

The Healthy Hornet



Resources for assisting children and
families with food insecurity and other
social services.

April 2015

Dear Member of the Mansfield School Community,

It was a pleasure to mentor Sara Gottfried in the preparation of this Guidebook. Through this project, I believe she gained a greater understanding of the impact of hunger on families in Mansfield and beyond and has developed a tool that will be valuable to the Mansfield community for years to come.

Some may be surprised to learn that, according to a 2014 report by Project Bread, there are 375,695 food insecure households in Massachusetts and the food insecurity rate in Massachusetts has increased by 71% in the past decade. This Guidebook provides a good overview of the issue of food insecurity and offers a wide variety of resources that can be used to help families access the food they need and to encourage families to eat healthier in general.

The link between poor nutrition and the ability to learn is well established. I urge you to become familiar with the food assistance programs and services available to students and families right in our backyard, and to share this information with others, so that no child comes to school hungry.

Thanks again, Sara, for your hard work on this exciting project.

Sincerely,

A handwritten signature in black ink, appearing to read 'Rachel Colchamiro', with a long horizontal flourish extending to the right.

Rachel Colchamiro, MPH, RD, LDN
Director of Nutrition Services, MA Dept. of Public Health, Nutrition Division
Mansfield resident

About Me

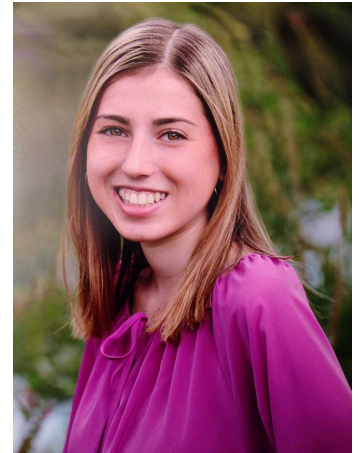
My name is Sara Gottfried and I am a senior at Mansfield High School. I am partaking in a course titled Senior Project. This is a yearlong class taught by Mr. Benjamin Caisse. Senior Project is a course in which students have the ability to pursue a topic of their choice and explore within. In doing so, students expand their knowledge as well as passion and engage in hands on fieldwork with the guidance of a mentor. At the end of the course, students present a final product, whether be a physical experience, a performance, or written outline. Students present a digital portfolio in front of a faculty and community panel. And, lastly, students complete an eight to ten page research paper, having to do with the project and fieldwork.

Throughout my many years of volunteering at multiple food resource programs and pantries, I have developed an interest in food insecurity. I have chosen to expand my interest through this project, in which I am creating this guidebook to help the Mansfield schools provide tools and resources for children and families struggling with hunger. However, throughout my efforts, I have found that hunger is not the only problem and therefore have included additional non-hunger related resources as well.

One of the key components of Senior Project is to work with a mentor. I have been working closely with my mentor, Rachel Colchamiro, over the year to develop this guidebook. Rachel is the Director for Nutrition Services in the Nutrition Division at the Massachusetts Department of Public Health. Rachel is a Registered Dietician and has a Master's Degree of Public Health. With the help of Rachel, I have been able to visit multiple WIC sites, meet many WIC workers, and visit the Department of Public Health in Boston.

This project has given me the opportunity to further expand my knowledge through a field that I am extremely passionate about. Senior Project is not a typical course because students are working independently on a yearlong project and must create a tangible outcome. Not only have I furthered my experience within food insecurity but I have also grown as an individual. I have developed necessary communication skills, learned to utilize time management techniques as well as becoming comfortable with public speaking. Lastly, I have completed an in-depth research paper that truly exemplifies the growth in my writing. However, above all, I have gained a sense of compassion and eagerness to truly help people that are struggling. I feel that I am now a well-rounded individual, and therefore ready to enter the world as a true adult.

