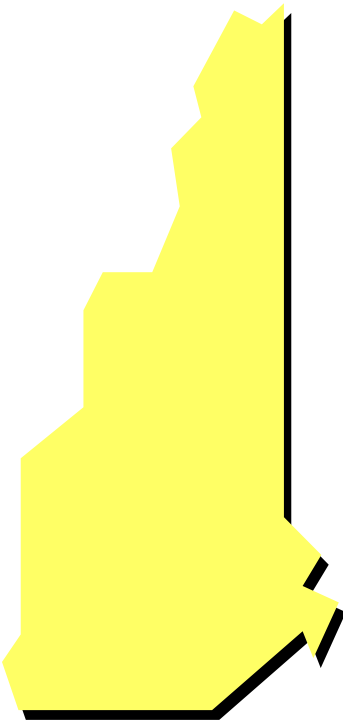


Assistance Handbook 2006



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

New Hampshire Food Stamp Program

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

May 2006

Dear Friends:

We are happy to provide you with the New Hampshire Food Stamp Program Assistance Handbook for 2006. The Handbook contains contact information for agencies that provide critical assistance to people and families in need.

You will find information concerning food banks, soup kitchens, prepared meals programs for the elderly, homeless and transitional services and fuel assistance to name a few. We have listed the sections in alphabetical order in this year's Handbook in order to simplify the process of finding information.

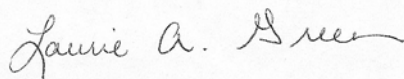
There will be a limited number of hard copies of the Handbook. Our hope is that you will share them with co-workers in your office. The Handbook can also be found on the DHHS website at <http://www.dhhs.nh.gov/dhhs/dfa/library>.

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

We are grateful to the U.S.D.A. Food and Nutrition Service for helping to fund this project.

Thank you all for the work you do.

Sincerely,



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

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NH Division of Family Assistance

Assistance Programs	
Food Stamp Program	
<p>The Food Stamp Program provides monthly food stamps 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.</p>	
<p style="text-align: center;">TANF/FAP</p> <p>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.</p>	<p style="text-align: center;">Aid to the Permanently and Totally Disabled (APTD)</p> <p>This program provides financial and medical assistance to persons who are permanently and totally disabled and are between the ages of 18 and 64.</p>
<p style="text-align: center;">Old Age Assistance (OAA)</p> <p>This program provides financial and medical assistance to persons who are 65 years of age or older.</p>	<p style="text-align: center;">Aid to the Needy Blind (ANB)</p> <p>This program provides financial and medical assistance to blind individuals who are unable to provide for themselves.</p>
Medical Assistance (Medicaid)	
<p>In addition to the assistance programs listed above, Medicaid may be available to persons and families if they are:</p> <ul style="list-style-type: none"> • Pregnant. • Poverty level children up to age 19. • Children with severe disabilities. <p>Medicaid may pay certain Medicare Premiums, co-insurance and deductibles for certain individuals if they are qualified Medicare beneficiaries or qualified disabled working individuals.</p>	
Child Day Care	
<p>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.</p>	

NH Division of Family Assistance

Monthly Income Limits*

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

Household Size	TANF/FAP Payment Standard	130% Food Stamps Elderly & Disabled	100% Food Stamps Non-Elderly nor Disabled	190% Child Care (Step 3)
1	\$489	\$1,316	\$1,037	N/A
2	\$556	\$1,765	\$1,390	\$2,032
3	\$625	\$2,213	\$1,744	\$2,548
4	\$688	\$2,661	\$2,097	\$3,064
5	\$748	\$3,109	\$2,450	\$3,580
6	\$829	\$3,558	\$2,803	\$4,097
7	\$892	\$4,006	\$3,156	\$4,613
8	\$985	\$4,454	\$3,509	\$5,129
For each addit'l. person, add:		\$449	\$354*	\$517*

Where to Apply

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

NH Division of Family Assistance (cont.)

<p>Concord District Office 40 Terrill Park Drive Concord; 03301-9955 Phone: 271-6201 or 1-800-322-9191</p>	<p>Allenstown, Andover, Boscawen, Bow, Bradford, Canterbury, Chichester, Concord, Contoocook, Danbury, Dunbarton, Epsom, Franklin, Henniker, Hill, Hillsboro, Hooksett, Hopkinton, Loudon, New London, Newbury, Northfield, Pembroke, Penacook, Pittsfield, Salisbury, Suncook, Sutton, Warner, Webster, Wilmot</p>
<p>Conway District Office 73 Hobbs Street Conway; 03818-6188 Phone: 447-3841 or 1-800-552-4628</p>	<p>Albany, Bartlett, Brookfield, Chatham, Chocorua, Conway, Eaton, Effingham, Freedom, Glen, Hart's Location, Intervale, Jackson, Kearsarge, Madison, Moultonborough, N. Conway, Ossipee, Sanbornville, Sandwich, Snowville, Tamworth, Tuftonboro, Wakefield, Wolfeboro</p>
<p>Keene District Office 809 Court Street Keene; 03431-9940 Phone: 357-3510 or 1-800-624-9700</p>	<p>Alstead, Antrim, Ashuelot, Bennington, Chesterfield, Deering, Dublin, Fitzwilliam, Frankestown, Gilsum, Greenfield, Groton, Hancock, Harrisville, Hinsdale, Jaffrey, Keene, Lyndeborough, Marlborough, Marlow, Nelson, New Ipswich, Peterborough, Richmond, Rindge, Roxbury, Sharon, Spoffard, Stoddard, Sullivan, Surry, Swanzey, Temple, Troy, Walpole, Westmoreland, Winchester, Windsor</p>
<p>Laconia District Office 65 Beacon Street West Laconia; 03246-9988 Phone: 524-4485 or 1-800-322-2121</p>	<p>Alexandria, Alton, Ashland, Barnstead, Belmont, Bridgewater, Bristol, Campton, Center Harbor, Dorchester, Gilford, Gilmanton, Groton, Hebron, Holderness, Laconia, Lakeport, Meredith, New Hampton, Plymouth, Rumney, Sanbornton, Silver Lake, Thornton, Tilton, Waterville Valley, Wentworth</p>
<p>Littleton District Office 80 North Littleton Road Littleton; 03561-3841 Phone: 444-6786 or 1-800-552-8959</p>	<p>Bath, Benton, Bethlehem, Carroll, Dalton, Easton, Franconia, Haverhill, Jefferson, Lancaster, Landaff, Lincoln, Lisbon, Littleton, Livermore, Lyman, Monroe, Piermont, Pike Sugar Hill, Twin Mountain, Warren, Whitefield, Woodstock, Woodsville</p>

NH Division of Family Assistance (cont.)

