

BOSTON COMMUNITY FOOD RESOURCES

This list offers up-to-date information on student accessible resources that promote both food security and nutrition security. Listed resources are relevant to college students, offer nutritionally dense foods, and/or promote meal customizability. This sheet is routinely updated per academic year. Last updated: Fall 2024.

For BU Students

BU Food Pantry



Description: Online order food pantry offering shelf stable food items to undergraduates, graduate students, or professional BU students.

Details: Students can order up to 2 items from each section of the pantry (canned vegetables, canned fruit, grains & pasta, canned meat & fish, and other pantry items). Orders are ready within 3 business days of the order being placed, and students are notified by email when their order is ready. Linked [here](#) are microwavable recipes using BU Food Pantry items.

Access and/or Eligibility: To order, the individual must provide their name, email, and BUID number. All information will remain private and only accessible to those filling orders. The individual must present their BUID when picking up their order at the CRC location.

Website / Locations:

- <https://www.bu.edu/studentwellbeing/bu-food-pantry/place-an-order/>
- <https://www.bu.edu/studentwellbeing/how-to-live-well/microwave-magic/>
- There are two order/pick up locations:
 - Charles River Campus: 930 Commonwealth Ave, Room 265
 - BU Medical Campus: 72 East Concord Street L-317

Terrier Meal Share



Description: Meal swipe donation service for undergraduates, graduate students, or professional BU students.

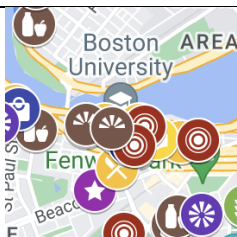
Details: One must submit an online or in person application to anonymously receive donated meal swipes. For in-person application, visit the Dean of Student's office (George Sherman Union, Room 204, 775 Commonwealth Avenue). The number of meal swipes are determined by demonstrated need.

Access and/or Eligibility: Must be a BU student, program meant for short-term use.

Website:

- <https://www.bu.edu/dos/terrier-meal-share/>

Boston University Food Map



Description: The SCNC's campus map of grocery stores, supplemental groceries, free meals, cultural grocery options, and more on or near the CRC and BUMC.

Details: This map is updated every academic year. Deselect categories to simplify search and read the resource details to learn unique access tips and SNAP information.

Access and/or Eligibility: Phone or computer to access online. The map functions best on a computer. It is helpful to have a google account and Google Maps App, but not required.

Website: https://www.google.com/maps/d/edit?mid=15Oilmy--NDLKftrBNOld_2mcgdQMSTk&usp=sharing

BU Community Gardens



Description: BU student-led urban garden on the Warren C Tower roof.

Details: All students are welcome to pick from the garden whenever there is produce. As of Spring 2024, the Warren C Tower Rooftop Garden offers produce including lettuce, cherry tomatoes, chili peppers, strawberries and herbs (rosemary, thyme, cilantro).

Access and/or Eligibility: To access the Warren C Tower Garden, one must be able to swipe into the building using their BUID. Note: this resource is seasonal.

Website / Location:

- Instagram: @bucommunitygarden
- Roof of Warren C Tower at 700 Commonwealth Ave, Boston, MA 02215
 - (Open Mon-Fri 9:00-4:45)
- As of Spring 2024, BU Community Gardens is developing a new plot in the Fenway Victory Garden (Plot A-14). Please check @bucommunitygarden for the most up to date information.
 - Fenway Victory Gardens A-14 at 1200 Boylston St, Boston, MA 02215
 - Garden Map: <https://fenwayvictorygardens.org/maps-directions/>

Around Boston

Fenway Cares Community Center Food Distributions



Description: Every other Wednesday, Fenway Cares distributes free food baskets to Fenway community members at two locations (East and West Fenway).

Details: Food baskets typically include fresh veggies, fruits, grains, and more, while supplies last. 1 basket per household. Please check their site for Wednesday dates.

Access and/or Eligibility: No identification or proof of residence required.

Website/Location:

- <https://fenwaycommunitycenter.org/food-distributions/>
- Every other Wednesday at both locations at 3:30 pm until supplies run out
 - Symphony Park 39 Edgerly Road (East Fenway)
 - Fenway Community Center 1282 Boylston Street (West Fenway)

Allston Brighton Food Pantry



Description: The Allston Brighton Food Pantry provides nourishing food baskets at no cost to members of the Allston-Brighton community, as well as anyone else who comes seeking assistance.


Details: Food baskets contain a variety of items (fresh veggies, fruits, grains, and more) per household, depending on availability. This pantry provides food baskets twice per month (please check site for dates and times).

Access and/or Eligibility: It is highly preferred, but not required, to present your name with an ID when picking up a food basket. The ID can be from any country. Individuals must also provide their address, but do not need to be from Allston or Brighton to receive a food basket.