This guidebook demonstrates the knowledge, experience, and passion that I have gained throughout my project. I hope that the manual serves as a useful tool to alleviate any form of difficulty that a student and/or family is experiencing. Any form of help is necessary, no matter how big or small. I believe that passion and compassion is truly what is vital to ending hardship.



Food Assistance Programs and Resources



SNAP: Supplemental Nutrition Assistance Program

What is SNAP?

SNAP is a government run program to help low-income households pay for food. Formally called the Food Stamp Program, SNAP now uses plastic credit cards (EBT Cards) for participants to use at grocery and convenience stores, and certain farmer's markets. In Massachusetts, the Department of Transitional Assistance runs SNAP.

**“There are genuinely sufficient
resources in the world to ensure that no
one, nowhere, at no time, should go
hungry.”**

- Ed Asner



1

2

3

Eligibility

SNAP is available for U.S. citizens, with low income, who need assistance obtaining food. Potential participants must meet the SNAP eligibility checklist. This is an easy way to see if a household qualifies for SNAP by answering ONLINE questions. The results will appear immediately once the survey is completed. Questions range from living situation, number of people in the household, number of children, and if anyone is elderly or disabled. Some questions do pertain to finances.

To begin the SNAP eligibility check, guide families to: <http://www.massresources.org/snap-eligibility-check.html>

To apply online direct families to:

<https://service.hhs.state.ma.us/ierhome/ChooseService.do?method=displayChooseServicePage>

There is also a printable form that can be obtained by going to:

<http://www.mass.gov/eohhs/docs/dta/c-snapapp-eng.pdf>

Once completed, have families mail it to:

DTA Document Processing Center, P.O. Box 4406 Taunton, MA 02780-0420

What materials do potential participants need to apply?

- ID
- Social Security Number
- Proof of address (utility bill, rent receipt)
- Proof of income (pay stubs for past four weeks)
- Proof of unearned income (benefit checks, child support)
- Proof of self-employment
- Utility costs (gas, oil, electricity, telephone bills)
- Medical expenses for elderly (60 or older, disabled)
- Child care or adult care expenses
- Child support payments

How do participants use SNAP?

1. Once approved, the DTA will send families an EBT (Electronic Benefits Transfer) card. It is similar to a debit card and can be used at checkouts to pay for food. The DTA will deposit the benefits monthly onto the card.
2. When using the EBT card, the user must enter a personal 4-digit code or rather a PIN #.
3. Participants simply slide the card at the checkout like any other credit card and enter the code, following the directions on the keypad. The amount of money left on the EBT card will be shown on the receipt from the store.
4. It is important for families to note that benefits not used during a month are simply carried over to the next.

Which stores accept the EBT card?

Most supermarkets and convenience stores accept the card, however, ALWAYS look for the “We Accept EBT” or “We Welcome SNAP Benefits” sign. To ensure that a retailer near you accepts the EBT card, go to:

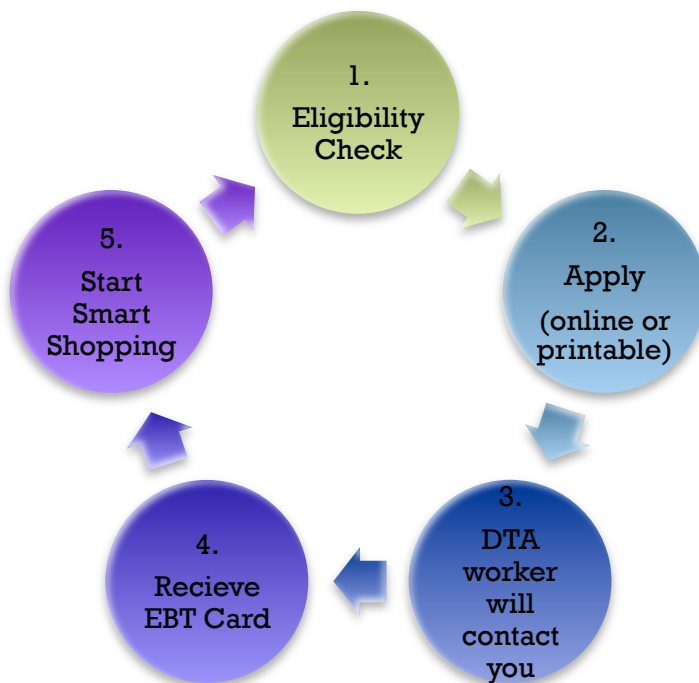
<http://www.fns.usda.gov/snap/retailerlocator>

What can be purchased with a SNAP card?

