116
603-444-1230
1st Monday of the month
9:00am-12:00pm
3rd Friday of the month
4:00pm-6:00pm

Carroll

Town of Carroll - Twin Mountain
92 School St.
603-846-5754
Mon-Fri 9:30am-11:30am

Franconia

Good Neighbor Food Pantry
44 Church St.
603-823-8421
Tues 1:00pm-4:00pm

Lancaster

Lancaster Community Cupboard
135 Main St.
603-788-2734
M/W/F 1:00pm-3:00pm

United Methodist Church
C/O Tri-County CAP
73 Main St.
603-788-2734
Mon-Fri 9:00am-4:00pm
By appointment

Tyler Blain House
56 Prospect St.
603-788-2344 24/7

Lincoln/Woodstock

Lincoln/Woodstock Food Pantry
194 Pollard Rd.
603-745-4705
By appointment only

Littleton

All Saints Church
Food Pantry
35 School St.
603-444-3414
Tues/Thurs/Sat 9:00am-10:00am

The Bridge Outreach Center
70 Redington St.
603-444-6517
Mon/Wed 10:00am-2:00pm
Tues 12:00pm-6:00pm

Woodsville

Woodsville Food Pantry
6 School St.
603-747-3013
Mon-Fri 10:00am-2:00pm

Prepared Meals for the Elderly (Littleton District Office) (C=Congregate and HD= Home delivered)

Lincoln

Linwood Area Senior Services
194 Pollard Rd.
603-745-4705
(C&HD)
Mon-Wed
Sat & Sun

Littleton

Littleton Area Senior Center
77 Riverglen Lane
603-444-6050
(C&HD)

North Haverhill

Horse Meadow Senior Center
91 Horse Meadow Rd.
603-787-2539
(C&HD)

Food Pantries and Soup Kitchens (Continued)

Manchester District Office

Auburn

First Assembly of God
Food Pantry
45 Myles Dr. **603-483-2272**
Sat 7:00am-8:00am

Bedford

The Caregivers, Inc.
19 Harvey Rd. **603-278-0237**
Intake: Mon-Fri 9:00am-2:00pm

Chester

Chester Congregational Church
4 Chester St. **603-887-4626**
4th Sat. of every month
9:00am-12:00pm (*No holidays*)

Goffstown/Dunbarton

Goffstown Harvest Food Pantry
711 Mast Rd. **603-391-5741**
Tues 4:00pm-5:30:00pm
Sat 9:00am-11:00am

Salvation Army Food Pantry
26 Long Pond Rd. **603-774-1021**
Wednesday appointments only

Goffstown Network Inc.
7 North Mast Rd. **603-497-3433**
Wed 6:00pm-8:00pm
Sat 10:00am-12:00pm

Manchester

Ark Church
336 Kelley St. **603-674-1623**
Tues 1:00pm-5:00pm
1st & 3rd Sat 11:00am-1:00pm

First Congregational Church
508 Union St. **603-625-5093**
Mon-Fri 9:00am-12:00pm

Manchester Continued

Sacred Heart
Roman Catholic Church
247 South Main St. **603-625-9525**
Call for appointment
Tues/Thurs 10:00am-12:00pm

Salvation Army
121 Cedar St. **603-627-7013**
By appointment every 90 days

St Andrews Episcopal Church
102 North Main St. **603-622-6832**
1st & 3rd Tues 8:45am – 10:00am

Manchester Church of Christ
66 Mammoth Rd. **603-623-5559**
By appointment only
Wed 6:00pm, Sun 11:30am

New Horizons for NH
199 Manchester St. **603-668-1877**

Breadline:
M/W/F 12:00pm-1:30pm
Tues 12:30pm
Pantry Hours:
M/W/F 12:00pm-1:00pm
6:00pm-7:00pm
Dinner every day 4:30pm

Parish of the Transfiguration
Food Pantry & Outreach
107 Alsace St. **603-628-6859**
Tues–Fri 1:00pm-3:00pm
Appointments only

First United Methodist Church
961 Valley St. **603-622-8863**
Tues 9:00am-11:30am

Food for Children
303 Beech St. **603-620-4391**
JFK Coliseum Parking Lot
Pickup is on Saturdays at
10:00am, arrive early

Manchester continued

Manchester Christian Church
1308 Wellington Rd.
603-622-9677 x7
Appointments only
Call by 6:00pm on Sundays
to schedule an appointment
for a pickup which are
on Thursdays 5:30pm-6:00pm

St. Joseph Cathedral
145 Lowell St. **603-622-6404**
Call at 9:00am on Tuesdays for
further instructions. A limit of only
25 callers will be accepted

St PIUS X Church
675 Candia Rd. **603-622-6510**
Appointments once a month
Must be a resident

St. Raphael Parish Food Pantry
103 Walker St. **603-622-2604**
Mon 7:00pm-8:00pm
Every other week

New Boston

Community Church
of New Boston
Meetinghouse Hill Rd.
Central Square
603-487-3643
Call for Appointment

Weare

Weare Food Pantry
16 East St. **603-529-0320**
Route 114 Side of Building
Valid ID for Residence
Proof of income
Wed/Thurs 5:00pm-7:00pm

Prepared Food for the Elderly (Manchester District Office) (C=Congregate Meals and HD=Home Delivered Meals)

Goffstown

St Joseph Community Services
12 Reed St. **603-497-4633**
(C) M-F 8:30am-2:30pm Lunch 11:30am (HD) No Weds

Manchester

Carpenter Center
325 Franklin St. **603-669-1699**
(C) M-F 8:00am-4:00 pm (HD) 11:00am-12:30pm

Food Pantries and Soup Kitchens (Continued)

Rochester District Office

Barrington

Barrington Community
Food Pantry
105 Ramsdell Lane
603-664-9000
Thurs 6:00pm-7:30pm
Once per month

Center Strafford

25 Strafford Rd. **603-664-2571**
Thurs 8:00am-10:00am

Dover

Dover Food Pantry
1 Silver St. **603-742-2929**
Thurs 9:00am-12:00pm

Parish of the Assumption
150 Central Ave. **603-742-4837**
Tues/Wed/Sat 9:00am-12:00pm

The Dover Friendly Kitchen
St. Thomas Episcopal Church
5 Hale St. **603-742-3155**
Hot Meal: Tues/Thurs 5:00pm

Strafford CAP
61 Locust St.
603-516-8126

Mon/Tue/Wed/Fri 9:00am-3:00pm

Durham

St. Thomas Moore Church
Food Pantry
6 Madbury Rd. **603-868-2666**
Thurs 4:00pm-6:00pm