<p>Manchester District Office 175 McGregor Street Manchester; 03102-3762 Phone: 668-2330 or 1-800-852-7493</p>	<p>Auburn, Bedford, Chester, Goffstown, Londonderry, Manchester, New Boston, Pinardville, Weare</p>
<p>Nashua District Office 19 Chestnut Street Nashua; 03060-9311 Phone: 883-7726 or 1-800-852-0632</p>	<p>Amherst, Brookline, Greenville, Hollis, Hudson, Litchfield, Mason, Merrimack, Milford, Mont Vernon, Nashua, Pelham, Reeds Ferry, Wilton</p>
<p>Portsmouth District Office 30 Maplewood Avenue Portsmouth; 03801-3737 Phone: 433-8380 or 1-800-821-0326</p>	<p>Brentwood, Candia, Deerfield, East Kingston, Epping, Exeter, Fremont, Greenland, Hampton, Hampton Falls, Kensington, Kingston, New Castle, Newfields, Newington, Newmarket, North Hampton, Northwood, Nottingham, Portsmouth, Raymond, Rye, Seabrook, South Hampton, Stratham</p>
<p>Rochester District Office 150 Wakefield St., Suite 22 Rochester; 03867-1309 Phone: 332-9120 or 1-800-862-5300</p>	<p>Barrington, Dover, Durham, Farmington, Gonic, Lee, Madbury, Middleton, Milton, New Durham, Rochester, Rollinsford, Somersworth, Strafford, Union</p>
<p>Salem District Office 154 Main Street, Suite 1 Salem; 03079-3191 Phone: 893-9763 or 1-800-852-7492</p>	<p>Atkinson, Danville, Derry, Hampstead, Newton, Plaistow, Salem, Sandown, Windham</p>

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

Domestic Violence

Berlin

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

Claremont

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

Concord

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

Conway

Starting Point: Services for Victims
of Domestic and Sexual Violence
PO Box 1972
Conway; 03818
Phone: 356-7993/1-800-336-3795
Ossipee Satellite Office 539-5506
www.startingpointnh.org

Durham

Sexual Harassment and Rape
Prevention Program (SHARPP)
University of New Hampshire
Huddleston Hall, Room 202
Garrison Ave., Verrett House
Durham; 03824
Phone: 862-3494/862-7233
1-888-271-7233
www.unh.edu/sharpp

Keene

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

Laconia

New Beginnings
A Women's Crisis Center
PO Box 622
Laconia; 03246
Phone: 528-6511/1-866-644-3574
www.NewBeginningsNH.org

Lebanon

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

Littleton

The Support Center at Burch
House
PO Box 965
Littleton; 03561
Phone: 444-0624/1-800-774-0544
Woodsville Satellite Office 747-
2441
www.tccap.org/supportcenter.htm

Manchester

YWCA Crisis Service
72 Concord Street
Manchester; 03101
Phone: 625-5785/668-2299
(24hrs)
Derry Satellite Office 432-2687

Domestic Violence (cont.)

Nashua

Bridges: Domestic and Sexual
Violence Support
PO Box 217
Nashua; 03061-0217
Phone: 889-0858 /883-3044
Milford Satellite Office 672-9833
(Will accept collect calls)
www.bridgesnh.org

Plymouth

Voices Against Violence
PO Box 53
Plymouth; 03264
Phone: 536-3423/536-1659

Portsmouth

A Safe Place
6 Greenleaf Woods, Suite 101
Portsmouth; 03801
Phone: 436-7924/1-800-854-
3552
Rochester Satellite Office 330-
0214-
Salem Satellite Office 890-6392

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

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

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

www.nhcadv.org

(teen web site) www.reachoutnh.org

Elders, Adults Living with Disabilities (ServiceLink)

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

1-866-634-9412

<p>Coos County ServiceLink Berlin Senior Center 610 Sullivan St., Suite 6 Berlin; 03570 Patti Stolte: 752-6407</p>	<p>Strafford County ServiceLink 1 Wakefield St., Suite 306 Rochester; 03867 Becky Silva: 332-7398</p>
<p>Carroll County ServiceLink 448 White Mountain Highway PO Box 420 Chocorua; 03817 Susan Deyoe: 323-9394</p>	<p>Greater Nashua ServiceLink Community Council of Nashua 144 Canal St. Nashua; 03064 Ruth Morgan: 598-4709</p>
<p>Northern Grafton County ServiceLink Littleton Area Senior Center 77 Riverglen Lane, PO Box 98 Littleton; 03561 Faith Layfayette: 444-4498</p>	<p>Hillsborough County ServiceLink Easter Seals NH Bldg. 555 Auburn St. Manchester; 03103 Dennis Hett: 644-2240</p>
<p>Southern Grafton County ServiceLink Center for Elder Services 10 Campbell St., PO Box 433 Lebanon; 03766 Dana Michalovic: 448-1835</p>	<p>Monadnock Area ServiceLink 20 Norway Ave. Keene; 03431 Jennifer Seher: 357-1922</p>
<p>Belknap County ServiceLink 780 N. Main St., PO Box 1327 Laconia; 03246 Lisa Morris: 528-6945</p>	<p>Rockingham County ServiceLink Crotched Mntn. Community Care 30 Maplewood Ave., Suite 210 Portsmouth; 03801 Becky May: 334-6594</p>
<p>Merrimack County ServiceLink Belknap/Merrimack CAP Building 2 Industrial Park Dr., PO Box 1016 Concord; 03302-1016 Beth Benson: 228-6625</p>	<p>Southwestern Rockingham County ServiceLink The Nutfield Bldg., Suite 104 44 Birch Street Derry; NH 03038 334-6594</p>
<p>Sullivan County ServiceLink Southwestern Community Svs. 96 Main St., PO Box 1338 Claremont; 03743 Gail Merrill: 542-5177</p>	

<http://www.state.nh.us/servicelink/>

Especially for Children

NH Head Start

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

Belknap-Merrimack Head Start	225-3295
Rockingham County Head Start	431-2911
Southern NH Services, Inc. Head Start	668-8010
Southwestern Community Services Head Start	352-7512
Strafford County Head Start	755-3108
Tri-County Head Start	752-7138

School Breakfast/Lunch

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

Income guidelines change on July 1st every year.

Reduced Price Meals-185 % Free Meals-130 %

Family Size	Annual Income	Monthly Income	Weekly Income	Annual Income	Monthly Income	Weekly Income
1	18,183	1,511	349	12,740	1,062	245
2	24,240	2,035	470	17,160	1,430	330
3	30,710	2,560	591	21,580	1,799	415
4	37,000	3,084	712	26,000	2,167	500
5	43,290	3,608	833	30,420	2,535	585
6	49,580	4,132	954	34,840	2,904	670
7	55,870	4,657	1,075	39,260	3,273	755
8	62,160	5,182	1,196	43,680	3,642	840
For each add'l family member, add:	+6,290	+525	+121	+4,420	+369	+85

Especially for Children

Child Care

Finding, selecting and paying for child care

The agencies listed below can:

Help you find:

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

Give you tips on:

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

Becoming a child care provider

The agencies listed below can:

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

Child Care Resource and Referral Network of NH

Berlin/Littleton

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

Claremont

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

Concord

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

Conway

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

Keene

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

Laconia

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

Manchester

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

Nashua

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

Portsmouth/Salem

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

Rochester

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

Food Pantries

Allenstown

Allenstown (Town Hall) Food Pantry
16 School Street; 03275
485-7321 (9-2pm call first for appt.)