Most food can be purchased with the EBT card except for hot meals. A sample of purchasable food...

- Breads and cereals
- Fruit and vegetables
- Meat, fish, poultry
- Dairy items

***If using both a WIC and SNAP card, make sure to purchase the WIC approved foods first and whatever other**



For more information about SNAP visit:
<http://gettingsnap.org/homepage.html>

Fast Facts for Potential SNAP Participants

What is SNAP?

SNAP stands for the Supplemental Nutrition Assistance Program. SNAP is a program to assist low-income households.

Am I eligible?

Single people, families, elderly, disabled, and working couples are able to receive benefits. Eligibility is based primarily on income and household expenses.

To see if you are eligible call Project Bread's Food Source Hotline: 1-800-645-8333 or begin the SNAP eligibility check at:

<http://www.massresources.org/snap-eligibility-check.html>

Then either:

Apply online:

<https://service.hhs.state.ma.us/ierhome/ChooseService.do?method=displayChooseServicePage>

Or print the form:

<http://www.mass.gov/eohhs/docs/dta/c-snapapp-eng.pdf>

Once completed, mail it to:
DTA Document Processing Center,
P.O. Box 4406 Taunton, MA 02780-0420

SNAP APPROVED STORES NEAR MANSFIELD

- Cumberland Farms: 30 Chauncy St., Mansfield, MA
- Fresh Catch Seafood and Butcher Shop: 30 Chauncy St., Mansfield, MA
- Tedeschi Food Shops: 242 Chauncy St., Mansfield, MA
- Rite Aid: 243 Chauncy St., Mansfield, MA
- Four Corners Convenience Store: 4 S. Main St., Mansfield, MA
- Stop & Shop: 337 Chauncy St., Mansfield, MA
- Shaw's Supermarket: 390 West St., Mansfield, MA
- Mansfield MA Xtra Mart: 905 S. Main St., Mansfield, MA
- Ocean State Job Lot: 30 Commercial St., Foxboro, MA
- Dollar Tree: 16A Commercial St., Foxboro, MA
- Foxboro Mobil: 123 Central St., Foxboro, MA
- Cumberland Farms: 20 Mechanic St., Foxboro, MA
- Walgreens: 121 Main St., Foxboro, MA
- Cumberland Farms: 246 Mansfield Ave., Norton, MA
- Roche Bros Supermarket: 175 Mansfield Ave., Norton, MA
- Dollar Tree: 175 Mansfield Ave., Norton, MA
- Hannaford Food & Drug: 25 Robert Dr., S. Easton, MA
- Target: 41 Robert Dr., S. Easton, MA

Farmers Markets

Many farmers markets are now accepting SNAP cards, which is a great opportunity for participants to utilize. Fresh produce is a great resource to have to improve both the quality and quantity of healthy foods at home. Receiving benefits at a farmers market is easy! The Massachusetts Department of Agricultural Resources has outlined these few simple steps to obtain fresh nourishment.

1. First things first... find the Manager or Information Booth.
2. Explain that you will be using your EBT card at the farmers market as a payment method. Tell the person how much you will be spending. In return, they will swipe the card and you will enter your pin number.
3. They will give you paper coupons and a receipt.
4. Using the coupons, you will purchase your goods from the vendors.

Important... Farmers
Market Double Value
Program

Many farmers markets offer a double value program, which matches each dollar that a SNAP participant spends. For example, if a family spends \$5.00, the market will give a \$5.00 bonus! Inquire at a local farmers market to see if this program is offered.