Cornucopia Food Pantry
15 Mill Rd. **603-862-1165**
Wed 4:00pm-5:30pm
Fri 12:00pm-2:00pm

Farmington

First Congregational Church
Soup Kitchen
400 Main St. **603-755-4816**
Call Wed-Sun
Last Saturday of the month
9:30am-10:30am

Strafford County
Community Action Program
527 Main St. **603-516-8191**
M/W/F 8:30am-12:00pm

Grace Community Church
159 Rochester Rd.
603-332-9689
Thurs 9:30am-11:30am

Lee

Lee Congregational Church
17 Mast Rd. **603-659-2861**
1st & 3rd Mon 6:00pm-7:00pm

Milton

Milton Food Pantry
55 Industrial Way
603-652-0990 x112
Tues 8:30am-12:30pm

New Durham

New Durham Food Pantry
5 Main St. **603-396-3136**
Sat 9:00am-10:00am

Rochester

First Church Congregational
63 South Main St.
603-332-1121
Mon-Fri 8:00am-2:00pm

Rochester Continued

Gerry's Food Panty
151 Wakefield St. **603-330-3468**
Mon-Fri 1:00p-3:15pm
Wed 10:00am-3:15pm
By appointments only

First United Methodist Church
Soup Kitchen
34 South Main St. **603-332-4170**
Tues/Thurs 5:00pm-6:00pm

Grace Community Church
159 Rochester Hill Rd.
603-332-9689
Tues 1:00pm-3:00pm
Thurs/Sat 9:30am-11:30am

Salvation Army
10 Olde Farm Lane
603-332-2623
Pantry:
M/W/F 9:00am-2:00pm
Soup Kitchen:
M/W/F 12:00pm-1:00pm

East Rochester

Bethany United Methodist Church
24 Main St. **603-332-3618**
Thurs 12:00pm-2:00pm

Somersworth

The Community Food Pantry Inc.
176 West High St. **603-692-2907**
Mon 10:00am-12:00pm
Wed 6:00pm-8:00pm
Thurs 3:00pm-5:00pm

Seeds of Faith
82 High St. **603-475-2155**
Mon 10:00am-12:00pm

Prepared Food for the Elderly

(C=Congregate Meals and HD=Home Delivered Meals)

Farmington

First Congregational Church
17 South Main St.
603-755-4816
(C&HD)

Rochester

Rochester
Housing Authority
77 Olde Farm Lane
603-332-4126
(C&HD)

Somersworth

Fillion Terrace Hall
75 Washington St.
603-692-5169(am)
603-692-4211(pm)
(C&HD)

Somersworth

Housing Authority
Strafford Nutrition/MOW
9 Bartlett Avenue
603-692-4211
(HD)

Food Pantries and Soup Kitchens (Continued)

Seacoast District Office

Barrington

Community Food Pantry
105 Ramsdell Lane
603-664-7679
Thurs 6:00-7:30pm

Brentwood

Pilgrim United Church of Christ
197 Middle Rd. **603-778-3189**

Grace Ministries International
263 Route 125
603-642-7848 x11
Appointments only
3rd Mon/Sun of each month
12:30pm-1:30pm

Candia

St. Paul's Parish Food Pantry
54 Main St. **603-483-8481**
Mon-Thurs 9:00am-12:00pm

Deerfield

Deerfield Food Pantry
15 Church Street **603-463-7800**
Last Friday of each Month
10:00am-12:00pm

Epping

Epping Community Church
43 Pleasant St. **603-679-5542**
Sat 8:00am-10:00am

St. Michael's
Roman Catholic Church
11 Linden St.
603-772-3916 x15
Mon/Tues/Thurs 7:00pm-8:00pm
Wed 1:00pm-2:00pm

Fremont

Fremont Food Pantry
295 Main St. **603-895-3825**
Appointments only

Hampton

First Baptist Church
36 Winnacunnet Rd.
603-926-3200
Mon 9:30am-12:00pm

Hampton Continued

St Vincent De Paul Society
289 Lafayette Rd. **603-929-4427**
M/Tu/Th/Fri 10:30am-12:00pm

Hobbs House Food Pantry
200 High St. **603-926-4936**
When SAU 90 is open:
Tues/Thurs 10:00am-12:00pm
Year Round on Saturdays
10:00am-12:00pm

Hampton Town Office
100 Winnacunnet Rd.
603-926-5948
Mon-Fri 9:00am-1:00pm

St. Vincent DePaul / Our Lady of
the Miraculous Medal Parish
289 Lafayette Rd. **603-929-2206**
M/Tue/Thurs 10:30am-12:30pm

Salvation Army Food Pantry
418 Lafayette Rd. **603-929-1729**
By appointment only
closed 12-1pm
Tue/Wed/Thurs 9:00am-3:00pm
Friday 9:00am-12:00pm

United Methodist Church
525 Lafayette Rd.
603-926-2702
Wed-Fri 9:30am-11:30am

Kingston

Kingston Food Pantry
Town Hall Building 163 Main St.
603-642-3342 x5
By appointment Mon-Fri

Newfield

Newfield Community
Church Food Pantry
71 Main St. **603-778-8626**
Sundays 8:30am-11:30am
For emergency food call:
778-8151 ask for Nancy.

Northwood

Northwood Food Pantry
Town Hall
818 First NH Turnpike Route 4
603-942-8912
1st Sat 10:00am-11:30
2nd Mon 3:00pm-4:30pm
Last Wed. 10:00am-11:30am

Nottingham

Liberty Baptist Church
Food Pantry
60 Freeman Hall Road
603-942-9237
Tues 5:45pm-6:30pm
Nottingham Town Office
139 Stage Rd. **603-679-5209**
3rd Thurs of month
6:00pm-7:00pm

Seacoast Consumer Alliance
544 Islington St.
603-427-6966
Wed/Fri 1:00pm-3:00pm

Seacoast Family Services
7 Junkins Ave.
603-436-0641
M/F 9:00am-1:00pm
Tues/Thurs 2:00pm-6:30pm
Wed 9:00am-3:00pm

St. John's Episcopal Church
Soup Kitchen 101 Chapel St.
603-436-8283
Thurs 12:00pm-1:00pm

Portsmouth

Connie's *Soup Kitchen*
397 Lafayette Rd.
603-436-8623
Tues 12:00pm-12:30pm

Operation Blessing
600 A Lafayette Rd.
603-430-8561
Wed/Fri 10:00am-4:00pm
Thurs 10:00am-8:00pm

Food Pantries and Soup Kitchens (Continued)

Seacoast District Office (Continued)

Greenland

Congregational Church
42 Post Rd.