Alstead

Fall Mountain Emer. Food Shelf
Masonic Hall, River St., 03275
835-2283 (call first for appt)
(M-Sat. 9-4pm)

Alton

Alton Community Services
PO Box 43, Main St.; 03809
875-2273 (Sat 10-12 or by appt)

Ashland

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

Hosanna's Bread Box Pantry
Hosanna Christian Fellowship
PO Box 765; 03217

Barnstead

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

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

Barrington

Barrington Community Food Pantry
39 Province Lane; 03825
664-9007 (Th 6-7:30pm - As Needed)
selectman@metrocast.net

Bartlett

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

Belmont

St. Joseph Church Food Pantry
PO Box 285; 03220
267-8174 (M-F 8:30am-4pm)
stjoebel@verizon.net

Berlin

Ecumenical Food Pantry
151 Emery St.; 03570
752-1385 (M,W,F 2:30pm-4pm)

The Salvation Army
15 Cole St., PO Box 495; 03570
752-1644
(Mon 4:30-5:30 pm, Tue & Thu 9am-noon) (Kids meals Th/Fr 4:30-5:15)

Tri-County CAP

55 Maynesboro St.; 03570
752-3248 (M-F 8am-3 pm)

Boscawen

Boscawen Congregational Church Food Pantry
12 High Street; 03303
796-2565/796-2043 (Wed. 4-6pm)

Bow

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

Bradford

Bradford Community Food Pantry
88 W. Main Street; 03221
938-5313 by appointment only
(3rd Wed 6-7pm or on request)

Kearsarge Valley Community Action
49 W. Main St., PO Box 116
Warner; 03278
456-2207 (M-F 9:00am-12pm, call if
emergency)
bchellis@tds.net

Brentwood

Pilgrim United Church of Christ
197 Middle Rd.; 03833
778-3189 (Hours by appointment)
pilgrimucc@empire.net

Bristol

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

Campton

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

Food Pantries (cont.)

Candia

St. Paul Parish Food Pantry
54 Main Street; 03034
483-8481
(M-Thu 9am-noon) call before coming

Carroll

Town of Carroll
PO Box 146, 92 School St; 03595
846-5754 (M-F 8am-3pm)
twinmtn@worldsurfer.net

Center Harbor

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

Center Ossipee

Agape Ministries Food Pantry
40 Rt. 16B; 03814
539-4456 (M-F 2pm-3pm)

Center Strafford

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

Charlestown

Charlestown Health & Human Services
PO Box 385; 03603
826-5266/826-9762 (daily by appt)

Charlestown Food Pantry
122 Main St.; 03603
835-2283/826-9762 (daily by
appointment)

Chesterfield

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

Chichester

Town of Offices
54 Main Street; 03258
435-7190 (M-F 9am-4pm)
www.chichesternh.org
knnllytjvl@aol.com

Claremont

City of Claremont Town Welfare
58 Operahouse Square City Hall; 03743
542-7007 (M,T,TH,F, 9am-1pm)
www.welfaredirectclaremontnh.com

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

St. Vincent de Paul Society
35 Central Street; 03743
542-9614 (M,F 2pm, W 10am-11am)

Colebrook

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

Concord

Concord Area Center CAP
1 Tremont St.; 03301
225-6880 (F 12pm-4pm)

First Congregational Church Food Pantry
177 N. Main Street; 03301
225-5491 (M,T,TH 9am-11am)
www.concordsfirstchurch.org
secretary@concordsfirstchurch.org

Phileo Pantry
First Baptist Church
20 N. State St. (across from YMCA); 03301
224-7427 (3rd Sat of Month 8am-9:30am)

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

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

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

Seventh-day Adventist Church
Rt. 106, Sheep Davis Rd.; 03275
224-3641 (on call as needed)

Food Pantries (cont.)

Contoocook

Hopkinton Food Pantry
14 Maple Street; 03229
746-6448

Conway

Conway Village Congregational
Church
132 Main St., PO Box 333; 03818
447-3851 (M-F 9:30am-11:30am
must call to make appointment first)

Danville

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

Deerfield

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

Derry

FBC Community Food Pantry
2 Crystal Ave.; 03038
(T 3:30-5 & Th 9:30-12)
(1st & Last Th 3:30-5pm)

Rockingham CAP/Derry Center
4 Crystal Ave.; 03038
432-5573 (M-F 1pm-4pm)

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

Dover

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

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

Dunbarton

Dunbarton Congregational Church
6 Stark Highway North; 03046
774-4601 (By appointment only)

Durham

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

Effingham

See Freedom (Freedom Food Pantry)

Exeter

Congregational Church
21 Front St.; 03833
772-4216 (Tue 10am-noon)

St. VDP/St. Michael's Church

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

Farmington

Interfaith Food Pantry
400 Main St.; 03835
(Corner of Main and Pleasant Streets)
755-4816 (last Sat. 9:30am-10:30am) (NONE
in August)

Franconia

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

Franklin

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

Food Pantries (cont.)

Franklin (continued)

Twin Rivers Emergency Food Closet
Central St.; 03235
286-3120 (Tu,Th 9-1am, W 5-7pm)

Freedom

Freedom Food Pantry
First Christian Church
12 Elm St., PO Box 502; 03836
539-2637/539-6460
(Sat 10am-noon & emergency)
fcc1858@yahoo.com
Estokes@juno.com

Goffstown

Goffstown Area Salvation Army
380 Tirrell Hill Rd.; 03045
497-4810 (By appointment)

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

Greenfield

Greenfield CCC Food Pantry
Ministry Center, 12 Depot Rd.; 03047
547-3626 (Sat 10-12)
www.greenfieldchurch.org
greenfieldchurch@tellink.net

Greenville

St. VDP/Sacred Heart Catholic Church
15 High St.; 03048
878-9096 (M-F by Appointment)
nanamoe38@netzero.com

Groveton

Groveton Food Pantry at St. Francis
Xavier Parish
N.E.A.T. Food Pantry
11 State St., PO Box 247; 03582
636-1047 (Wed 9:30-noon,
Thu,Fri 1pm 2pm)

Hampstead

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

Hampton

First Baptist Church
36 Winnacunnet Rd.; 03842
926-3200 (M 10am-12 or appt. if emerg.)
www.hamptonbaptist.com
foodpantry@hamptonbaptist.com

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

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

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

Henniker

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

Kearsarge Valley Community Action
49 W. Main St., PO Box 116
Warner; 03278
456-2207 (M-F 9am-noon)
lrhall@tds.net

Hooksett

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

Hopkinton

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

Hudson

First Baptist Church of Hudson
236 Central St.; 03051-4446
882-6116 (M-F 8am-12)
www.firstbaptisthudson.com

Food Pantries (cont.)