These are a few of the nearest farmers markets that accept SNAP

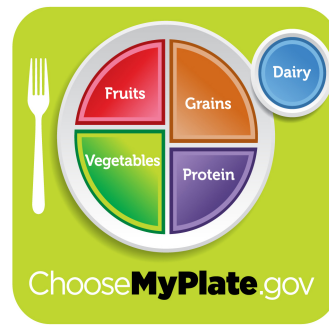
Town	Street Name	Specific Location
Braintree, MA 02184	JFK Memorial Dr.	Braintree Town Hall
Brockton, MA 02301	City Hall- School Street	
Stoughton, MA 02072	Washington St.	
Taunton, MA 02780	Church St.	



To find out if a farmers market near you accepts EBT cards, go to...
<http://search.ams.usda.gov/farmersmarkets/>

For more information visit...
<http://www.mass.gov/agr/massgrown/docs/snap-consumer-info.pdf>





WIC: Women, Infants, and Children

“GOOD FOOD and A WHOLE LOT MORE”

What is WIC?

WIC stands for Women, Infants and Children. WIC is a program that provides healthy foods, referrals, and nutritional counseling and breastfeeding support with the guidance of nutritionists. All services are free of charge. Pregnant or breast-feeding women, infants, and children under five are eligible for WIC. Approximately \$60.00 worth of food is given to each WIC participant per month. WIC is designed to help families build healthy habits that last beyond program eligibility.

“Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it’s the only thing that ever has.”

– Margaret Mead

Who Qualifies?

WIC is available for single and married, employed or unemployed parents. Fathers, mothers, grandparents, foster parents, or legal guardians are eligible if caring for a child less than five years of age. There are some additional guidelines as outlined below...

- Household must have a nutritional need
- Have a child under five or be pregnant or breast-feeding woman
- Have an income less than WIC guidelines

A family automatically qualifies if they are receiving TAFDC, SNAP, or Mass Health, or have a foster child under age five.

For more information about income guidelines you can visit www.mass.gov/wic

What does WIC Offer?

WIC maintains the continuous goal of sustaining healthy nutrition in pregnant and breastfeeding women and children under age five. WIC does this by providing nutrition consultations, free food, helpful eating tips, and referrals to medical/dental care, health insurance, housing and fuel assistance. In addition, breastfeeding classes are offered for women and immunization referrals are provided.

WIC and Males

Yes... men can participate in WIC! Fathers and male guardians of children under five are eligible and advised to participate in WIC.

Applying for WIC

Mansfield residents can go to any WIC site, however the Attleboro, Mansfield and Taunton sites are the closest. Many WIC sites are open in the evenings and some Saturdays, so families do not have to miss work. And, walks-ins are welcome.

Mansfield Town Hall

6 Park Row, Mansfield, MA
Phone: 508-823-6346 x 227
Hours: 1st & 3rd Wednesday only, call office for dates and times

Taunton (Main Site)

1 Taunton Green, Taunton, MA
Phone: 508-823-6346 x 227
Hours: Mon., Wed., Thurs., Fri., 9:00 a.m. – 4:30 p.m.
Tues., 11:00 a.m. - 7:00 p.m.
2 Saturdays per month, 9:00 a.m.- 4:30 p.m.

Attleboro

95 Pine Street, Attleboro, MA
Phone: 508-226-4543
Hours: Mon., Wed., Thurs., Fri., 8:30 a.m. – 4:30 p.m.
Tues., 9:30 a.m. – 5:00 p.m.

For additional locations you can visit www.mass.gov/wic

What to Bring:

There is no application to fill out prior to your meeting. However, the following documents should be brought...

- Picture ID
- Proof of address (ex. lease or utility bill)
- Proof of income (ex. tax returns, pay stubs, TAFDC, food stamps, MASS Health cards)
- Medical information
- Birth certificates and immunization records

WIC Contact Information

The WIC Nutrition Program is part of the Massachusetts Department of Public Health. To reach the WIC program, you can call 1-800-WIC-1007 or visit www.mass.gov/wic.