603-436-8336

Wed 10:00am-12:00pm

Newmarket

Community Church Food Pantry
10 North Main St.

603-659-3892

Fri & Sat 10:00am-12:00pm

Raymond

Greater Raymond
Outreach Center Food Pantry
55 Prescott Rd.

603-895-2303

By appointment only

New Life Assembly of God
84 Nottingham Rd.

603-895-6041

2nd & 4th Wednesday
11:00am-4:00pm

Rye Beach

St. Theresa Parish Center
815 Central Rd. **603-964-6440**

Mon-Fri 9:00am-4:00pm

Portsmouth

Salvation Army

15 Middle St. **603-436-2606**

Mon-Thurs

Breakfast: Mon-Fri 7:00am-8:00am

Dinner: every day

5:00pm-6:00pm

Pantry Hours

9:00am-12:00pm & 1:00pm-3:00pm

Seabrook

Rockingham CAP

683 Lafayette Rd.

603-474-3507

Mon/Wed/Fri

9:00am-12:00pm & 1:00pm-4:00pm

Trinity Parish House
29 Main St.

603-474-9608

Tues 5:00pm-6:00pm

Prepared Food for the Elderly (Seacoast District Office) (C=Congregate Meals and HD=Home Delivered Meals)

Brentwood

Rockingham Nutrition/MOW
106 North Rd.

603-679-2201(HD)

Epping

Epping Community Church
43 Pleasant St.

603-679-5542 (C&HD)

Exeter

Exeter Senior Center
30 Court Street

603-778-8196 (C&HD)

Hampton

United Methodist Church
525 Lafayette Rd.

603-929-1108 (C&HD)

New Market

Recreation Service
1 Terrace Dr.

603-659-8581 (C&HD)

Portsmouth

Senior Citizens Products & Services
40 Wedgewood Rd.

603-431-0561 (HD)

Portsmouth

Senior Center
127 Parrot Ave.

603-431-8677 (C)

Seabrook

Seabrook Community Center
311 Lafayette Rd.

603-474-2139 (C&HD)

Food Pantries and Soup Kitchens (Continued)

Southern District Office Nashua Area

Greenville

St Vincent De Paul Society Church
15 High St. **603-878-0518**
Mon-Thurs *By appointment only*

Hudson

First Baptist Church
236 Central St. **603-882-6116**
Tues-Thurs 10:00am-12:00pm

St John 23rd Food Pantry
23 Library St. **603-883-6048**
By appointment
2nd & 4th Wed
1:00pm-3:00pm & 6:30pm

Litchfield

Litchfield Community Church
259 Charles Bancroft Highway
603-424-6057
Wed 10:00am-12:00pm
Fri 4:00pm-6:00pm

Merrimack

St. James
United Methodist Church
646 Daniel Webster Hwy
603-424-7459
Tues 9:30am-12:00pm

Riverside Christian Church
27 Depot St. **603-424-1711**
Tues 12:00pm-2:00pm

Merrimack Continued

St. John Neumann
708 Milford Rd. **603-880-4689**
Fri 10:00am-12:30pm

Nashua

Christian Bible Church
205 Manchester St. **603-882-1055**
Tues/Fri 8:00am-4:00pm

Corpus Christi
43 Franklin St. **603-882-6372**
Mon/Wed 10:30am-12:30pm
Tues/Thurs 3:00pm-5:00pm

Main St. United Methodist Church
154 Main St. **603-882-3361**
Mon-Fri 8:00am-10:00am

Nashua Soup Kitchen & Shelter
42 Chestnut St. **603-889-7770**
Food Pantry (Call first)
Mon-Fri 7:00am-6:00pm

Soup Kitchen:

Mon-Fri
7:00am-8:00am
12:00pm-2:00pm
4:00pm-6:00pm

Sat 10:00am-11:30am
4:00pm-6:00pm

Sun 12:00pm-1:30pm

Nashua Continued

Salvation Army
1 Montgomery Ave.
603-889-5151
603-883-7841

Mon-Fri
9:00am-12:00pm
1:00pm-4:00pm

Tolles Street
Mission Food Pantry
52 Whitney St.
603-880-4984
Mon/Thurs 12:00pm-2:00pm
Tues/Wed 10:30am- 12:30pm

Upper Room
Compassionate Ministry
36 Tolles St.
603-595-2039
Tues 10:00am-2:00pm
Wed 10:00am-1:00pm

Wilton

Open Cupboard Pantry
47 Maple St.
603-654-6547
By appointment only

Windham

Shepherd's Pantry Inc.
1 Church Rd.
603-432-2150
Mon 9:30am-11:00am

Prepared Food for the Elderly in Nashua Area (C=Congregate Meals and HD= Home Delivered Meals)

Greenville

Greenville Falls Senior Center
56 Main St. **603-878-3109**
(C&HC)

Hollis

Hollis Senior Club Hollis Fire
Dept. 10 Glenice Dr.
603-345-4100 (C&HD)

Merrimack

St. Joseph Community Services
John O'Leary Adult Center
4 Church St. **603-424-2100**
(C) Mon-Fri 8:30am-1:30pm

Milford

VFW Hall
1 Perkins St. **603-673-4094**
(C&HD)

Nashua

St. Joseph Community Services
Sullivan Terrace South
57 Tyler St. **603-424-9967**
(C&HD)

Pelham

Pelham Senior Center
8 Nashua Rd. **603-635-3800**
(C) Mon-Fri 8:30am-3:00pm

Food Pantries and Soup Kitchens (Continued)

Southern District Office Salem Area

Danville

Danville Food Pantry
210 Main St.
603-382-8253
Mon-Fri *by appointment*

Derry

Community Food Pantry
FBC 2 Crystal Ave.
603-421-1897
Tues 3:30pm-5:00pm
Thurs 9:30am-12:00pm

7th Day Adventist Food Pantry
7 Brook St.
603-537-0624 *Call first*

St. Luke's United Methodist Church
63 East Broadway
603-434-4767
Tues 8:30am-12:30pm

St. Thomas Aquinas Food Pantry
26 Crystal Ave.
603-432-5000 or **603-537-0912**
Mon/Wed/Fri 1:00pm-3:30pm

The Upper Room Food Pantry
36 Tsienetto Rd.
Call first **603-437-8477**
Mon 11:00am-1:00pm