Hudson (continued)

St. VDP/St. John the Evangelist
27 Library St.; 03051
882-3603 (2nd & 4th W 7-9 by appt.)

Jaffrey

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

Jaffrey Food Pantry
54 Main St.; 03452
532-7047/532-7538 (Tu 10-1-pm, W
6:30-8pm, Th 9am-12)
www.forministry.com/usnhucofctuojuj
ucj@worldpath.net

Keene

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

St. VDP/ Bernard's Parish
173 Main St.; 03431
357-1647 (M-F 7pm-8pm)

The Salvation Army
15 Roxbury Plaza; 03431
352-0607 (T,W,Th 10am-2pm)

Laconia

The Common Food Pantry
121 Belmont Rd.; 03246
524-5512 (M-F 8:30am-4:30pm)
BMINER@BMCAP-LRFC.org

Christ Life Center
626 Main St.; 03246
524-5894 (Tu,Thu 9am-12)
inreach@metrocast.net

New Beginnings
A Women's Crisis Center
PO Box 622; 03246
528-5683 (Mon-Fri 8:30am-4:30pm,
some evenings & Saturdays)
www.newbeginningsnh.org
help@newbeginningsnh.org

St. VDP/St. Joseph's Parish
1269 Union Ave., PO Box 6123; 03246
528-5683 (T-Sat 10am-4pm)

Laconia (continued)

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

Lakeport

St Vincent DePaul Society
1269 Union Ave., PO Box 6123; 02347
528-5683 (W 6-8pm, F 12-2pm, call if
emergency)

Lancaster

Christ United Methodist Church
135 Main Street; 03584
788-2734 (M,W,F 1-3pm)
chstjumcs@juno.com

Lancaster Food Pantry/Tri-County CAP
73 Main St.; 03584
788-4477 (M-F 8am-3pm)

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

Lebanon

Headrest, Inc.
PO Box 247; 03766
448-4872 (M-F/8am-5pm)
Hotline 448-4400/business 448-4872
(24 hrs day/7 day wk)

LISTEN Comm. Svs.
60 Hanover St.; 03766
448-4553 (M-F 9am-5pm)
www.listencenter.org
email@listen-inc.org

Lee

Friendly Food Pantry
Lee Congregational Church
17 Mast Rd.; 03824
659-2861 (1st & 3rd Monday 6:00pm-7pm)

Littleton

All Saints Church Food Pantry
35 School St.; 03561
444-6547/444-3414
(T/Th,Sat 9am-10am)

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

Food Pantries (cont.)

Littleton continued)

Tri-County CAP
101 Cottage St.; 03561
444-6653 (Mon-Fri 10am-
2pm)www.tccap.org
Littletoncc@tccap.org

Londonderry

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

Loudon

Loudon Ctr. Freewill Baptist Church
Food Pantry
30 Chichester Rd., PO Box 7852;
03307
783-4540
(Sat 8am-9am; Wed 2pm-3pm)

Madison

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

Manchester

Blessed Sacrament Food Pantry
14 Elm St.; 03103
622-5445 (every other W 1pm-3pm)
<http://www.blessedsacramentnh.org/>

First United Methodist Church
961 Valley St.; 03103
622-8863 (T 9am-12)
firstumch@juno.com

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

Manchester Church of Christ
66 Mammoth Rd.; 03109
623-5559 (M-F variable, Sunday)
www.mhtchurch.org

Manchester (continued)

New Horizons for NH
199 Manchester St.; 03105
668-1877 (M,W,F 12-1pm
& Th 6pm- 7 pm)
www.newhorizonsformh.org
Lee.Martel@newhorizonsformh.org

St. Andrew's Church Food Pantry
102 N. Main St.; 03102
622-8632/624-3827 (1st,2nd & 3rd
Tue 8:30am-10:30am)

St. Rafael Parish Food Pantry
103 Walker St.; 03105
623-2604 (Monday 6:45pm-8pm)

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

St. VDP/St. Anthony Church
172 Belmont St.; 03103
625-6409 (call for info-no pantry on
site)
www.holytony.com
Saintanthony@comcast.net

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

Salvation Army Food Pantry
121 Cedar Street; 03101
627-7013(M-F by appointment only)
kconlon@salvationarmy-nh.org

Westside Lighthouse
130 Conant St.; 03102
641-2961 (M,Th 2:30pm-4:30pm)
NnewbeginningsAG@aol.com

Meredith

Calvary Bible Church Food Pantry
6 St. James St., PO Box 1; 03253
279-6025 (Every other M 4:30-6:30
or by emergency)
cbc@metrocast.net

Food Pantries (cont.)

Meredith (continued)

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

Merrimack

St. John Neumann Food Pantry
708 Milford Rd., 101-A; 03054
880-4689 (M,F 10am-11:45am)
SJNRCC@aol.com

Milford

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

Milton

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

Moultonboro

Moultonboro Senior Center
Old Rte. 109, PO Box 354; 03254
476-5110 (M-Th 7am-1pm)
msc@tccap.org

Nashua:

Christian Bible Church
205 Manchester St.; 03064
882-1055 (M-F 8:30am-4pm)
www.cbcnashua.com
office@cbcnashua.com

Corpus Christi Food Pantry
43 Franklin St.; 03064
882-6372 (M,W 10:30-12:30,
Tu/Th 3-5)
Corpuschristifp@aol.com

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

Nashua (continued)

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

Nashua Soup Kitchen & Shelter
PO Box 3116, 42 Chestnut St.; 03061
889-7770 (M-F 7am-6pm: Sat 4-6pm served
meals) (Sun 12-2pm pantry-call first)
www.nsk.org, eileen@verizon.net

St. Philip Church
500 W. Hollis St.; 03062
889-4000 (Wed by appt. only)

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

New Ipswich

St. VDP/Sacred Heart Food Pantry
Sacred Heart Parish, PO Box 117; 03071
878-1414/878-1098 (by appointment)

New London

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

Newbury

Kearsarge Valley Community Action
49 W. Main St., PO Box 116; 03278
456-2207 (M,F 8:30-4:30 or by appt)
bchellis@tds.net

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

Food Pantries (cont.)