WIC APPROVED STORES

NEAR MANSFIELD

- Super Stop & Shop: 377 Chauncy Street, Mansfield, MA
- Shaw's Supermarket: 390 West Street, Mansfield, MA
- Roche Bros Supermarkets: 20 Roche Bros Way, Easton, MA
- Hannaford Food & Drug: 25 Robert Drive, Easton, MA
- Shaw's Supermarket: 690 Depot Street, N. Easton, MA
- Super Stop & Shop: 141 Main Street, Rte. 140, Foxboro, MA
- Roche Bros Supermarkets: 175 Mansfield Avenue, Norton, MA
- Stop & Shop: 109 Taunton Street, Plainville, MA
- Target Store: 91 Taunton Street, Plainville, MA

Food Pantries and Soup Kitchens

Food Pantry: A food pantry is a place for families and individuals to obtain non-perishable food. Much of the food is canned and pre-packaged.

Soup Kitchen: A soup kitchen is a meal program, where people can go to receive a free hot meal.



Mansfield Food Pantry

Location:
15 West Street
Mansfield, MA 02048
508-339-1343

Distribution of food to Mansfield Residents takes place every Saturday from 9:00-11:00 a.m.

*****NO ELIGIBILITY CRITERIA*****



Mansfield Area Soup Kitchens

Monday
LaSalette Shrine
947 Park Street
Attleboro, MA
Dinner served at 4:30 p.m.

Tuesday
First Baptist Church
52 North Main Street
Mansfield, MA

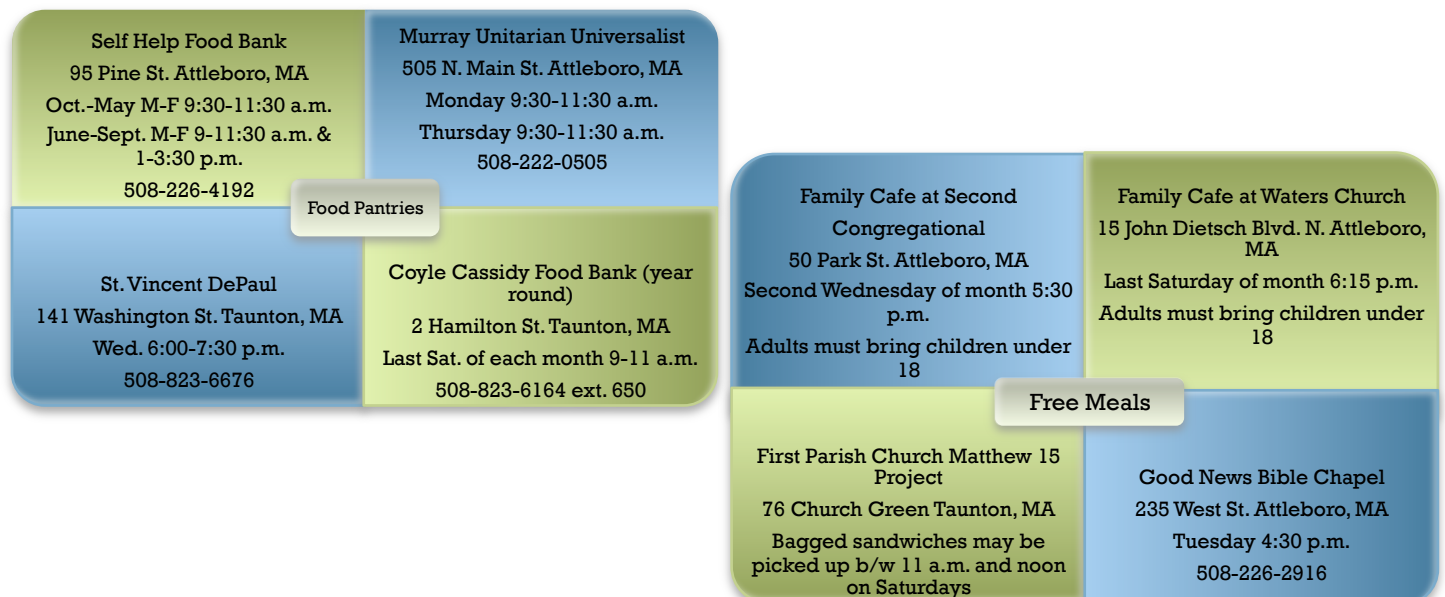
Wednesday
First Baptist Church
75 Park Street
North Attleboro, MA