Website/Location:

- <http://abfoodpantry.com/services/>
- 404 Washington Street Brighton, MA 02135
- 2nd and 4th Saturdays of each month, 10 am to 1pm

Brookline Food Pantry

	<p>Description: Brookline community food pantry has two locations and is open to Brookline residents in need of emergency food assistance.</p> <p>Details: Each person will receive 1 bag of refrigerator/freezer items, 1 bag of perishable foods such as fruits and vegetables, and 1 bag of nonperishable foods such as rice, cereals, and canned goods for a total of 3 bags.</p> <p>Access and/or Eligibility: To qualify for emergency food assistance, individuals must be a Brookline resident and Description meet financial and food insecurity criteria (info found on website). Individuals are permitted to shop at one of the pantry locations once a week.</p> <p>Website / Location:</p> <ul style="list-style-type: none"> • https://brooklinefoodpantry.org/get-groceries/ • 210 Harvard Street United Parish <ul style="list-style-type: none"> ○ Wednesday: 2:00 pm - 5:00 pm, Thursday 10:30 am - 1:00 pm, Friday 10:30 am - 1:00 pm • 226 High Street Community Room <ul style="list-style-type: none"> ○ Tuesday: 3:00 pm - 7:00 pm
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Abcd Food Access Center (Allston/Brighton/South End)

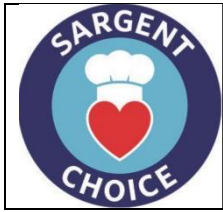
	<p>Description: ABCD is a nonprofit human services organization that provides Boston residents with tools and resources. ABCD Emergency food support centers offer qualifying individuals food assistance once per month.</p> <p>Details: Upon each monthly visit, the individual receives a bag with shelf stable food, protein, and cheese/eggs (if available). ABCD has 5 emergency food centers, with the closest location to Charles River Campus being in Allston/Brighton. There is an additional location in the South End, near the BU Medical Campus. Check the ABCD website for other locations.</p> <p>Access and/or Eligibility: The individual must earn a household annual income under 200% of the FPL (Household of 1 must be < \$30,120 per year). Upon first visit, the individual must provide proof of income and ID. To schedule a visit to the pantry and learn more about the required documentation at the Allston/Brighton location, call 617.903.3640.</p> <p>Website / Location:</p> <ul style="list-style-type: none"> • https://bostonabcd.org/service/food-accesscenters/ • Allston / Brighton <ul style="list-style-type: none"> ○ 640 Washington St, Suite #201/202, Brighton MA • SNAP/South End NSC <ul style="list-style-type: none"> ○ 554 Columbus Avenue, Boston MA
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Haymarket

	<p>Description: Open-air market with local vendors selling fresh and affordable fruit, vegetables and seafood.</p> <p>Access and/or Eligibility: None – anyone can shop at the market. Cash only.</p> <p>Website/Location:</p> <ul style="list-style-type: none"> ○ http://www.haymarketboston.org/ ○ Located near Haymarket T stop on the edge of the North End. ○ Open during “daylight hours”, ~ 6:00 am – 6:00 pm on Fridays & Saturdays
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Food Apps & Websites

SCNC Recipes

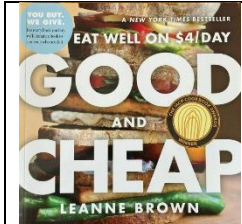


Description: Sargent Choice recipes feature health promoting foods with a special emphasis on flavor, enjoyment and modification options. Check out this site to view budget and dorm friendly meals.

Access and/or Eligibility: Must have access to a smartphone or computer to view.

Website: <https://www.bu.edu/scnc/recipes/>

Good and Cheap eCookbook



Description: Free, downloadable cookbook with recipes that cost approximately \$4/day. Cookbook is available for download using the above link, and includes recipes in the following categories: breakfasts, soups, salads, snacks, handheld dishes, dinner, big batch, staples, drinks, desserts, and seasonings.

Access and/or Eligibility: Must have access to a smartphone or computer to view.

Website: <https://cookbooks.leannebrown.com/good-and-cheap.pdf>

Save The Food Website



Description: Save The Food is a major national public service advertising campaign, launched by the Natural Resources Defense Council (NRDC) and the Ad Council, to combat food waste. This website provides information and inspiration for individuals to meal plan, store foods, and use foods that may otherwise be thrown away.

Details: Food storage information may be especially helpful for students. This website provides a range of storage suggestions from what to do with cut avocados to how to save opened canned meats. <https://savethefood.com/storage>

Access and/or Eligibility: Must have access to a smartphone or computer to view.