Newmarket

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

Newport

Newport Area Assoc. of Churches
95-97 S. Main St.; 03773
863-3411 (Mon 9am-12noon,
Wed 12-3pm, Th 9am-12noon)

North Conway

Reverence For Life
Vaughan Community Service, Inc.
PO Box 401, 2503 Main St.; 03860
356-2324 (M-F 8:30am-4:30pm)
sarab@firstbridge.net

North Walpole

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

Northfield

Northfield-Tilton Congregational Church
283 Main St., Tilton; 03276
286-4918 (Tue 9am-1pm, Th-9am-12pm)

Nottingham

Nottingham Food Pantry
PO Box 209, Church St.; 03290
(3rd Thu 9am-noon, 5pm-7pm)

Ossipee

Freedom Food Pantry
First Christian Church
Main St.; 03836
539-2637/539-6460
(Sat 10am-noon & emergency)
fcc1858@yahoo.com Estokes@juno.com

AGAPE Ministries
40 Rte. 16B; Ossipee; 03814
539-4456 (M-F 2pm-3pm)

Pelham

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

Pembroke

NH Help Line/Cmnty. Service Council
79 Sheep Davis Rd.; 03275
225-9000 (M-F 9am-4pm or as needed)
www.nhhelpline.org helpline@cscnh.org

Penacook

Immaculate Conception Church
9 Bonney St.; 03303
753-6999 (T,Th, Sat 9am-10pm)
For residents of Penacook and
Fisherville Rd. only
Cow3store@aol.com

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

Peterborough

Monadnock Area Food Bank
All Saints Church Parish House
51 Concord St.; 03458
924-9373 (M,T,S 10am-12pm)

Peterborough Human Services Inc.
1 Grove St.; 03458
924-8003x117 (M-F 9am-12)

Pittsfield

Pittsfield Food Pantry
85 Main St.; 03263;
435-6773 (M/F 8am-1pm, 2pm-5pm)

Plaistow

Holy Angels Community Food Pantry
8 Atkinson Depot Rd.; 03865
382-8324 (382-9348 emergency
number) (Th 6pm-7pm)

Plymouth

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

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

Pemi Bridge House
260 Highland St.; 03264
536-7631 (24hrs/7 days)
pemibridgehouse@aol.com

Food Pantries (cont.)

Portsmouth

Aids Response Seacoast
1 Junkins Ave.; 03801
433-5377 (M-F 9-5)
www.aidsresponse.org
info@aidresponse.org

Family Services Association
7 Junkins Ave.; 03801
436-0641 (M-Th 9-4pm, Fri 9-2:30pm
please call for appt)

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

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

Seacoast Consumer Alliance F/Pantry
544 Islington St.; 03801
427-6966 (i 12-3pm or by appt.)

Raymond

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

New Life Assembly of God
84 Nottingham Rd.; 03077
895-6041 (M-F 8-4:30)
www.NewLifeRaymond.org
dsmith@newliferaymond.org

Richmond

Richmond Community Food Pantry
105 Old Homestead Hwy.; 03470
239-6202 (M 9-12, 1-4, 6-8; T, Th 9-12;
W 9-12, 1-4; F 9-11:30, 1-4)

Rochester

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

Salvation Army
36 Autumn St.; 03687
332-2623 (M,W,F 9-2; Th 9-12)

Rye Beach

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

Salem

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

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

Rockingham Cmnty. Action/Salem Ctr.
287 Lawrence Rd.; 03077
893-9172 (M,T,Th,F 9-4:30, W 9-12)

St. Joseph Community Food Pantry
40 Main St.; 03079
898-4933 ext 30 (Friday 12-1:30pm,
need to call at least day before Fri)

Sandown

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

Seabrook

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

Somersworth

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

Suncook

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

Food Pantries (cont.)

Sutton

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

Tamworth

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

Tilton

Twin Rivers Interfaith F/P
237 Central St., Franklin; 03235
286-3120 (2nd & 4th Wed 6pm-8pm)

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

Troy

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

Wakefield

The Wakefield Food Pantry
Meadow St., Parks & Rec. Building
Sanbornville; 03872
PO Box 277, E. Wakefield; 03830
522-3094 (W 10-12pm, 4-6pm)

Warner

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

Warren

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

Webster

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

West Nottingham

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

West Stewartstown

St. Albert's Parish
253 Gale St., Caanan; Vt 05903
802-246-8829 (T 5-7pm, W 10-12)

Whitefield

Friends-N-Neighbors Food Pantry
27 Jefferson Rd., PO Box 27; 03598
837-2469 (Mon 6:30-7:30pm by
appointment as necessary)
cbcwhitefield@aol.com

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

Wilton

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

Windham

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

Wolfeboro

L.I.F.E. Ministries, Inc.
228 South Main St.
PO Box 476; 03896
569-0202/569-1126 (W 10-12, 4-6)

Woodsville

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

Heat and Fuel Assistance Program

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

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

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

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

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

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

Other Energy Programs

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

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

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

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

Heat and Fuel Assistance Program

CAP Locations		
Belknap and Merrimack Counties	Concord:.....225-6880 Franklin:.....934-3444 Meredith:.....279-4096 Suncook:.....485-7824 Warner:.....486-2207 Laconia:.....524-5512	Belknap/Merrimack CAP 2 Industrial Park Drive PO Box 1016 Concord; 03302
Coos, Carroll, and Grafton Counties	Lebanon:.....448-4553 Lancaster:.....788-4477 Littleton:444-6653 Plymouth:.....536-8222 Berlin:.....752-3248 Woodsville:.....747-3013 Colebrook:.....237-8168 Tamworth:.....323-7400 Or 1-888-842-3835	Tri-County CAP 30 Exchange Street Berlin; 03570
Rockingham County	Portsmouth: 1-800-639-3896 436-3896 Salem:.....898-8435	Rockingham CAP 7 Junkins Avenue Portsmouth; 03801
Hillsborough County	Manchester:.....647-4470 Nashua:.....889-3440 Hillsboro:.....464-5835 Peterborough:.....924-2243 Greenville:.....878-3364 Milford:.....673-0756	Southern NH Services PO Box 5040 Manchester; 03108
Strafford County	Farmington:.....755-9305 Milton:.....652-9893 Rochester:.....332-3963 Dover:.....749-1334	Strafford CAP PO Box 160 Dover; 03820
Cheshire and Sullivan Counties	Keene:.....352-7512 or 352-7513 Claremont:.....543-0148 542-9528 or 1-800-529-0005	Southwestern Community Services 69 Z Island Street Keene; 03431

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

Homeless & Transitional Shelters*

Claremont

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

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

Southwestern Community Services
PO Box 1338; 03743
542-3160

Concord

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

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

Dover

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

Franconia

BanCroft House
104 Harvard St. PO Box 344; ; 03580
(603) 823-8842 (24 hrs/7 days)

Greenland

New Generations – Pregnant Women &
Mothers of Infants/Handicap Accessible
568 Portsmouth Avenue
Mail: PO Box 676; 03840
603-436-4989 (24 hrs/7 days)
email:
newgen4989@newgenerationnine.org
web: www.newgennh.com

Jaffrey

Jaffrey Shelter
54 Main Street; 03452
532-7047 (Capacity single)
2-3 days emergency
web:
www.forministry.com/usnhucofctvcoj
email: uci@worldpath.net

Keene

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

Laconia

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

Salvation Army
177 Union Avenue; 03247
603-528-8086 (24 hrs/7 days)

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

Homeless & Transitional Shelters* (cont)

Lancaster

Lynsey House
56 Prospect St.; 03584
603-788-2344 (24 hrs/7 days)
lynseyh@ncia.net

Lebanon

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

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

Littleton

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

Manchester

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

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

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

Nashua

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

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

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

Peterborough

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

Plymouth

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

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

Portsmouth

Crossroads House, Inc.
600 Lafayette Road; 03801
436-2218 (7 days/8am-11pm)
www.crossroadshouse.org