Thursday
First Baptist Church
118 South Main Street
Attleboro, MA
Dinner served at 4:30 p.m.

Friday
Memorial Baptist Church
340 Central Street
Seekonk, MA
Dinner served at 4:00 p.m.

Mon.-Fri.
Our Daily Bread-St. Thomas
Episcopal Church
111 High Street, Taunton, MA
Served from 11:15 a.m.-
1:00p.m.
Doors open at 10am for

Saturday
Centenary United
Methodist
15 Sanford St.
Attleboro, MA
Lunch served at



Information About NSBP

Information found from Department of Elementary and Secondary Education

What is the NSBP?

The NSBP stands for the National School Breakfast Program. The program provides a free or reduced price nutritious breakfast for students.

Who is eligible?

Students at the Robinson and Jordan Jackson Elementary Schools are able to participate in the program.

Qualifications?

There are no qualifications for this program. All students are able to receive breakfast. However, a reduced price or free breakfast is based upon income. Students who come from families that are at or below 130 percent of the poverty line qualify for a FREE meal. Student's who come from families that are between 130 percent and at or below 185 percent of the poverty level are eligible for a REDUCED price breakfast.

Why participate:

All families are guilty of running late every now and again. Life happens and weekday mornings can be stressful and busy. So, why stress out about one more thing, when you have a suitable solution? Students can enjoy a delicious breakfast without feeling rushed.

How much is the breakfast?

A full-price hot breakfast for Robinson and Jordan Jackson students costs \$2.00.



Information About NSLP

Information found from Department of Elementary and Secondary Education

What is the NSLP?

The NSLP stands for the National School Lunch Program. The program provides a free or reduced price nutritious lunch for students.

Who is eligible?

Students at the Robinson and Jordan Jackson Elementary Schools, the middle school, and high school are able to participate in the program.

Qualifications?

There are no qualifications for this program. All students are able to receive lunch. However, a reduced price or free lunch is based upon income. Students who come from families that are at or below 130 percent below the poverty line qualify for a FREE meal. Students who come from families between 130 percent and at or below 185 percent of the poverty level are eligible for a REDUCED price lunch.

Why participate:

Maybe you are feeling too rushed in the morning to prepare a bagged lunch or perhaps your child enjoys buying his/her lunch. The School Lunch Program has been established for the students, so take advantage of it and let the kids participate.

Nutritional Benefits

School lunches must meet the Federal nutrition requirements, which results in a nutritious meal. A lunch will provide one-third of the recommended servings of protein, Vitamin A and C, iron, calcium, and overall caloric content. In addition, the lunch includes a balance of protein, vegetables/fruit, whole grains, and milk.

How much is the lunch?

