

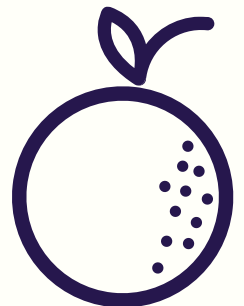
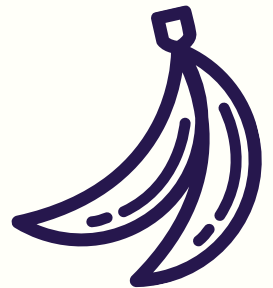
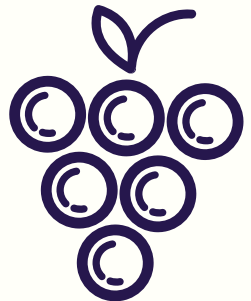
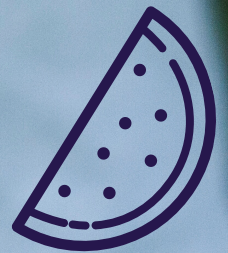


FOR YOU, AND YOUR COMMUNITY

FINDING FOOD IN THE BERKSHIRES

YOU ARE NOT ALONE.

In 2018, an estimated 1 in 9 Americans were food insecure, equating to over 37 million Americans, including more than 11 million children. The U.S. Department of Agriculture (USDA) defines food insecurity as a lack of consistent access to enough food for an active, healthy life.



Food Pantries and Meal Sites in Berkshire County
(Since program hours and days can change without notice, please call the location to be sure of times and requirements) Updated September 9, 2017

Location	Times	Requirements
Pittsfield Food Pantries		
Berkshire Dream Center (Held at the Morningside Baptist Church) 475 Tyler Street Pittsfield 413-522-3495	Wednesdays 10:00am – 2:30pm The 2 nd Sunday of the month 11:30am – 1:00pm	No requirements
Berkshire Dream Center Mobile Food Pantry 413-522-3495	Pittsfield Locations: Last Tuesday of the month Morningside School 5:30pm 4 th Thursday of the month Central Annex on 2 nd Street 6:00pm 1 st Saturday of the month Providence Court 1:30pm 2 nd Wednesday of the month Wilson Park 4:00pm 2 nd Thursday of the month White Terrace 6:00pm	No requirements
Christian Assembly Church 850 Williams Street Pittsfield 413-442-1495	Wednesdays 12Noon – 2:00pm Fridays 10:00am – 12Noon	Form of ID with address and telephone number Assistance available every week
Christian Center 193 Robbins Avenue Pittsfield 413-443-2828	Wednesdays – Fridays 9:30am – 11:45am and 12:30pm – 2:30pm The 3 rd Saturday of the month 10:00am – 12Noon	Proof of income and residency required yearly
First Baptist Church 88 South Street Pittsfield 413-445-4539	Tuesdays 10:30am – 12:30pm	Sign in when utilizing services
First United Methodist Church 55 Fenn Street Pittsfield 413-499-0866	2 nd and 4 th Tuesdays 4:00pm – 6:00pm The 4 th Sunday of the month 11:30am – 1:00pm	Assistance available once every 2 weeks
Reigning Love Church 235 East Street Pittsfield 413-448-6221	Thursdays 9:30am- 2:00pm Closed 1 st Thursday of the month	Assistance available once every 30 days