Epping

Epping Community Church
43 Pleasant St.
603-679-5542
Sat 8:00am-10:00am

Exeter

St. Vincent De Paul
Community Assistance Center
53 Lincoln St.
603-772-9922
Mon/Tues/Thurs 7:00pm-8:00pm
Wed & Friday 1:00pm-2:00pm

Hampstead

St. Anne Parish Food Pantry
26 Emerson Ave.
603-329-5886
Thurs 10:00am-12:00pm

Londonderry

St. Jude Parish 435 Mammoth Rd.
By appointment only
603-434-1827 *ask for Kay Doyle*

Newton

Newton Town Office Food Pantry
Town Hall Rd.
603-382-0398
By appointment only
Mon-Fri

Plaistow

Holy Angels Food Pantry
8 Atkinson Depot Rd.
603-819-4949
Wed/Fri 10:00am-12:00pm
Thurs 6:00pm-7:00pm

Salem

Food for Hungry
United Methodist Church
8 Pleasant St. **603-898-2501**
Wed 10:00am-12:00pm

St. Joseph
Roman Catholic Church
33 Main St. **603-898-4933 x30**
Pick once a month on Fridays
12:00pm-1:00pm

Triumphant Cross
Lutheran Church
171 Zion Hill Rd. **603-893-0305**
Mon 10:00am-12:00pm

Joseph Community Food Pantry
40 Main St. **603-898-4933 x11**
Fri 12:00pm-1:30pm

Rockingham Christian Church
Food Pantry
5 Industrial Way **603-894-5228**
1st & 3rd Tues of each month

Rockingham Community Action
287 Lawrence Rd.
Call first **603-893-9172**

Sandown Food Pantry
1 Hampstead Rd. **603-887-3453**
Tues 4:00pm-5:00pm
Fri 9:00am-10:00am
Residents once a week
Nonresidents once a month

Prepared Food for the Elderly in Salem Area (C=Congregate Meals and HD= Home Delivered Meals)

Derry

Marion Gerrish
Community Center
39 West Broadway
603-434-5148
(C&HD)

Plaistow

Meals on Wheels
603-382-5995
(C & HD)

Plaistow

Vic Gary
Drop-in Center
18 Grenough Rd.
603-382-9276
(C&HD)

Salem

Senior Services
1 Sally Sweet Way
603-890-2190
(C&HD)

Windham

Windham Senior Center
2 North Lowell Road
603-434-2411
(C) Tues/Thurs

Heat and Fuel Assistance

Heat and Fuel Assistance Program

How to Apply for Fuel Assistance

- Call your local Community Action Program office for appointments and learn about the application process.
 - The CAP staff will tell you what information is required to complete your application.
- To prevent delays, provide all information they request and follow through with appointments.
- If you're homebound, & can't visit a CAP office, call your local CAP to arrange a home or phone interview.

Berlin District Office

Tri-County CAP
30 Exchange St., Berlin
Berlin Residents call:
603-752-3248

Colebrook Residents call:
603-237-8168

Lancaster Residents call:
603-788- 4477

Claremont District Office

SW Community Services
63 Community Way, Keene
Claremont Branch: **603-542-9528**
Toll Free: **1-800-529-0005**

Lebanon Residents
Tri-County CAP
55 Maynesboro St., Berlin
603-444-6653

Concord District Office

Fuel and Heat Assistance Program Belknap/Merrimack CAP 2 Industrial Park Drive, Concord

Concord:
2 Industrial Park Bldg. 2
603-225-6880
Fax: 603-225-9242

Suncook:
15 Glass St. Suite 104
603-485-7824
Fax: 603-485-5680

Franklin:
82 Elkins St.
603-934-3444
Fax: 603-934-1240

Warner:
PO Box 116
49 W. Main St.
603-456-2207
Fax: 603-456-2436

Heat and Fuel Assistance (Continued)

Laconia District Office

Ashland: 41 School St. 603-968-3560 Fax: 603-968-7381	Laconia: 121 Belmont Rd. 603-524-5512 Fax: 603-524-0355	Meredith: 147 Main St. 603-279-4096 Fax: 603-279-5444
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<u>Littleton District Office</u> Fuel and Electric Assistance Program 30 Exchange Street, Berlin 603-752-7100 Fax: 603-752-8041	<u>Manchester District Office</u> Hillsborough County CAP Southern New Hampshire Services PO Box 5040, Manchester 603-668-8010 1-800-322-1073 www.snhs.org	<u>Rochester District Office</u> Dover Outreach 61 Locust Street, Suite 240 603-516-8126 Farmington Outreach 527 Main St. 603-516-8191
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<u>Seacoast District Office</u> Seacoast Community Action Program Rockingham County CAP 4 Cutts St., Portsmouth Main Office: 603-431-2911 1-800-556-9300 Fuel Assistance: 603-436-3896 1-800-639-3896	<u>Southern District Office</u> Hillsborough County CAP Southern NH Services 134 Allds St., Nashua 603-889-3440 1-877-211-0723 Greenville: 603-878-3364 Milford: 603-673-0756 Rockingham County CAP 287 Lawrence Rd., Salem 603-893-9172 603-898-8435 1-800-556-9300
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Homeless Programs

The Homeless & Homeless Veterans Hotline

Out of state cell phone or landline call: **211-866-444-4211** In state call **866-444-4211**

The Housing Referral Network:

Provides information and referrals to housing programs.

Administrative Office: **1-800-856-5525**

Berlin District Office

Lynsey House

Lancaster, NH 03584

603-788-2344

Claremont District Office

Sullivan County Shelter
17 Pearl St. Claremont
603-542-3160

Headrest
14 Church St. Lebanon
603-448-4872 x101

Southwestern Community Services
Housing Stabilization Shelter
96 Main St., PO Box 1338 Claremont
603-542-9528 x0

Concord District Office

Salvation Army/McKenna House
100 South Fruit St.
603-228-3505

Friends' Emergency Housing Program
30 Thompson St.
603-228-1462

New Start Program
Transitional Housing
2 Industrial Park Dr.
603-229-1989

Keene District Office

SCS Homeless Services
63 Community Way, Keene
603-352-1654

Keene Housing Authority
831 Court St., Keene
603-352-6161
603-352-6268

Monadnock Area
Transitional Shelter
603-924-5033

The River Center
46 Concord St.
603-924-6800

Homeless Programs

Laconia District Office

Laconia

Open Arms Outreach Inc.
Transitional Housing
756 Union Ave.
603-524-4580

New Beginning
A Women's Crisis Center
832 N. Main St.
603-528-6511

Plymouth
Voices Against Violence
Non- Emergency
536-5999
Emergency Hotline
1-877-221-6176