Lunch at the Robinson and Jordan Jackson is \$2.75 and an eight-ounce milk is \$0.55. Lunch at the middle and high school is \$3.00 and a ten-ounce



2015 Federal Poverty Guidelines

Reduced Price Meals -185%

Household Size	Annual	Monthly	Twice per month	Every two weeks	Weekly
1	\$21,590	\$1,800	\$900	\$831	\$416
2	\$29,101	\$2,426	\$1,213	\$1,120	\$560
3	\$36,612	\$3,051	\$1,526	\$1,409	\$705
4	\$44,123	\$3,677	\$1,839	\$1,698	\$849
5	\$51,634	\$4,303	\$2,152	\$1,986	\$993
6	\$59,145	\$4,929	\$2,465	\$2,275	\$1,138
7	\$66,656	\$5,555	\$2,778	\$2,564	\$1,282
8	\$74,167	\$6,181	\$3,091	\$2,853	\$1,427
Each additional family member	\$7,511	\$626	\$313	\$289	\$145

Free Meals -130%

Household Size	Annual	Monthly	Twice per month	Every two weeks	Weekly
1	\$15,171	\$1,265	\$633	\$584	\$292
2	\$20,449	\$1,705	\$853	\$787	\$394
3	\$25,727	\$2,144	\$1,072	\$990	\$495
4	\$31,005	\$2,584	\$1,292	\$1,193	\$597
5	\$36,283	\$3,024	\$1,512	\$1,396	\$698
6	\$41,561	\$3,464	\$1,732	\$1,599	\$800
7	\$46,839	\$3,904	\$1,952	\$1,802	\$901
8	\$52,117	\$4,344	\$2,172	\$2,005	\$1,003
Each additional family member	\$5,278	\$440	\$220	\$203	\$102

TEXT

617-863-MEAL to find a free
summer meal!



SUMMER MEAL SITES NEAR MANSFIELD

- Free meal in Attleboro, MA
 - No need to be enrolled
 - Tuesdays and Thursdays
 - Noon- 1:00 p.m.
 - Locations: Capron Park, Nickerson Field, Briggs Playground, Finberg School
- Free meal in Taunton, MA
 - No need to be enrolled
 - Monday-Friday
 - Times vary
 - Locations: Highland Hills Apts. Community Center, Hopewell Pool/Playground, Paul Bunker Apts., Taunton Gardens Apts., Bristol commons

***For specific information visit
www.meals4kids.org to see a variety of
summer meal sites near you***



Fast Facts about the Summer Food Program for

What is it?

The Department of Elementary and Secondary Education runs the Summer Food Service Program. Students can go to the nearest meal site and receive a FREE meal.

Who is eligible?

Students eighteen and under are eligible to take part in the Summer Food Service Program. For specific income eligibility requirements go to...

<http://www.fns.usda.gov/sites/default/files/2014-04788.pdf>

What is offered?

Kids receive one or two meals at a site. Aside from food, activities such as sports, games, crafts, and field trips are offered in conjunction with a meal.

For more information call Project Bread's Food Source Hotline at 1-800-645-8333 or go to www.meals4kids.org.

Non-Food Related Programs and Resources

Non-Food Related Resources

More often than not, families that are food insecure are also struggling in other aspects of life. For example, housing, clothing, and transportation are just a few of the common problems that food insecure people face. Hence why it is important to not only focus on food assistance, but also provide general guidance in other aspects. The next few pages include information about non-food related programs for residents of the Town of Mansfield.



Mansfield residents seeking help can visit the Mansfield Social Services office.

Mansfield Social Services
Town Hall, Third Floor
6 Park Row, Mansfield, MA 02048
508-261-7464

Hours

Monday-Thursday: 8:00a.m. to 4:00p.m.

Friday: 8:00a.m. to 12:00p.m.

*****APPOINTMENTS NEEDED*****

Housing and Shelters

Department of Transitional Assistance

21 Spring Street, Taunton, MA 02780

508-884-5300

Hours: Monday-Friday, 7:30am to 5:00pm

Residential Assistance to Families in Transition

Massachusetts Coalition for the Homeless

15 Boubier St., Lynn, MA 02901

Mansfield Housing Authority

22 Bicentennial Court, Mansfield, MA 02048

508-339-6890

Mainspring Shelter

54 No. Main Street, Brockton, MA 02301

508-587-5441

Website: <http://helpfbms.org>

About

- . Family, male, and female shelter
- . Family shelter: Evelyn House
 - 95 Prospect St., Stoughton, MA 02072, 781-341-6084
- . Shared kitchen, bath, laundry, and community area
- . Outdoor area, computer access, tutoring, and kids activities available