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

Emergency Shelter Services

NH Helpline: All Homeless emergencies and referral 24 hours a day, 7 days a week 1-800-852-3388 or 225-9000
www.NHHELPLINE.org

Homeless Outreach Intervention Program: Street Homeless Intervention and Shelter Placement 1-800-852-3388 or 225-9000

NH Legal Assistance-Homeless Advocacy: Homeless legal issues: Town/City Welfare Rights, Shelter Rights, accessing services, etc. 1-800-562-3174 or 668-2900, Fax: 625-1840

Bureau of Elderly and Adult Services: A social worker can help the individual/family find alternative housing, transportation, meals, homemaking. 1-800-351-1888

Veterans Administration: Referral resource for homeless Veterans 1-800-892-8384 or 624-4366 www.visn1.med.va.gov

Child and Family Services: Transitional Program for Homeless 18-21 years of age. Call 1-800-640-6486

Homeless Social Detox Programs via NH Helpline: State-funded referrals for detoxification beds for the homeless 1-800-852-3388

National Runaway Switchboard: Shelter referrals for teens, etc. 1-800-RUN-AWAY (1-800-786-2929)

The Housing Referral Network:

Provide information and referrals to housing programs

Southern New Hampshire Services

Merrimack County: 1-800-856-5525

Strafford County: 1-877-225-4939

Referral Agencies for People Currently in Shelters

Center Ossipee

Tri-County CAP
448 White Mountain Highway
Tamworth; 03886
344-6027

Claremont

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

Concord

The Salvation Army
58 Clinton Street; 03301
225-5586/1-800-852-3388

Dover

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

Littleton

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

Manchester

Child & Family Services of NH
99 Hanover Street; 03101
668-1920/1-800-640-6486
Ryan Barrio
email: info@cfs.org
web: www.cfsnh.org

Manchester

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

Nashua

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

Nashua

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

Portsmouth

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

Information and Referral Services

Regional Information and Referral Locations	
Carroll County 1-888-842-3835 Coos County 1-800-552-4617 Grafton County 1-800-552-4617	Tri-County CAP 1-800-552-4617 Kathleen McCosh (Fuel/Weatherization) Philp Guiser (Fuel /Winterization)
Monadnock United Way Helpline Ellen Avery 23 Center Street Keene; 03431	Phone: 352-1999 or 1-800-368-4357 Hours: 8:30 a.m. – 4:30 p.m.
Headrest Exec. Director: Marcel Duclos 14 Church St., PO Box 247 Lebanon; 03766	Phone: 448-4400 or 1-800-639-6095 24 hours, 7 days INFO@HEADREST.org
Information Bank Program Mgr: Crystal Tomaselli 177 Lake Ave. Manchester; 03103	Phone: 668-8600 Hours: 8:30 a.m. – 4:30 p.m. CTOMASELLI@SNHS.ORG
Info & Referral – Greater Nashua Director: Michelle Kingsley 7 Prospect Street Nashua; 03060	Phone: 883-9330 Hours: 8 a.m. – 5 p.m. KINGSLEYM@CCOFNASHUA.ORG
Lamprey Hlth. Care Transportation Transportation Mgr.: Marsha Price 207 S. Main Street Newmarket; 03857	Phone: 659-2424 or 1-800-582-7214 Hours: 8 a.m. – 4 p.m. MPRICE@LAMPREYHEALTH.ORG
Info. Link Program Manager: Phyllis Eldridge 100 Campus Dr., Suite 13 Portsmouth; 03801	Phone: 1-888-499-2525 Hours: 9:00am – 5:00 pm INFOLINK@INFOLINKNH.ORG (Rockingham & Strafford counties)
Sullivan County United Way Exec. Director: Dennis Francis PO Box 673 Claremont; 03743	Phone: 543-0121 Hours: 8:30 a.m. – 4:30 p.m. UNITEDWAYS@NHVT.NET

Information and Referral Services (cont)

Regional Information and Referral Locations (cont.)	
Strafford County Info. & Referral Director of Human Svcs. Administration & Justice Bldg. County Farm Road, PO Box 799 Dover; 03821-0799	Hrs: M-Th 8:30 a.m. – 8:00 p.m. Fri – 8:30 a.m.-4: 30 p.m. Phone: 742-8078
Carroll Cnty. Healthline Info&Referral 448 White Mtn. High, PO Box 420 Chocorua; 03817 Carroll Cty Health & Home Care Svcs	Hrs: 7:00 a.m. – 4:30 p.m. Phone: 323-9394/1-800-499-4171 Fax 323-7508 email info@cchhc.org

New Hampshire Help Line

A 24 hour telephone service providing:

- Assistance in locating emergency shelter
- Help for families facing eviction
- Crisis aid involving suicides, child or adult abuse, domestic violence, alcohol or drug abuse
- Assistance for unemployed people
- Information and assistance on Medicare, Medicaid, Medigap and Long Term Care Insurance for NH's elders and disabled
- Assistance in locating dental and health care
- Information and counseling for pregnancy
- Referrals to appropriate agencies for help solving other problems

225-9000 or 1-800-852-3388

Call Toll Free, 24 Hours, 7 Days a Week

Po Box 2338, 79 Sheep Davis Road
Pembroke, NH 03275

Program Manager: Heather Chiavaras

www.nhhelpline.org

Relay Service for the DEAF

1-800-735-2964

Job Assistance

For Assistance finding and keeping employment:
NH Employment Security Locations

<p><u>Berlin</u> Manager: Mark Belanger 151 Pleasant Street PO Box 159 Berlin; 03570 752-5500/1-800-679-2533</p>	<p><u>Lebanon</u> Manager: Arthur McAllister Spinning & Weaving Bldg. 85 Mechanic Street Lebanon; 03766 448-6340</p>
<p><u>Claremont</u> Manager: Tom Norris Washington Street PO Box 404 Claremont; 03743 543-3111/1-800-679-1661</p>	<p><u>Littleton</u> Manager: Kathy Howard 646 Union Street, Suite 100 Littleton; 03561 444-2971/1-888-510-7772</p>
<p><u>Concord</u> Manager: Mike Walton 10 West Street; PO Box 1140 Concord; 03302 228-4100/1-888-510-7774</p>	<p><u>Manchester</u> Manager: Leanne Topolasky 300 Hanover Street Manchester; 03104 627-7841/1-888-698-9904</p>
<p><u>Conway</u> Manager: Kathy Howard 518 White Mountain Highway Conway; 03818 447-5924/1-800-963-0341</p>	<p><u>Nashua</u> Manager: Christine Nelson 6 Townsend West Nashua; 03060 882-5177/1-888-510-7771</p>
<p><u>Keene</u> Manager: Joel Slutsky 109 Key Road Keene; 03431 352-1904/1-800-275-3759</p>	<p><u>Portsmouth</u> Manager: Francis Morrissey 2000 Lafayette Road Portsmouth; 03801 436-3702/1-888-404-9998</p>
<p><u>Laconia</u> Manager: Pam Szacik 426 Union Ave., Suite 3 Laconia; 03246 524-3960/1-888-510-7773</p>	<p><u>Salem</u> Manager: 29 South Broadway Salem; 03079 893-9185/1-800-821-9997</p>
<p><u>Somersworth</u> Manager: Marianne Rechy 243 Rte. 108 Somersworth; 03878 742-3600/1-800-995-8117</p>	