St. Joseph's Church (Held at the Parish Center) 414 North Street Pittsfield 413-445-5789	Wednesdays 9:00am – 10:00am	Sign in when utilizing services
St. Mark's Church 400 West Street Pittsfield 413-447-7510	Last two Fridays of each month 9:00am – 11:00am	Photo ID
The Salvation Army 298 West Street Pittsfield 413-442-0624	Mondays– Fridays 9:30am – 11:00am and 1:00pm – 2:00pm	Rent/lease receipt, proof of income, utility bill
Soldier On Food Pantry 360 West Housatonic Street Pittsfield 413-236-5644	Saturdays 8:00am – 11:00am	Open to the public Need verification of address
South Congregational Church 110 South Street Pittsfield 413-442-7357	Wednesdays & Thursdays 7:30am – 11:00am Wednesdays 5:30pm – 6:00pm	Short application to fill out Assistance available once a week
South Congregational Church Mobile Food Delivery 110 South Street Pittsfield 413-442-7357	Wednesdays Wahconah Heights 10:00am	No requirements
Dalton & Hinsdale Food Pantries		
Dalton United Methodist Church 755 Main Street Dalton 413-684-0521	Tuesdays 12:30pm – 1:00pm and 4:00pm – 6:00pm	Open to Berkshire County residents
Hinsdale Food Pantry Located in First Congregational Church of Hinsdale 129 Maple Street Hinsdale 413-655-8587	Thursdays 8:00am – 9:00am	Open to residents of the 5 Hilltowns only Need verification of address
St. Agnes Church 489 Main Street Dalton 413-684-0125	Thursdays 5:45pm – 6:15pm	For Dalton and Hilltown residents only
Lanesboro Food Pantry		
American Legion/VFW Food Pantry Located in the old school house in Berkshire Village 144 Old State Road Lanesboro 413-442-1025	Fridays 9:00am – 12:00Noon	Open to the public
North County Food Pantries		
Berkshire Dream Center 149 Eagle Street North Adams 413-522-3495	Mondays 6:00pm – 8:00pm Wednesdays 6:00pm – 7:00pm	No requirements

Berkshire Dream Center Mobile Food Pantry 413-522-3495	North Adams Locations: 3 rd Wednesday of the month Mohawk Forest 4:45pm 3 rd Wednesday of the month Greylock Apartments 5:15pm 3 rd Wednesday of the month Brayton Hill 5:45pm	No requirements
Community Bible Church 160 Bridges Road Williamstown 413-458-5556	3 rd Wednesday of each month 1:00pm – 3:00pm	No requirements. Call the church for an application
The Food Bank of Western Massachusetts Mobile Food Bank The Brien Center 124 American Legion Drive North Adams 413-247-9738	1 st and 3 rd Fridays of each month Rain or shine 10:00am – 11:00am	No proof of eligibility required Bring your own bags
Friendship Center Food Pantry 45 Eagle Street North Adams 413-664-0123	Wednesdays 10:00am – 2:00pm and 3:30pm – 5:30pm	Assistance to residents of Clarksburg, Florida, and North Adams every other week
St. John Paul Charity Center 2 Columbia Street Adams 413-743-0577	Wednesdays 11:00am – 1:00pm and 4:00pm – 6:00pm	Assistance to residents of Adams, Cheshire, and Savoy every week
St. Patrick and St. Raphael Parish 53 Southworth Street Williamstown 413-458-4946, extension 11	1 st & 3 rd Wednesdays of each month 1:00pm – 3:00pm	Assistance to residents of Williamstown, Hancock, New Ashford, and Pownal, VT Form of ID is required Can provide assistance on an emergency basis by phone only
The Salvation Army 393 River Street North Adams 413-663-7987	Mondays, Tuesdays, Wednesdays 11:00am – 1:00pm Emergency Pantry Thursdays 10:00am – 2:00pm	For North County residents only. For Emergency Pantry please call 413-663-7987
South County Food Pantries		
The Food Bank of Western Massachusetts Mobile Food Bank 444 Stockbridge Road Gt. Barrington 413-247-9738	1 st Tuesday of every month Rain or shine 12Noon – 1:00pm	No proof of eligibility required. Bring your own bags.
Lee Food Pantry 45 Railroad Street Lee 413-266-1141	Saturdays 10:00am – 12Noon	Serves people in Becket, Lee, Lenoxdale, Otis, Stockbridge, Tyringham, & West Stockbridge www.graceberkshires.org

Lenox Ecumenical Food Pantry Located at the United Methodist Church of Lenox 6 Holmes Road Lenox 413-445-5918	Saturdays 10:00am – 11:00am	Lenox residents only Assistance available every other week
People's Pantry Held at St. James Place(formerly Taconic Avenue) The entrance to the pantry is across the street from the CVS Pharmacy Gt. Barrington 413-528-3498 or 413-528-3061	Thursdays 10:00am – 1:00pm	South County residents only Annual application
Sheffield Food Assistance Held at Old Parish Church Sheffield Green Sheffield 413-229-2624	Mondays 9:30am – 10:30am	Must be resident of Southern Berkshire Regional School District

