

# Assistance Handbook 2020



- Child Care
- Community Action
- Emergency Shelter
- Food Pantries & Soup Kitchens
- Legal Assistance
- Nutrition Education
- Social Services
- ServiceLink

**New Hampshire  
SNAP/Food Stamp Program  
Division of Economic & Housing Stability  
New Hampshire Department of  
Health and Human Services**

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### **Information and Referral Services**

#### **New Hampshire’s Relay Service for the Deaf**

1-800-RELAY NH (1-800-735-2964) TTY/Voice  
This service will translate phone calls for the Deaf

## **New Hampshire 2-1-1**

Your link to resources.

2-1-1 is the number to dial for information about health and human services and organizations in your community. 2-1-1 is a free call and provides free, confidential and person-to-person assistance. Language translation is available.

Child Care Resource & Referral	Clothing and Thrift Shops
Consumer Services	Crisis Services
Discrimination Assistance	Domestic & Sexual Violence Services
Education – GED, Computer Classes	Employment Services
Food Shelves & Nutrition Programs	Health Care Services
Military, Family & Community Network	Housing – Homeless Prevention, Shelter, Tenants' Rights
Independent Living Services	Legal Assistance
Mental Health Care & Counseling	Mentoring
Alcohol & Drug Programs	Parenting Programs
Senior Information & Assistance	Stop Smoking Programs
Support Groups	Transportation
Utility Assistance	Youth & Family Services
Veteran Services	Volunteering
Wellness Programs	And More

Just dial 2-1-1.

Toll free outside New Hampshire: **1-866-444-4211**

TTY line for the hearing impaired: **1-603-634-3388**

[www.211nh.org](http://www.211nh.org)

**Assistance Program Definitions**

**Food Stamp Program**

The Food Stamp Program provides monthly food assistance 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.

**FANF/FAP**

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.

**Aid to the Permanently and Totally Disabled (APTD)**

This program provides financial and medical assistance to persons who are permanently and totally disabled and are between the ages of 18 and 64.

**Old Age Assistance (OAA)**

This program provides financial and medical assistance to persons who are 65 years of age or older.

**Aid to the Needy Blind (ANB)**

This program provides financial and medical assistance to blind individuals who are unable to provide for themselves.

**Medical Assistance (Medicaid)**

In addition to the assistance programs listed above, Medicaid may be available to persons and families if they are:

- Pregnant
- Low income with children up to age 19
- Children with severe disabilities

Medicaid may pay certain Medicare Premiums, co-insurance and deductibles for certain individuals if they are qualified Medicare beneficiaries or qualified disabled working individuals.

**Child Day Care**

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.

**Department of Health & Human Services  
Bureau of Family Assistance**

**Call 1-844-275-3447**

**District Office Locations**

<b>Berlin</b> 650 Main Street, Suite 200 Berlin; 03570-2431 <b>Fax: 603-752-2230</b>	<b>Claremont</b> 17 Water Street, Suite. 301 Claremont; 03743-2280 <b>Fax: 603-542-2367</b>
<b>Concord</b> 40 Terrill Park Drive Concord; 03301-9955 <b>Fax: 603-271-6451</b>	<b>Conway</b> 71 Hobbs Street Conway; 03818-6188 <b>Fax: 603-75447-1988</b>
<b>Keene</b> 111 Key Road Keene; 03431 <b>Fax: 603-352-2598</b>	<b>Laconia</b> 65 Beacon Street West Laconia; 03246-9988 <b>Fax: 603-528-4105</b>
<b>Littleton</b> 80 North Littleton Road Littleton; 03561-3841 <b>Fax: 603-444-0348</b>	<b>Manchester</b> 1050 Perimeter Road, Suite 501 Manchester; 03102-3762 <b>Fax: 603-624-4014</b>
<b>Rochester</b> 150 Wakefield St., Suite 22 Rochester; 03867-1309 <b>Fax: 603-335-5993</b>	<b>Seacoast</b> 19 Rye St. Portsmouth; 03801 <b>Fax: 603-431-1731</b>
<b>Southern</b> 26 Whipple Street Nashua; 03060-9311 <b>Fax: 603-883-2064</b>	

## Children's Services

### Berlin District Office

Tri-County Head Start <b>603-752-5464</b>  Berlin Head Start: <b>752-7138</b>	WIC (Woman Infant & Children) 2 Industrial Park Drive  <b>603-225-2050</b> <b>1-800-578-2050</b>	Child Care Resource & Referral Network: Southern NH Services CCR&R  <b>603-578-1386</b> <b>1-855-393-1731</b> <b>Fax: 603-578-1736</b> <b>ccrr@snhs.org</b> <a href="http://www.nh.childcareaware.org">www.nh.childcareaware.org</a>
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### Claremont District Office