Legal Assistance

Landlord/Tenant, Consumer, Bankruptcy

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

Free Legal Services to Low-Income Persons

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

Hearings on Utility Shutoffs

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

Free Civil Legal Services for Clients over 60

Senior Citizens Law Project
Senior Advice Line
1361 Elm Street, Suite 307
Manchester; 03101
1624-6000
1-888-353-9944

Lawline- Free Legal Advice

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

Legal Assistance

Legal Advice & Referral Center

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

Fair Housing Project of New Hampshire Legal Assistance

1361 Elm Street, Suite 307
Manchester, 03101
669-4960
TTY 206-2299/1-800-634-8989
1-800-921-1115
Se habla espanol

NH Attorney General's Office

33 Capitol Street
Concord; 03301
271-3658

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

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

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

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

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

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

Nutrition Education

The Nutrition Connections program provides low-income people with basic skills to serve nutritious foods to their families. Trained staff members teach people individually or in small groups. These staff members have been trained in nutrition education by the University of New Hampshire Cooperative Extension, which administrates Nutrition Connections. Subjects taught include the essentials of good nutrition, skills preparing and serving nutritious low-cost meals, food buying, managing available resources including food stamps, and proper food storage and sanitation.

Belknap County 36 County Dr. Laconia; 03246 527-5475	Hillsboro County 329 Mast Rd., Room 101 Goffstown; 03045 641-6060
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Carroll County PO Box 860 Ctr. Ossipee; 03814 539-3331	Merrimack County 315 Daniel Webster Highway Boscaawen; 03303 796-2151 X 16
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Cheshire County 800 Park Ave. Keene; 03431 352-4550	Rockingham County 113 North Rd. Brentwood; 03833 1-800-248-6672
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Coos County 629A Main St. Lancaster; 03584 788-4961	Strafford County 259 County Farm Rd., Unit 5 Dover; 03820 749-4445
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Grafton County Whole Village Center 258 Highland St. Plymouth; 03264 536-3720 X 107	Sullivan County 24 Main St. Newport; 03773 863-9200
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Operation Frontline offers a cooking based approach to nutrition education. Program lessons cover cooking skills, nutrition information, food safety, food budgeting and general planning.

Operation Frontline
 62 West Brook Rd.
 Manchester, 03101
 669-9725

“Other” Programs

Food

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

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

Medical

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

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

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

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

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

A Prescription Program: To provide eligible veterans and certain dependents and survivors of veterans with prescription drugs and expandable medical supplies from VA pharmacies upon presentation of prescription(s) from VA provider or VA authorized provider. Call 624-4366 ext 3199 or 1-800-892-8384 ext 3199. www.visn1.med.va.gov

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

Dental Assistance Information

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

Uninsured individuals may call NH Help Line: 1-800-852-3388 or 225-9000.

Adult Education

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

"Other" Programs (cont.)

Shelter

NH Housing Finance Authority: HUD Section 8 low-income housing.

Call 1-800-439-7247. www.nhhfa.org

Refugees

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

Other

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

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

Home Budgeting: Consumer Credit Counseling Service offers free counseling for households in the day-to-day management of their incomes. Call 1-800-327-6778. www.cccsnh-vt.org, cccs@cccsnh-vt.org

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

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

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

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

NH Catholic Charities

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

1-800-562-5249

www.catholiccharitiesnh.org

Prepared Meals Programs For The Elderly

(C) = Congregate Meals

(HD) = Home-Delivered Meals

Alstead

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

Alton Bay

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

Antrim

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

Belmont

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

Berlin

Berlin Senior Meals
610 Sullivan; 03570
752-2545/Fax 752-2973 (C&HD)

Bradford

Bradford Area Senior Center
134 E. Main Street; 03221
938-2104 (C&HD M,T,Th,F)

Bristol

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

Canaan

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

Center Ossipee

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

Charlestown

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

Claremont

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

Colebrook

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

Concord

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

Horseshoe Pond Place Senior Services
26 Commercial Street,
Suite 105; 03302
228-6956

Danbury

Community Center
279-5631 (C 2nd Fri of month)

Derry

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

Dover

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

Prepared Meals Programs for the Elderly (cont.)

Epping

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

Exeter

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

Farmington

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

Franklin

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

Goffstown

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

Greenville

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

Groveton

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

Hampton

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

Hancock

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

Haverhill

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

Hillsboro

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

Hinsdale

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

Hollis

St. Joseph Community Services
Hollis Senior Center; 03049
882-0351 (call for appointment)

Hudson

(See Sullivan Terrace Center in
Nashua)

Kearsarge

Kearsarge Area Council on Aging
12 Newport Rd., New London; 03257
526-6368 (C 4th Mon. each month)

Keene

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

Harper Acres Friendly Meals

105 Castle Street; 03431
357-4589 (HD)

Laconia

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

Sunrise Towers

25 Union Avenue; 03246
524-2112 (C)

Lebanon

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

Prepared Meals Programs for the Elderly (cont.)

Lincoln

Linwood Area Senior Services
185 Lost River Rd.
N. Woodstock; 03251
745-4705 (C Wed Only/ HD 5 days)

Littleton

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

Loudon

Historical Society
783-4106 (C 2nd Tue of month)

Madison

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

Manchester

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

William B. Cashin Senior Center
151 Douglass; 03102
668-3254 (C&HD)

Meredith

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

Merrimack

Merrimack Adult Center
St. Joseph Community Svc.
Church Street; 03054
424-2100 (C)

Milford

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

Moultonboro

Ossipee Concerned Citizens
Lion's Club; 03254
476-5110 (C&HD)

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

Nashua

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

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

New Boston

Elementary School
River Road; 03070
487-2884 (C&HD)

New Hampton

Community Church
279-5631 (last Mon of month)

New London

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

Newmarket

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

Newport

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

North Conway

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

North Stratford

North Stratford Senior Meals
Town Hall, Route 3; 03590
237-4957 (C T&Th)

North Woodstock (see Lincoln)

Orford

Congregational Church
Main Street, PO Box 98; 03777
353-4314 (C&HD) Tuesdays

Ossipee

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

Pelham

Pelham Senior Center
8 Nashua Road; 03076
635-3800 (C)

Penacook

Community Center
753-9700 (C Mon)

Pittsfield

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

Pittsburg (see Colebrook)

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

Prepared Meals Programs for the Elderly (cont.)