Pittsfield Meal Sites

Breakfast Meal Sites	
Christian Center 193 Robbins Avenue Pittsfield 413-443-2828	Continental breakfast served Mondays– Fridays 9:00am – 11:00am
First United Methodist Church 55 Fenn Street Pittsfield 413-499-0866	Community Breakfasts Mondays-Fridays 8:00am – 9:00am
The Salvation Army 298 West Street Pittsfield 413-442-0624	Mondays – Fridays 9:00am – 9:30am
Lunch Meal Sites	
Cathedral in the Night St. Joseph's Church Front Lawn 414 North Street Pittsfield	Sundays 2:00pm includes worship
Christian Center 193 Robbins Avenue Pittsfield 413-443-2828	Mondays – Fridays 12Noon – 12:30pm The 3 rd Saturday of the month 12Noon – 12:30pm
First United Methodist Church 55 Fenn Street Pittsfield 413-499-0866	1 st Saturday of the month 12Noon – 1:00pm
St. Joseph's Church 414 North Street Pittsfield 413-445-5789	Sundays 2:00pm On the front lawn

St. Stephen's Church (Enter on Allen Street) 67 East Street Pittsfield 413-448-8276	2 nd & 4 th Saturday of the month 12Noon If there is a 5 th Saturday, they provide lunch at 12Noon
Dinner Meal Sites	
First Baptist Church 88 South Street Pittsfield 413-445-4539	Mondays 5:30pm
First United Methodist Church 55 Fenn Street Pittsfield 413-499-0866	Tuesdays Doors open at 4:00pm Meals served at 5:00pm
St. Stephen's Church (Enter on Allen Street) 67 East Street Pittsfield 413-448-8276	Thursdays & Fridays 5:15pm
The Salvation Army 298 West Street Pittsfield 413-442-0624	Sundays 4:30pm
South Congregational Church 110 South Street Pittsfield 413-442-7357	Wednesdays 5:00pm

Dalton Meal Site

Lunch Meal Site	
First Congregational Church of Dalton, UCC 514 Main Street Dalton 413-684-1715 (Run by the Dalton Council on Aging)	Sundays 1:00pm

North County Meal Sites

Breakfast & Lunch Meal Sites	
First Congregational Church of North Adams 134 Main Street North Adams (Meals provided by the Berkshire Food Project) 413-664-7378)	Mondays – Fridays 12Noon – 1:00pm
Harvest Christian Ministry 275 River Street North Adams 413-664-4845	Breakfast: Mondays – Fridays 7:30am – 9:00am Lunch: Saturdays 11:30am – 1:00pm

South County Meal Sites

Lunch Meal Site	
The Guthrie Center 2 Van Deusenville Road Gt. Barrington 413-528-1955	Wednesdays 12Noon – 1:00pm No requirements

Dinner Meal Sites	
Berkshire South Regional Community Center 15 Crissey Road Gt. Barrington 413-528-2810, ext. 32	Mondays 5:00pm – 6:00pm No requirements Monetary donations and non-perishable food donations are accepted
Breaking Bread Community Supper Held at the American Legion 334 Main Street Sheffield 413-229-8614	Thursdays 5:30pm Free to all

Other Food Programs

Brown Bag Program

This program is a supplemental monthly food program offering 10-15 pounds of food to eligible individuals, 55 years or older, free or for a small donation. For income eligibility requirements and further information, call your Council on Aging.

Elder Services' Elder Nutrition Program

Noontime meals are offered for those 60 years of age and older at several senior centers throughout the County. Some sites offer transportation through the Council on Aging. A suggested donation of \$2.00 per meal is requested. Individuals under 60 years of age are welcome for a required fee of \$7.00 per meal. Call Elder Services of Berkshire County for information and locations at 413-499-0524 or 1-800-981-5201.

Elder Services' Meals on Wheels Program

Nutritious, hot noontime meals are offered Monday through Friday to homebound Berkshire seniors, who are 60 years of age or older. A suggested donation of \$2.00 is requested to help cover the cost of food preparation and delivery. There are eligibility requirements. Please call Elder Services of Berkshire County at 413-499-0524 to make a referral for yourself, family member or friend.

Take and Eat Program

A program for individuals 60 years of age and older who are homebound, unable to prepare meals, shop, or get out. Meals are delivered on Sundays and are provided for weekends and three-day holiday weekends. Contact Kathleen Ryan at 413-672-1404 or 413-664-1041 for information.