Salvation Army
177 Union Ave.
603-524-1834

Laconia Area Community Land
Trust Transitional Housing Program
658 Union Ave.
603-524-0747

Pemi-Bridge House
260 Highland St.
603-536-7631

Littleton District Office

Franconia

BanCroft House
104 Harvard St.
603-823-8842 (24/7)

Lancaster

Tyler Blain House
56 Prospect St.
603-788-2344 (24/7)

Littleton

Support Center at Burch House
Confidential Address
603-444-0624
Mon-Fri 9:00am-4:00pm

Manchester District Office

Families in Transition
122 Market St. Suite 6A
603-641-9441
Mon-Fri 8:30am-5:00pm

New Horizons for NH
199 Manchester St.
603-668-1877 24/7

Helping Hands Outreach Center
50 Lowell St.
603-623-8778
M-Thurs 9:00am-2:00pm
(Men Only)

The Way Home
(Apartments for families leaving shelters)
214 Spruce St.
Mon-Fri 8:00am-4:30pm
603-644-0180
627-3491
Fax: 672-2825

Rochester District Office

My Friend's Place
368 Washington St., Dover
603-749-3017
Fax: 603-749-5068

Community Partners
113 Crosby Rd., Suite 1, Dover
603-516-9300

Homeless Programs (Continued)

Seacoast District Office

Greenland

New Generations
Pregnant Women & Mothers of Infants/Handicap Access
568 Portsmouth Ave.
603-436-4989 (24/7)

Portsmouth

Crossroads House, Inc.
600 Lafayette Rd.
436-2218 (24/7)

AIDS Response Seacoast
1 Junkins Ave.
603-433-5377 (24/7)

Southern District Office

Greater Nashua Council on Alcoholism
Keystone Hall
615 Amherst St., Nashua
603-881-4848
Mon-Fri 9:00am-5:00pm

Pastoral Care Center
7 Concord St.
603-886-2866
(Gives Referrals Only)

Harbor Homes
Maple Street Shelter
14-1 Maple St.
(Bottom Floor)
603-882-5451 (24/7)

Nashua
Soup Kitchen Shelter
42 Chestnut St.
603-889-7770
Mon-Fri
6:00pm-8:00pm

Legal Assistance

Civil Legal Services For Low Income Persons New Hampshire Legal Assistance Branch Offices		
Berlin	1131 Main St. 03570	1-800-698-8969
Claremont	24 Operahouse Sq. Suite 206 03743	1-800-562-3994
Concord	117 North State St. 03301	1-800-921-1115
Manchester	1850 Elm St., Suite 7 03101	1-800-562-3174
Portsmouth	154 High St. 03802	1-800-334-3135

- **Consumer, Bankruptcy:** Franklin Pierce Law Center Practice Clinic **603-225-3350**
Fax: 603-229-0423

- **Free Legal Services to Low-Income Persons:** NH Pro-Bono **1-800-639-5290**

- **Hearings on Utility Shutoffs:** Public Utilities Commission **603-271-2431** or **1-800-852 3793**
Fax: 603-271-3878

- **Lawline Free Legal Advice:** NH Bar Association **1-800-868-1212**

- **NH Legal Assistance:** Fair Housing Project **1-800-921-1115 x5**

- **NH Attorney General:** **603-271-3658** or **603-271-3655**

- **Senior Legal Advice Line:** **603-624-6000** or **1-888-353-9944**

- **Civil Legal Services For Low-Income Persons:** **1-800-517-0577**

- **NH Victims Assistance Commission Department of Justice:**
Victims of violent crimes may apply for compensation from NHVAC **1-800-300-4500**

Nutrition Education

The Nutrition Connections program provides low-income people with basic skills to serve nutritious foods to their families. Staff members trained in nutrition education by the University of New Hampshire Cooperative Extension provide training individually or in small groups. Subjects include the essentials of good nutrition, preparing and serving nutritious low-cost meals, smart food shopping, managing available resources including food stamps, and proper food storage and safety.

<p><u>Belknap County</u></p> <p>Laconia</p> <p>603-527-5475</p>	<p><u>Hillsboro County</u></p> <p>Goffstown</p> <p>603-641-6060</p>
<p><u>Carroll County</u></p> <p>Conway</p> <p>603-447-3834</p>	<p><u>Merrimack County</u> UNH Cooperative Extension</p> <p>Boscawen</p> <p>603-796-2151</p>
<p><u>Cheshire County</u> UNH Cooperative Extension Nutrition Connections</p> <p>Keene</p> <p>603-352-4550</p>	<p><u>Rockingham County Nutrition</u> Meals on Wheels Program</p> <p>Brentwood</p> <p>603-679-2201</p>
<p><u>Coos County</u> UNH Cooperative Extension</p> <p>Lancaster</p> <p>603-788-4961</p>	<p><u>Strafford County</u> UNH Cooperative Extension</p> <p>Dover</p> <p>603-749-4445</p>
<p><u>Grafton County</u> Whole Village Family Service Center</p> <p>North Haverhill</p> <p>603-536-3720</p>	<p><u>Sullivan County</u> Nutrition Services</p> <p>Newport</p> <p>603-863-9200</p>

“Other” Programs

Medical

Medicaid Service Questions: Call: 1-800-852-3345 x4344. **Children’s Medicaid** Call: 1-877-464-2447.

Dental Information: For Medicaid recipients only. Call: 1-800-852-3345, x4344 or x8069.

Maternal & Child Health: Health care services (including family planning) for pregnant women, children, teens, & adults. Teens may request confidential services. Call: 1-800-852-3345 x4517.

Prescription Assistance Programs

A Prescription Program: Provides eligible veterans, certain dependents & survivors of veterans with prescription drugs & medical supplies from VA pharmacies upon presentation of prescription(s) from VA provider or VA authorized provider. Call: 603-624-4366 x6771 or 1-800-892-8384 x6771.

Express Scripts: NH Senior Discount Program (NH Residents 65+) Call: 1-800-332-5455.

Medication Connection: Call 603-527-7011.

Partnership for Prescription Assistance: Call 1-888-477-2669.

NH Medication Bridge Program: Call: 603-415-4297.

Adult Education

NH Department of Education: For information on opportunities nearby for classes leading to high school equivalency diploma. Call: 603-271-6699.