Plaistow

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

Plymouth

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

Portsmouth

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

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

Rochester

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

Sandwich:

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

Salem

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

Salisbury

Congregational Church
648-2481 (C 1st Thu of month)

Seabrook

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

Somersworth

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

Suncook

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

Tamworth

Town House
Main Street; 03888
323-8287/539-6851 (C on Mon, HD 5 days)

Tilton

Pines Community Senter
268-8653 (1st, 2nd, 3rd Thu of month)

Troy

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

Wakefield

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

Warner

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

Whitefield

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

Wilmot

Wilmot Community Barn
526-4540 (C 3rd Tue of month)

Windham

Windham Senior Citizen Center
5 North Lowell Street; 03087
434-2411 (C on T,Th)

Woodstock (see Lincoln)

Woodsville (See Haverhill)

Prepared Meals Programs for the Elderly (cont.)

For Additional Information:

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

Nutrition and Elder Services CAP, Belknap-Merrimack Cnties., Inc. PO Box 1016 Concord; 03302 225-3295	Ossipee Concerned Citizens, Inc. PO Box 426 Center Ossipee; 03814 539-6851
Gibson Center for Senior Services PO Box 655 North Conway; 03860 356-3231	Rockingham Nutrition & MOW Program 106 North Road Brentwood; 03833 679-2201/1-800-298-6006
Grafton Cnty. Sr. Citizen Council, Inc. PO Box 433 Lebanon; 03766 448-4897	St. Joseph Community Svs. Inc. PO Box 910 Merrimack; 03054 424-9967
HCS PO Box 564 Keene; 03431 352-2253	Strafford Nutrition/MOW 9 Bartlett Avenue Somersworth; 03878 692-2877
North Country Elderly Programs 31 Pleasant Street Berlin; 03570 752-3010	Sullivan County Nutrition 76 South Main Street, PO Box 387 Newport; 03773 863-3177

Social Security Administration

Assistance Programs

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

Social Security Office Locations

<p style="text-align: center;"><u>Concord</u></p> <p>70 Commercial St, Ste. 100 Zip: 03301 Phone: 224-1939</p>	<p style="text-align: center;"><u>Manchester</u></p> <p>2 Wall Street Ste. 301 Zip: 03101 Phone: 641-2180</p>	<p style="text-align: center;"><u>Keene</u></p> <p>34 Mechanic Street Zip: 03431 Phone: 352-3487</p>
<p style="text-align: center;"><u>Portsmouth</u></p> <p>Federal Building Rm. 200 80 Daniel St., Zip: 03802 Phone: 433-0716</p>	<p style="text-align: center;"><u>Littleton</u></p> <p>177 Main Street Zip: 03561 Phone: 444-2945</p>	<p style="text-align: center;"><u>Nashua</u></p> <p>175 Amherst Street Zip: 03064-1366 Phone: 880-0295</p>
<p style="font-size: 1.2em;">OR CALL 1-800-772-1213</p>		

Soup Kitchens

Alstead

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

Berlin

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

Claremont

Claremont Soup Kitchen, Inc.
18 Central St., PO Box 957; 03743
543-3290 soupma@aol.com
(M-Th 8 am – 6 pm)

Concord

The Friendly Kitchen, Inc.
14 Montgomery St.; 03301
224-7678
7 days a week 3-6pm in winter; 4-6pm
in summer; breakfast Sat & Sun 8-
9am

Derry

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

Franklin:

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

Hampton

St.VDP/Our Lady of Miraculous
Medal Parish
57 Ashworth; 03842
929-4427 (T/TH 5-6:45pm)
Oct-May at 26 C St.; Hampton
Beach

Keene

The Community Kitchen, Inc.
37 Mechanic St.; 03431
352-3200
Dinner Mon – Fri (5 – 6:30 p.m.)
www.thecommunitykitchen.org
mcambiar@thecommunitykitchen.org

Laconia

Inreach Ministries at the Christ
LifeCenter
626 Main Street; 03247
524-5895 (T/Th 9-12pm)

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

Lebanon

LISTEN Comm. Svs.
60 Hanover Street; 03766
448-4553 (M-F 9-5pm)
www.listencenter.org
email@listen-inc.org

Manchester

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

Soup Kitchens (cont.)

Nashua

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

Pembroke

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

Penacook

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

Plymouth

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

Portsmouth

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

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

Portsmouth (cont)

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

Rochester

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

Salvation Army
10 Old Farm Lane; 03867
332-2623 (M/W/F 9-3pm;
Tues closed; Thur 9-12)

Rye Beach

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

Tamworth

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

Town Welfare Offices

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

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

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

Women, Infants, and Children (WIC)

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

Family Size	Annual Income	Monthly Income	Weekly Income
1	18,183	1,511	349
2	24,240	2,035	470
3	30,710	2,560	591
4	37,000	3,084	712
5	43,290	3,608	833
6	49,580	4,132	954
7	55,870	4,657	1,075
8	62,160	5,182	1,196
For each additional family member, add:	+6,290	+525	+121

Guidelines change every year on April 1st.

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

WIC also administers the Commodity Supplemental Food Program (CSFP). This program has been temporarily suspended due to Federal budget issues. Please contact the WIC Office prior to making a referral.

For more information, contact the WIC Nutrition Services
Bureau at

271-4546 or 1-800-WIC-4321.

Women, Infants, and Children (WIC)

WIC Locations	
Northern Grafton County, Dalton, Twin Mountain, Piermont, Rumney, Whitefield, Wentworth	Ammonoosuc Com. Hlth. Svcs. 25 Mount Eustis Road Littleton; 03561 444-6192/1-800-530-5987
Belknap County, Merrimack County, Plymouth Area	Belknap-Merrimack CAP PO Box 1016 2 Industrial Park Drive Concord; 03302 225-2050/1-800-578-2050
Coos County	Coos Cnty. Family Hlth. Svcs. 54 Willow Street Berlin; 03570 752-4678/1-888-266-7942 bgosselin@nhchin.org
Alexandria, Bridgewater, Bristol, Canaan, Dorchester, Enfield, Grafton, Groton, Hanover, Hebron, Lebanon, Lyme, Orange, New Hampton, Orford, Plainfield	Lebanon WIC 10 Campbell Street Lebanon; 03766 448-4213/1-800-789-3780
Carroll County	Ossipee Concerned Citizens PO Box 426, Dore Street Center Ossipee; 03814 539-6821/1-800-411-1106 wicteam@worldpath.net
Grafton and lower Coos County	Ammonoosuc Community Health Services 25 Mt. Eustis Rd. Littleton; 03561 444-6192 / 1-800-530-5987
Rockingham County	Rockingham Community Action 35 High Street Exeter; 03833 778-1834/1-800-256-9880 rcawic@rcn.com
Hillsborough County	Southern NH Services PO Box 5040 Manchester; 03108 668-8010/1-800-322-1073
Cheshire County and Sullivan	Southwestern Community Svcs. POB 603, 69Z Island Street Keene; 03431 352-7512/1-800-529-0005 bpearsall@scshelps.org
Strafford County	Strafford County - WIC 22 South Main Street Rochester; 03867 332-4358