7-Day Menu for Less Than \$5 a Day

- The menu provides an average of 2469 calories per day. You may need a few hundred calories more or less, depending on your size, age, and activity level. You can go to www.choosemyplate.gov to estimate your calorie needs and get more nutrition information.
- The menu is omnivorous—it includes all kinds of foods—and is as balanced as possible. A vegetarian menu could be just as affordable and nutritious.
- Use condiments, like fresh or dried herbs, spices, or soy sauce or hot sauce, to add variety and give meals some kick! Condiments are not included in cost estimate.
- Note that all meals and snacks are prepared at home. Preparing food at home—yes, even cooking dry beans—will take a little time and effort, but is a lot cheaper than eating in restaurants.

ONE WEEK MENU

	Day 1*	Day 2	Day 3	Day 4	Day 5**	Day 6	Day 7
Breakfast	2 cups cooked oatmeal with 2 tablespoons peanut butter	Smoothie: blend together one sliced, frozen banana + 1 cup yogurt + 1 cup calcium-fortified juice	1 fried egg + 1 cup cooked pinto beans on 2 tortillas	1 cup cereal + 1 cup milk 1 cup calcium fortified juice	2 cups cereal + 1 cup milk	2 cups cooked oatmeal with cinnamon (if available) and ½ chopped apple	2 slices of toast with 2 tablespoons peanut butter ½ sliced apple 1 cup milk
Lunch	1 can of tuna mixed with 2 tablespoons mayo on 2 slices of bread 1 apple	6 ounces leftover chicken and 1 cup vegetable rice pilaf 1 carrot cut into sticks	6 ounces leftover chicken, chopped and mixed with 2 tablespoons mayo on 2 slices bread 1 carrot cut into sticks	1.5 cup cooked pinto beans with 2 cups cooked rice	4 tablespoons peanut butter + 1 sliced banana on 2 slices bread 1 carrot cut into sticks	1 can tuna mixed with 2 tablespoons mayo rolled in 2 tortillas 1 cup yogurt	2 tortillas + 1 cup pinto beans 1 cup calcium-fortified juice
Snack	1 banana + 1 cup milk	1 cup cereal + 1 cup milk	2 slices toast with 2 teaspoons butter	1 tortilla + 2 tablespoons peanut butter	1 cup yogurt + 1 chopped apple	2 slices toast with 2 tablespoons peanut butter	PB-banana smoothie (blend together one sliced, frozen banana +1 cup milk + 2 tablespoons peanut butter)

	Day 1*	Day 2	Day 3	Day 4	Day 5**	Day 6	Day 7
Dinner	6 ounces baked chicken 2 cups vegetable rice pilaf (make extra for lunch tomorrow. Start with 1.5 cups dry rice as shown in recipe below)	1.5 cup cooked pinto beans and 2 cups cooked rice	Fried rice (sauté 2 cups leftover cooked rice and ½ cup mixed vegetables in 3 teaspoons oil, then add soy sauce and sprinkle of sesame oil (if available) before serving 1 cup calcium-fortified juice	2 egg broccoli omelet made with 3 teaspoons oil and ½ cup chopped steamed broccoli +1 cup cooked rice	6 ounces baked chicken + 1 cup cooked rice + ½ cup steamed broccoli drizzled with 1 tablespoon melted butter 1 cup calcium fortified juice	1/2 cup cooked rice made with ½ chopped onion and 1 chopped carrot+ 2 teaspoons oil + 1 cup pinto beans 1 cup calcium fortified juice	6 ounces baked chicken +1/2 cup cooked rice + ½ cup steamed chopped broccoli + 1 sweet potato
Snack	2 slices of toast + 2 teaspoons butter	Banana + 2 tablespoons peanut butter	1 cup cereal + 1 cup milk	Sliced apple + 2 tablespoons peanut butter	2 slices toast + 2 tablespoons peanut butter	1 cup warm milk + 1 tortilla	2 slices toast + 4 teaspoons butter
Calories	2394	2389	2424	2461	2294	2415	2530
Average: 2469 calories per day							

*Day 1 Peel, slice, and freeze 2 bananas to use in smoothies later.

Rinse beans and cover in water to soak overnight in refrigerator.

Make juice from concentrate.

Cut 3 carrots into sticks, store in fridge.

Consider storing bread in freezer to prevent staling.

Bake the chicken and make rice pilaf.