Housing

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

Refugees

State Refugee Coordinator, NH Office of Energy and Planning: Assistance for refugees includes: Instruction in English for Speakers of Other Languages (ESOL); employment counseling; social services; health case management; immigration & legal services. Some services have fees associated with them, and many providers prioritize service to very recent arrivals. Contact Barbara Seebart, State Refugee Coordinator. Call: 603-271-6361. Email: barbara.seebart@nh.gov.

Miscellaneous Programs

The Upper Room: Education programs for youth & parents; teen parenting; juvenile diversion; family resource & referral, 36 Tsienetto Rd., Derry. Call: 603-437-8477

Free Cell Phone: Safelink Wireless & the Lifeline program offer free cell phones & 68 minutes with no contract to consumers who qualify under the U.S. Federal Poverty Guidelines or are enrolled in a state social service program. Contact SafeLink at 1-800-SafeLink or SafeLink.com.

Pet Neutering: Reduced cost for pet neutering if you qualify.
Call the NH Department of Agriculture: 603-271-3697

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

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. Call: 603-224-8683 or 603-520-8852.

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 missing or damaged teeth as a result of domestic abuse and has been in counseling and out of the relationship for one year.
Call: 1-800-773-4227.

Social Security Administration Office Locations

<u>Berlin District Office</u> Social Security Office 177 Main St. Littleton 1-800-772-1213 Fax: 877-405-7658 TTY: 603-444-0444	<u>Claremont District Office</u> Social Security Office 34 Mechanic St. Keene 1-800-772-1213 1-877-405-3651 Fax: 603-375-8854 TTY: 603-375-2034	<u>Concord District Office</u> Social Security Office 70 Commercial St. Concord 1-888-397-9798 Fax: 603-228-5206 TTY: 603-225-8475	<u>Conway District Office</u> Social Security Office 177 Main St. Littleton 1-800-772-1213 Fax: 1-877-405-7658 TTY: 603-444-0444
<u>Keene District Office</u> Social Security Office 34 Mechanic St. Keene 1-800-772-1213 1-877-405-3651 Fax: 603-375-8854 TTY: 603-375-2034	<u>Laconia District Office</u> Social Security Office 70 Commercial St. Concord 1-888-397-9798 Fax: 603-228-5206 TTY: 603-225-8475	<u>Littleton District Office</u> Social Security Office 177 Main St. Littleton 1-800-772-1213 Fax: 1-877-405-7658 TTY: 603-444-0444	<u>Manchester District Office</u> Social Security Office 2 Wall St. Manchester 866-814-5408 1-800-772-1213 Fax: 603-626-3727 TTY: 603-645-5230

<u>Rochester District Office</u> Social Security Office 80 Daniel St. Portsmouth 1-888-397-9796 1-800-772-1213 Fax: 603-433-5933 TTY: 603-436-3086	<u>Seacoast District Office</u> Social Security Office 80 Daniel St. Portsmouth 603- 433-0716 1-800-772-1213 Fax: 603-433-5933 TTY: 603-436-3086	<u>Southern District Office</u> Social Security Office Nashua Catchment Area: 175 Amherst St., Suite 2 Nashua 1-877-444-0134 Fax: 603-880-7262 TTY: 603-889-0134 Salem Catchment Area: 2 Wall St., Suite 301 Manchester 1-866-814-5408 1-800-772-1213 Fax: 603-626-3727 TTY: 603-645-5230
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Town Welfare Offices

Serving Clients of the Berlin District Office

<u>Berlin</u> 603-752-2120	<u>Columbia</u> 603-237-5255	<u>Errol</u> 603-482-3351	<u>Millsfield</u> 603-482-7777	<u>Randolph</u> 603-466-5771	<u>Stewartstown</u> 603-246-3329 x201
<u>Clarksville</u> 603-246-7751	<u>Dixville</u> 603-255-4221	<u>Gorham</u> 603-466-3322	<u>Northumberland</u> 603-636-1450	<u>Shelburne</u> 603-466-2262	<u>Stratford</u> 603-922-5533
<u>Colebrook</u> 603-237-4070	<u>Dummer</u> 603-449-2006	<u>Milan</u> 603-449-2484	<u>Pittsburg</u> 603-538-6697	<u>Stark</u> 603-636-2118	

Serving Clients of the Claremont District Office

<u>Acworth</u> 603-835-6879	<u>Canaan</u> 603-523-9881	<u>Charlestown</u> 603-826-4400	<u>Claremont</u> 603-542-7002 x1600	<u>Cornish</u> 603-675-5611	<u>Croydon</u> 603-863-7830
<u>Enfield</u> 603-632-5026 x117	<u>Goshen</u> 603-863-4740	<u>Grafton</u> 603-523-7140	<u>Grantham</u> 603-863-6021	<u>Hanover</u> 603-640-3209	<u>Langdon</u> 603-835-2389
<u>Lebanon</u> 603-448-2944	<u>Lempster</u> 603-863-7708	<u>Lyme</u> 603-795-4639	<u>Newport</u> 603-863-4765	<u>Orange</u> 603-523-7054	<u>Plainfield</u> 603-469-3201
	<u>Springfield</u> 603-763-4805	<u>Sunapee</u> 603-763-2212	<u>Unity</u> 603-896-7708	<u>Washington</u> 603-495-0262	

Serving Clients of the Concord District Office

<u>Allenstown</u> 603-485-4276	<u>Concord</u> 603-225-8575	<u>Hillsboro</u> 603-464-3877 x222	<u>North Sutton</u> 603-927-4416
<u>Andover</u> 603-735-5332	<u>Danbury</u> 603-768-3313	<u>Hooksett</u> 603-485-8769	<u>Pembroke</u> 603-485-4747 x206
<u>Boscawen</u> 603-753-9188 x301	<u>Dunbarton</u> 603-744-3547 x101	<u>Hopkinton</u> 603-746-5729	<u>Pittsfield</u> 603-435-6773
<u>Bow</u> 603-228-1187 x119	<u>Epsom</u> 603-736-5507	<u>Loudon</u> 603-798-4541	<u>Salisbury</u> 603-648-2473
<u>Bradford</u> 603-938-5900	<u>Franklin</u> 603-934-3404 603-934-3900	<u>New London</u> 603-526-4821	<u>Warner</u> 603-456-3420
<u>Canterbury</u> 603-783-9955	<u>Henniker</u> 603-428-3221 x7	<u>Newbury</u> 603-763-4940	<u>Webster</u> 603-648-2272
<u>Chichester</u> 603-798-3278	<u>Hill</u> 603-934-1094	<u>Northfield</u> 603-832-4314	<u>Wilmot</u> 603-526-4001

