

# RESOURCES

## Food assistance

**Terrier Meal Share:** <http://www.bu.edu/dos/terrier-meal-share/>

**Wheelock Community Cares pantry (food and essentials):**

<https://www.bu.edu/wheelock/information-for-students/community-cares/>

**Marsh Chapel meals and free food opportunities**

**Sargent Choice Nutrition Center** offers expert consultations for meal planning that can help people with food intolerances or restrictions, athletes in training, and people who are looking to create healthier eating habits. Students qualify for a limited number of free consultations, but insurance may cover the cost of others. They also have free [recipes](#) and [videos](#).

### External Resources

**Brandless** is an online shop where you can find good quality, healthy food and household products. It even has selections of certified Kosher, gluten-free, and vegan foods for \$3 or less.

**Brookline Food Pantry** offers pantry hours at two locations: 55A Egmont St. and 15 St. Paul St.

**Good and Cheap** is a free, downloadable cookbook with recipes aimed at helping people prepare great meals on \$4/day.

### Supplemental Nutrition Assistance Program (SNAP)

- If your food insecurity is persistent, you may consider seeing if you [qualify for SNAP benefits](#).
- Learn how low-income college students can qualify for SNAP in Massachusetts and review [SNAP rules and rights](#) for college students.
- The Food Bank of Western MA can [help you enroll](#) in SNAP. The fastest way to apply is by phone. Call 413-247-9738 and ask for a SNAP representative, or visit [Getting Food Stamps](#) for information and an application.

**Project Bread** connects people and communities in Massachusetts to reliable sources of food while advocating for policies that make food more accessible—so that no one goes hungry.

- Located at 160 North Washington Street, Boston, MA 02114.
- [info@projectbread.org](mailto:info@projectbread.org)  
(617) 723-5000

**Food Source Hotline** 1-800-645-8333

**Greater Boston Food Bank**

## Emergency funding

The Dean of Students Office has emergency loan funding available for undergraduate students. Please reach out to [dos@bu.edu](mailto:dos@bu.edu).

## WiFi Issues

BU IS&T does not offer anything directly, but has facilitated when the Dean of Students office has reviewed need-based cases. Obtaining a hotspot is not out of the question, but it'd have to come through the Dean of Students Office.

Google Fi (<https://fi.google.com/about/>) has some of the cheapest/best shared-plan options for hotspotting within major cities.

The [Outdoor Wi-Fi Program](#) has outdoor access points at nine Boston Public Library (BPL) branch locations: Mattapan, Codman Square, Parker Hill, Hyde Park, Grove Hall, Egleston Square, East Boston, Honan-Allston, and South End. Outdoor areas such as parks and parking lots near the BPL locations is ready for public use. To access the Internet, users will need to bring their own device, such as a laptop, tablet, or smartphone, and must maintain physical distancing. There is currently no time limit to an individual's Internet use and access will be available 24 hours a day, seven days a week.

## Employment Assistance

Massachusetts Department of Workforce Development

<https://www.mass.gov/massachusetts-career-centers>

Massachusetts Career Centers serve as a vital link between workers and employers to bring about economic opportunity. Career Centers are helping put Massachusetts' citizens back on the payroll, one person and one job at a time. (Use the links at the bottom of the page to find career center locations in the greater Boston area.)

Boston Career Link

[www.bostoncareerlink.org](http://www.bostoncareerlink.org)

1010 Harrison Avenue, Boston, MA 02119

Phone: 617-541-1400 TTY: 617442-3610

**Veterans:** The Commonwealth of Massachusetts provides special priority of services for veterans or spouses of veterans to assist in employment or educational goals. To schedule an appointment contact: **Mark Bryson, Veteran's Representative**

**617-541-1487 or email [Mark.Bryson1@massmail.state.ma.us](mailto:Mark.Bryson1@massmail.state.ma.us)**

Operation A.B.L.E (for job seekers 45 and older)

[www.operationable.net](http://www.operationable.net)

174 Portland Street, 5th Floor, Boston, MA 02114 | 617.542.4180

[able@operationable.net](mailto:able@operationable.net)

Mission Statement

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<https://www.bu.edu/wheelock/information-for-students/community-cares/>

The mission of Operation A.B.L.E. is to provide employment and training opportunities to job seekers 45 and older from economically, racially and occupationally diverse backgrounds. A.B.L.E. is equally committed to serving Massachusetts and other New England employers by providing well-qualified candidates to meet their employment needs and by training employees to have the updated skills needed to be as productive as possible at their jobs.

## Resources for Wellbeing

### [Wellbeing Project](#)

The Wellbeing Project is a new campus-wide initiative to support students' health and wellness during their time at BU (emotional, social, spiritual, intellectual, environmental, financial, and physical wellbeing).

### [Virtual Resources](#) for Wellbeing

## Mental Health / Counseling Resources

Student Health Services ([www.bu.edu/shs](http://www.bu.edu/shs)), patient care coordinators, referral coordinators, insurance coordinators

[NAMI](#) is a great, comprehensive resource for the Boston area

[North Suffolk Mental Health Association](#), which offers outpatient services, usually for free

[Bay Cove Human Services](#) on Albany Street on the Med Campus

## Legal Resources

Volunteer Lawyers Project of the Boston Bar Association

<https://www.vlpnet.org/>

Assists low income, elderly, disabled residents of the Boston area with civil legal matters.

Greater Boston Legal Services

[www.gbls.org/](http://www.gbls.org/)

Mass Legal Services

[www.masslegalservices.org/](http://www.masslegalservices.org/)

use "Find Legal Aid / LRF (Legal Resource Finder)" link to connect with legal aid programs in your area

Community Legal Services and Counseling Center

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

Massachusetts Bar Association Lawyer Referral Service

<http://www.masslawhelp.com/>

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<https://www.bu.edu/wheelock/information-for-students/community-cares/>

Boston Bar Association Lawyer Referral Service

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

Lawyers for Affordable Justice

<http://lawyers4aj.org/>

## Housing Resources

### ABCD Housing Department

105 Chauncy Street Boston 02111

(617) 357-6000 X 347

Provides information on tenant/landlord rights and responsibilities. Mediation and referral. Housing search, placement and stabilization for low income families and individuals who are homeless or at-risk of homelessness. Includes subsidy and market rate search.

### Fuel Assistance

(617) 357-6012

Fuel subsidy payments for eligible low income tenants

### Boston Housing Authority (BHA)

52 Chauncy St. Boston MA 02111

(617) 988-4000

Administers and manages public housing, section 8 certificates and MRVP rental subsidy programs.

### **SHORT-TERM ACCOMMODATIONS FOR PATIENT FAMILIES (MGH):**

<http://www.mghsocialwork.org/accommodations-list.pdf> (last updated July 2019)