Rice pilaf instructions: Heat 1.5 tablespoons oil over medium-high heat, sauté ½ chopped onion in oil until soft, add 1.5 cup rice and sauté for one minute more. Add 3 cups water, cover, and cook until water is absorbed. Add 1/2 cup frozen vegetables for 4 minutes at the end of cooking until heated through.

Shopping list

Cost estimates based on Safeway and Berkeley Bowl prices advertised in January 2013. While lower prices may be found at various local markets, this list represents a “one-stop-shopping” which may be more realistic for busy students. Cut down further on cost by buying in bulk, using coupons or club cards, and looking for sales and specials. Note that costs are for *portions used in the menu*; your up-front cost will be higher if you purchase all items on the list as packaged.

Ingredient	Example	Portion used in menu	Estimated price
Bread, whole wheat, 1 loaf	Open Nature Bread 100% Whole Wheat – 24 Oz	18 ounces/slices	\$2.49 for 24 ounces (\$0.10/ounce) \$1.87 for 18 slices
Rice, white, small bag (brown rice is slightly more nutritious but takes longer to cook)	Safeway brand Long Grain White Rice - 32 Oz	32 oz	\$2.79
Oatmeal, regular, small container	Safeway Quaker Hot Cereal Oatmeal Regular – 18 Oz	11 ounces	\$2.00 for 18 ounces (\$0.11/ounce) \$1.21 for 11 ounces
Cereal, whole grain, 1 box	Kashi GoLean, 13.1 ounce box	5 cups (9 ounces)	\$3.00 for 13.1 ounces (\$0.23/ounce) \$2.07 for 9 ounces
Tortillas, 10-inch, one package	Mission 10-count multigrain tortillas	All	\$1.99
Pinto beans, dry, small bag	Safeway Pinto Beans - 16 Oz	All	\$1.79 (\$0.11/ounce)
Chicken, whole	3.50 LB Foster Farms Chicken Whole Fresh	All, estimated provides 30 ounces cooked chicken	\$3.47 (\$0.99/lb)
Peanut butter, small jar	Jif Natural Creamy Peanut Butter – 18 Oz	20 tablespoons	\$2.99 for the jar (36 tablespoons) \$1.70 for 20 tablespoons
Tuna, canned in oil	Chicken Of The Sea Tuna Chunk Light In Oil - 5 Oz	2 cans	\$1 per can \$2 for 2 cans

Eggs, ½ dozen	Lucerne Eggs Large Grade AA – 6 Count	3	\$1.49 for 6 \$0.74 for 3
Oil	Canola Oil, store brand	12 teaspoons or 4 tablespoons	\$0.20
Butter	Safeway Lucerne Butter Sweet Cream Quarters - 16 Oz	½ stick or 2 ounces	\$3.89 (0.24/oz) \$0.48 for ½ stick or 2 oz
Mayonnaise	Safeway Best Foods Easy Out 22 oz Mayo	3 ounces or 6 tablespoons	\$2.99 for 22 ounce container \$0.42 for 3 ounces
Apples, 1 lb or 4 small	Berkeley Bowl special: Washington Grown X- Fancy Aurora Apples (Gala/Golden Delicious cross)	4 small or 1 lb	\$1.29/lb
Bananas, 5	Safeway	All	\$0.36 each \$1.80 for 5
Juice, frozen concentrate, with added calcium	Safeway Calcium Enriched Orange Juice - 12 Fl. Oz.	All	\$2.30 (\$0.19/fl.oz)
Sweet potato, 1	Safeway produce	All	\$0.99/lb \$0.50 for one
Broccoli	Safeway Pantry Essentials Broccoli Cuts - 12 Oz	All	\$1.09 (\$0.09/ounce)
Carrots, 4 large	Safeway 1 lb bag carrots	All	\$1.09/lb \$0.27 for ¼ lb
Onion, 1	Safeway Yellow Onion	All	\$0.59
Mixed vegetables, small bag	Pantry Essentials Mixed Vegetables – 12 Oz	8 ounces	\$1.09 (\$0.09/ounce) \$0.72 for 8 ounces
Yogurt, 24 ounce tub	Lucerne Pantry Essentials 24 ounce Lowfat Vanilla Yogurt	All	\$1.99
Milk, 1%, ½ gallon	Lucerne Milk Low Fat 1% - Half Gallon	All	\$2.29 (\$0.04/fl.oz)
Total food cost for the week: \$34.59 (\$4.94/day)			