Homes With Hearth

95 Pine Street, Attleboro, MA 02703

Attleboro Area Council of Churches

508-222-2933

Website: <http://attleborocouncilofchurches.org>

About

- . **NOT A SHELTER**
- . **PROVIDES TEMPORARY HOUSING**
- . Help families find permanent housing

Furniture

Pennies From Heaven SVDP Thrift Store

141 Washington St., Taunton, MA 02780

508-823-6546

Hours:

Sunday-Monday, closed

Tuesday-Friday, 9:00am to 5:00pm

Saturday, 10:00am to 2:00pm

My Brother's Keeper

Easton Furniture Assistance Line

David Jon Louison Center

137 Newberry St., Brockton, MA 02301

508-584-4315

Website: <http://www.oldcolonyymca.org/family-services/family-services-david-jon-louison-center>

About

Taunton Family Center

74 Winthrop St., Taunton, MA 02780

508-738-5142

Website: <http://www.srnfamilycenters.org/index.php>

About

- . Provides emergency shelter and services for families who are



Clothing



Clothes To Go Clothing Pantry
Faith Fellowship United Methodist Church
9 No. Main St., Mansfield, MA
02048
508-339-6040
Hours: Every Saturday, 9-11am



Salvation Army Store
21 Union St., Attleboro, 02703



Pennies from Heaven St. Vincent de Paul (SVDP) Thrift Store
141 Washington Street, Taunton,



SVDP St. John's Clothing Center
95 Pine Street, Attleboro, MA
02703



SVDP Fall River Thrift Store
1799 Pleasant St., Fall River, MA
02723



SVDP Plainville Thrift Store
173 Washington St., Route 1,
Plainville, Ma 02762

Fuel and Medical Assistance

Columbia Gas Company's Low
Income Gas Rate
1-800-882-5454
*****DISCOUNT RATES
AVAILABLE*****

Fuel Assistance and Good Neighbor
Energy Fund
Mansfield Social Services Fuel
Assistance Coordinator
6 Park Row, Mansfield Town Hall
508-261-7464
*****Call for appointment*****

The Good Neighbor Energy Fund provides temporary assistance to Massachusetts residents who cannot afford their monthly energy bill and is not eligible for state or federal energy assistance. To find out specifics go to...

Fuel/Energy

Self Help, Inc.
1362 Main Street, Brockton, MA 02301
508-588-5440
95 Pine Street, Attleboro, MA 02703
508-226-4192

Citizens Energy Oil Heat Program
1-877-JOE-4OIL

Joe-4-Oil is a program that provides free heating oil to Massachusetts residents who cannot afford their heating bill. A one-time delivery per heating season is provided for households, at no cost. To find out more, go

Self Help provides assistance for families. Services include education, housing and health assistance, employment and financial stability. To find out more go to...

MassHealth
1-800-841-2900
MassHealth provides health care assistance for low and medium income Massachusetts residents.

Mass. Division of Medical Assistance
21 Spring St., Taunton, MA 02780, Suite 4
1-800-242-1340
A branch of MassHealth, the Massachusetts Division of Medical assistance provides financial help for covering medical bills.
The address above is the location for the MassHealth Enrollment Center.

Medical

Children's Medical Security Plan
1-800-531-2229
Parents' Professional Advocacy League (PAL)
1-866-815-8122
For adolescents and families regarding mental health

Massachusetts Dental Society
1-800-342-8747
The Massachusetts Dental Society provides oral care to all residents of the state. The organization provides programs for low-income families and offers reduced-cost dental assistance.

Transportation

Gatra Ride Match
10 Oak St., Taunton, MA 02780
1-800-483-2500

The Gatra bus provides fixed, on demand, and commuter rail transportation.