Website: <https://savethefood.com/>

Budget Bytes



Description: Budget Bytes is a recipe website that teaches people all around the world how to cook with their simple recipes and step-by-step photo instructions. They prioritize making budget friendly foods that leave people “full and healthy”.

Details: Each recipe includes an estimated recipe and serving cost. This website also offers a recipe search tool that filters based on protein, dietary needs, recipe cost, and other factors. There is a “How-To” page with visual guidance for essential cooking skills.

Access and/or Eligibility: Must have access to a smartphone or computer to view.

Website: <https://www.budgetbytes.com/>

SCNC and BU Wellbeing Microwave Recipes




Description: Join Boston University students as they walk you through six easy, nutritious recipes. These meals can be made only using a microwave, proving how simple it is to cook a healthy, delicious meal for yourself!

Produced by Student Wellbeing and Sargent Choice Nutrition Center, in partnership with BU Productions.

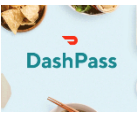
Website: <https://www.bu.edu/studentwellbeing/how-to-live-well/microwave-magic/>

Budget Friendly Grocery Ordering


Weee! (Asian grocery app)

	<p>Description: North America’s largest online Asian grocery store, where shoppers can explore delicious and hard-to-find items from all over the world and have them delivered to their door. Details: This online store sells fresh vegetables, fruits, meats, seafood, snacks, spices, beverages and more. Online and on the app, you can filter groceries based on desired cuisine (Korean, Japanese, Indian, Filipino, and more). Shoppers can also filter for available deals. College students receive \$15 off their first order and a month of free delivery. Service fee (~\$2.95), delivery fee (~\$6.95), and delivery tip included at checkout. Access and/or Eligibility: The free app is available on the Apple App Store & Google Play. No subscription is required. Payment using SNAP/EBT is not supported. Website: https://www.sayweee.com/en</p>
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DoorDash DashPass


	<p>Description: For \$9.99 a month, DashPass members get \$0 delivery fees and reduced service fees on eligible orders, including grocery orders from Stop&Shop, Star Market, and Target. This may be a helpful service for students short on time and/or who can split this membership with roommates. Details: If you use a Chase Card, you may be eligible to get DoorDash for free. Those enrolled in SNAP are eligible for 2 months free and can use their EBT cards to pay for applicable grocery items. To pay with an EBT card, navigate to “Account” > “Payment” > “Program Cards”. In Spring 2024, Stop&Shop, Star Market, and Target were available in the BU area. Access and/or Eligibility: Must make an account to order. Associated costs include \$9.99 (pay with a debit or credit card) a month for DashPass and service fees tied to order. Website: Google search “DoorDash - Join DashPass Today”</p>
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Star Market Online


	<p>Description: Shop online or using an app at Star Market to order groceries and schedule pick up at no extra cost. Details: While shopping, you can filter for deals to easily find lower priced items. The free app is available on the Apple App Store & Google Play. Those enrolled in SNAP can use their benefits online and pay with an EBT card. Access and/or Eligibility: Must make an account with name and contact information to order. Website / Location:</p> <ul style="list-style-type: none">• https://local.starmarket.com/ma/boston/1065-commonwealth-ave.html• 1065 Commonwealth Ave or any Star Market Location
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State and Federal Programs


Supplemental Nutrition Assistance Program (SNAP)

	<p>Description: Program providing monthly assistance for purchasing food staples. A full list of eligible items can be found here (https://www.fns.usda.gov/snap/eligible-food-items). A list of online food retailers can be found here (https://www.mass.gov/snap-online-purchasing-program)</p> <p>Details: Money is loaded monthly onto an Electronic Benefits Card (EBT), which functions as a debit card on all SNAP-eligible purchases.</p> <p>Access and/or Eligibility: Must demonstrate eligibility. Further information available at: https://gettingsnap.org/college-students & https://www.benefits.gov/benefit/1280.</p> <p>Website: https://www.mass.gov/how-to/apply-for-snap-benefits-food-stamps</p>
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Healthy Incentives Program (HIP)

	<p>Description: HIP puts the SNAP dollars you spend on local produce back onto your EBT card instantly when purchasing at participating HIP farm vendors (subject to a monthly limit).</p> <p>Details: A map of local HIP vendors is available here: https://dtafinder.dtadash.ehs.mass.gov/</p> <p>Access and/or Eligibility: HIP is one of SNAP's benefits, see income eligibility above.</p> <p>Website: https://www.mass.gov/service-details/massachusetts-healthy-incentives-program-hip</p>
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Boston Area Food Resource Map

	<p>Description: The City of Boston's food resource website with the most up-to-date information about food pantries, farmer's markets, community fridges, urban farming, and SNAP/HIP programs.</p> <p>Website: https://www.boston.gov/departments/food-access</p>
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