Town Welfare Offices Continued

Serving Clients of the Conway District Office

<u>Albany</u> 603-447-6038	<u>Chatham</u> 603-694-3827	<u>Effingham</u> 603-539-7770	<u>Jackson</u> 603-383-4223	<u>Ossipee</u> 603-539-4182	<u>Tuftonboro</u> 603-569-4539
<u>Bartlett</u> 603-356-2950	<u>Conway</u> 603-447-3811	<u>Freedom</u> 603-539-6323	<u>Madison</u> 603-367-4332 x308	<u>Sandwich</u> 603-284-7701	<u>Wakefield</u> 603-522-6970
<u>Brookfield</u> 603-522-3688	<u>Eaton</u> 603-447-2840 x6	<u>Hart's Location</u> 603-374-6397	<u>Moultonborough</u> 603-476-2347	<u>Tamworth</u> 603-323-7971 x13	<u>Wolfeboro</u> 603-569-8151

Serving Clients of the Keene District Office

<u>Alstead</u> 603-835-2986	<u>Francestown</u> 603-547-3469	<u>Keene</u> 603-357-9809	<u>Richmond</u> 603-239-4232	<u>Swanzy</u> 603-352-7411
<u>Antrim</u> 603-588-6785 x226	<u>Gilsum</u> 603-357-0320	<u>Lyndeborough</u> 603-654-5955	<u>Rindge</u> 603-899-5181 x100	<u>Temple</u> 603-878-2536
<u>Bennington</u> 603-588-2189	<u>Greenfield</u> 603-878-1414	<u>Marlborough</u> 603-876-3751	<u>Roxbury</u> 603-352-4903	<u>Troy</u> 603-242-7722
<u>Chesterfield</u> 603-363-4624 x15	<u>Hancock</u> 603-354-5454 x2310	<u>Marlow</u> 603-446-2245	<u>Sharon</u> 603-924-9250	<u>Walpole</u> 603-756-3672
<u>Deering</u> 603-464-3248	<u>Harrisville</u> 603-827-5546	<u>Nelson</u> 603-847-0047	<u>Stoddard</u> 603-446-3326	<u>Westmoreland</u> 603-357-7211
<u>603-Dublin</u> Call 563-8544	<u>Hinsdale</u> 603-336-5710 x18	<u>New Ipswich</u> 603-878-2772	<u>Sullivan</u> 603-847-3316	<u>Winchester</u> 603-239-4951 x101
<u>Fitzwilliam</u> 603-585-7723	<u>Jaffrey</u> 603-532-7880	<u>Peterborough</u> 603-924-8000 x100	<u>Surry</u> 603-352-3075	<u>Windsor</u> 603-478-3292

Town Welfare Offices Continued

Serving Clients of the Laconia District Office

<u>Alexandria</u> 603-744-3220	<u>Bridgewater</u> 603-744-5055	<u>Gilford</u> 603-494-3991	<u>Laconia</u> 603-524-1267	<u>Sanbornton</u> 603-286-8303
<u>Alton</u> 603-875-2161	<u>Bristol</u> 603-744-3354	<u>Gilmanton</u> 603-267-6700	<u>Meredith</u> 603-279-4538	<u>Thornton</u> 603-726-4232
<u>Ashland</u> 603-968-4432	<u>Campton</u> 603-726-3223 x101	<u>Groton</u> 603-744-9190	<u>New Hampton</u> 603-744-3559	<u>Tilton</u> 603-286-4521
<u>Barnstead</u> 603-269-4071	<u>Center Harbor</u> 603-253-4561	<u>Hebron</u> 603-744-2631	<u>Plymouth</u> 603-536-2242	<u>Waterville Valley</u> 603-236-4730
<u>Belmont</u> 603-267-8313	<u>Dorchester</u> 603-523-7119	<u>Holderness</u> 603-968-3537	<u>Rumney</u> 603-786-9511	<u>Wentworth</u> 603-764-9955

Serving Clients of the Littleton District Office

<u>Bath</u> 603-747-2454	<u>Dalton</u> 603-837-2092	<u>Jefferson</u> 603-586-4553	<u>Sugar Hill</u> 603-823-8468
<u>Benton</u> 603-787-6541	<u>Easton</u> 603-823-8017	<u>Lancaster</u> 603-788-3391	<u>Warren</u> 603-764-5780
<u>Bethlehem</u> 603-869-3351	<u>Franconia</u> 603-823-7752	<u>Landaff</u> 603-838-6220	<u>Whitefield</u> 603-837-2551
<u>Carroll</u> 603-846-5754	<u>Haverhill</u> 603-787-6514	<u>Piermont</u> 603-272-9181	<u>Woodstock</u> 603-745-8752

Serving Clients of the Manchester District Office

<u>Auburn</u> 603-483-5052	<u>Chester</u> 603-887-4979	<u>New Boston</u> 603-487-2500 x161
<u>Bedford</u> 603-472-5242	<u>Goffstown</u> 603-497-8990 x103	<u>Weare</u> 603-529-2572
	<u>Manchester</u> 603-624-6484	

Town Welfare Offices Continued

Serving Clients of the Rochester District Office

<u>Barrington</u> 603-664-9007		<u>New Durham</u> 603-859-0204
<u>Dover</u> 603-516-6500	<u>Madbury</u> 603-742-5131	<u>Rochester</u> 603-332-3505
<u>Durham</u> 603-868-8043	<u>Middleton</u> 603-473-2261	<u>Rollinsford</u> 603-742-2510
<u>Farmington</u> 603-755-3100	<u>Milton</u> 603-652-4501	<u>Somersworth</u> 603-692-9509
<u>Lee</u> 603-659-5414		<u>Strafford</u> 603-664-2192

Serving Clients of the Seacoast District Office

<u>Brentwood</u> 603-642-6400 x10	<u>Exeter</u> 603-778-0591 x116	<u>Kensington</u> 603-772-5423	<u>Newmarket</u> 603-659-3617	<u>Raymond</u> 603-895-8782
<u>Candia</u> 603-483-8101	<u>Fremont</u> 603-895-3200 x12	<u>Kingston</u> 603-642-3342	<u>North Hampton</u> 603-964-8087	<u>Rye</u> 603-964-5523
<u>Deerfield</u> 603-463-8811 x310	<u>Greenland</u> 603-431-7111	<u>New Castle</u> 603-431-6710	<u>Northwood</u> 603-942-5586	<u>Seabrook</u> 603-474-8931
<u>East Kingston</u> 603-642-8406	<u>Hampton</u> 603-926-5948	<u>Newfields</u> 603-772-5070	<u>Nottingham</u> 603-679-5022	<u>South Hampton</u> 603-394-7696
<u>Epping</u> 603-679-2102	<u>Hampton Falls</u> 603-926-4618	<u>Newington</u> 603-436-7640	<u>Portsmouth</u> 603-431-2006	<u>Stratham</u> 603-772-7391

Town Welfare Offices Continued

Serving Clients of the Southern District Office

Amherst
603-673-6041

Hollis
603-465-2209
x103

Milford
603-672-1077
603-249-0672

Plaistow
603-382-8469
x11

Atkinson
603-362-5266

Hudson
603-595-6518

Mont Vernon
603-673-6080

Salem
603-890-2130

Brookline
603-673-3828

Litchfield
603-424-4046

Nashua
603-589-4520

Sandown
603-887-3646

Danville
603-382-8253

Londonderry
603-432-1100

Newton
603-382-0398

Wilton
603-654-9451

Derry
603-432-6753

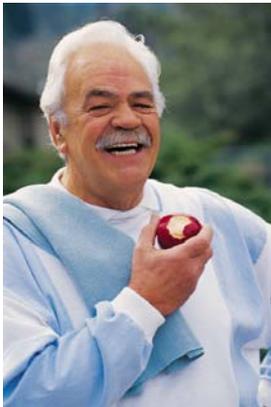
Mason
603-878-2070

Pelham
603-635-8233

Windham
603-432-7732

Hampstead
603-329-4100
x113

Merrimack
603-423-8535



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NH Health and Human Services announces NHEASY. Apply for benefits from anywhere! Now available to NH Residents on-line from 6:00 AM until Midnight every day.

www.nheasy.nh.gov

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

WIC Program for Women and Children

The Food and Nutrition Service, USDA, provides the following 185% Income Poverty Guidelines, effective July 1, 2014 and subject to annual updates.

See <http://www.fns.usda.gov/wic/wic-income-eligibility-guidelines>

Family Size	Annual	Monthly	Weekly
1	\$21,590	\$1,800	\$416
2	\$29,101	\$2,426	\$560
3	\$36,612	\$3,051	\$705
4	\$44,123	\$3,677	\$849
5	\$51,634	\$4,303	\$993
6	\$59,145	\$4,929	\$1,138
7	\$66,656	\$5,555	\$1,282
8	\$74,167	\$6,181	\$1,427
For each additional family member add:	\$7,511	\$626	\$145

The WIC Nutrition Program is a public health nutrition program for pregnant women, new mothers, breastfeeding women, infants, and children up to the age of 5 years. WIC provides a monthly food package of healthy foods, valued at about \$52.00 in grocery stores. Foods offered are:

- Fresh, frozen or canned fruits and vegetables.
- Whole grain cereals, breads, brown rice and tortillas.
- Low fat dairy products, including milk, cheeses and eggs.
- Baby foods, including cereals, fruits, vegetables and meats.

ELDERLY CSF PROGRAM

The Food and Nutrition Service, USDA, provides the following 130% Income Poverty Guidelines, effective April 1, 2014 and subject to annual updates.

See http://www.fns.usda.gov/sites/default/files/CSFP_2014_Income_Guidelines.pdf

Family Size	Annual	Monthly	Weekly
1	\$15,171	\$1,265	\$292
2	\$20,449	\$1,705	\$394
3	\$25,727	\$2,144	\$495
4	\$31,005	\$2,584	\$597
5	\$36,283	\$3,024	\$698
6	\$41,561	\$3,464	\$800
7	\$46,839	\$3,904	\$901
8	\$52,117	\$4,344	\$1,003
For each additional family member add:	\$5,278	\$440	\$102

**Local Agencies Providing
Women, Infant and Children (WIC) and
Commodity Supplemental Food Program (CSFP)
Nutrition Services in New Hampshire
1-800-942-4321 or 603-271-4546**

**Belknap & Merrimack
Counties
Community Action Program**

2 Industrial Park Drive
Concord, NH 03302
603-225-2050
1-800-578-2050
Fax: 603-228-1898

**Carroll & Strafford Counties
Goodwin Community Health**

311 Route 108
Somersworth NH 03878
603-332-4358
1-855-332-4358
Fax: 603-332-4265

**Carroll & Strafford Counties
Rockingham Community
Action**

1-800-256-9880

Raymond
1-800-974-2303
603-895-2303
603-486-7684

Derry
1-855-295-4105
603-965-3029
603-486-7499

Seabrook
603-486-7618

**Cheshire & Sullivan Counties
Southwestern Community
Services**

PO Box 603,
63 Community Way
Keene, NH 03431

603-352-7512
1-800-529-0005
Fax: 603-352-3618

**Rockingham & Hillsborough
Counties
Southern NH Services
(Manchester Area)**

PO Box 5040
40 Pine Street
Manchester, NH 03108

To schedule an appointment for
Manchester and Rockingham
County call: 1-800-256-9880

603-668-8010
1-800-322-1073
Fax: 603-645-6734

**Rockingham & Hillsborough
Counties
Southern NH Services
(Nashua Area)**

134 Allds Street
Nashua, NH 03060

603-889-3440
1-877-211-0723
Fax: 603-889-0945

ASSISTED BY
U.S. DEPARTMENT OF AGRICULTURE
FOOD AND NUTRITION SERVICE

NONDISCRIMINATION STATEMENT

This institution is prohibited from discriminating on the basis of race, color, national origin, disability, age, sex, and in some cases religion and political beliefs.

The US Department of Agriculture (USDA) also prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination with USDA, complete USDA Program Discrimination Complaint Form, found online at www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at US Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the State Information/Hotline Numbers (use this link for a listing of hotline numbers by State); found online at www.fns.usda.gov/snap/contact_info/hotlines.htm.

To file a complaint of discrimination regarding a program receiving Federal financial assistance through the US Department of Health and Human Services (HHS), write: HHS Director, Office for Civil Rights, Room 515-F, 200 Independence Avenue, S.W., Washington, D.C. 20201 or call (202) 619-0403 (voice) or (800) 537-7697 (TTY).

USDA and HHS are equal opportunity providers and employers.

You may also write Ombudsman, NH DHHS, 129 Pleasant St., Concord, NH 03301-3857 or call (603) 271-6941 or 1-800-852-3345 ext. 6941. TDD Access: Relay NH 1-800-735-2964 or 711.