Tri-County  Head Start <b>603-719-4306</b>  Lebanon Head Start <b>752-7138</b>	WIC (Women, Infant & Children) Sullivan County 96-102 Main St Claremont NH  <b>603-542-9528</b>	Child Care Resource & Referral Network: Southern NH Services CCR&R  <b>603-578-1386</b> <b>1-855-393-1731</b> <b>Fax: 603-578-1736</b> <b>ccrr@snhs.org</b> <a href="http://www.nh.childcareaware.org">www.nh.childcareaware.org</a>
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### Concord District Office

Merrimack County Head Start <b>603-225-3295</b>  Concord: <b>603-224-6492</b> Franklin: <b>603-934-2161</b> Pittsfield: <b>603-435-6611 or</b> <b>603-435-6618</b>	WIC (Women, Infants & Children) 2 Industrial Park Dr. Concord  <b>603-225-2050</b> <b>1-800-578-2050</b> <a href="http://www.bm.cap.org/wic.htm">www.bm.cap.org/wic.htm</a>	Belknap/Merrimack County CAP 2 Industrial Park Dr. Concord, NH 03301  <b>603-225-3295</b> <b>Fax: 603-228-1898</b> <a href="http://www.bm.cap.org/wic.htm">www.bm.cap.org/wic.htm</a>	Child Care Resource & Referral Network: Southern NH Services CCR&R  <b>603-578-1386</b> <b>1-855-393-1731</b> <b>Fax: 603-578-1736</b> <b>ccrr@snhs.org</b> <a href="http://www.nh.childcareaware.org">www.nh.childcareaware.org</a>
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### Conway District Office

Tri-County  Head Start <b>603-752-5464</b>  Conway Head Start <b>603-752-7138</b> Ossipee: <b>603-539-5094</b>	WIC (Women, Infants & Children) Goodwin Community Health 311 Route 108 Somersworth NH  <b>603-332-4358</b> <b>1-855-332-4358</b>	Child and Family Services  Healthy Families Program  <b>603-518-4000</b>	Child Care Resource & Referral Network: Southern NH Services CCR&R  <b>603-578-1386</b> <b>1-855-393-1731</b> <b>Fax: 603-578-1736</b> <b>ccrr@snhs.org</b> <a href="http://www.nh.childcareaware.org">www.nh.childcareaware.org</a>
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## Children's Services (continued)

### Keene District Office

<p>WIC (Women, Infants &amp; Children) 63 Community Way Keene NH</p> <p><b>603-352-7512</b> <b>1-800-529-0005</b> <a href="http://www.scshehelps.org/wic.htm">www.scshehelps.org/wic.htm</a></p>	<p>Child and Family Services Healthy Families Program</p> <p><b>603-518-4000</b></p>	<p>Child Care Resource &amp; Referral Network: Southern NH Services CCR&amp;R</p> <p><b>603-578-1386</b> <b>1-855-393-1731</b> <b>Fax: 603-578-1736</b> <b>ccrr@snhs.org</b> <a href="http://www.nh.childcareaware.org">www.nh.childcareaware.org</a></p>
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### Laconia District Office

<p>Belknap/Merrimack County Head Start <b>603-225-3295</b></p> <p>Ashland Head Start <b>603-968-9200</b> Plymouth: <b>603-752-7138</b></p>	<p>WIC &amp; CSFP CAP</p> <p>2 Industrial Park Dr. Concord</p> <p><b>603-225-2050</b> <b>1-800-578-2050</b> <b>Fax: 603-228-1898</b> <a href="http://www.bm-cap.org/wic.htm">www.bm-cap.org/wic.htm</a></p>	<p>Child and Family Services</p> <p>Healthy Families Program</p> <p><b>603-518-4000</b></p>	<p>Child Care Resource &amp; Referral Network: Southern NH Services CCR&amp;R</p> <p><b>603-578-1386</b> <b>1-855-393-1731</b> <b>Fax: 603-578-1736</b> <b>ccrr@snhs.org</b> <a href="http://www.nh.childcareaware.org">www.nh.childcareaware.org</a></p>
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### Littleton District Office

<p>Tri-County Head Start <b>603-752-5464</b></p> <p>Littleton Head Start <b>603-752-7138</b> Woodsville: <b>603-747-4186</b></p>	<p>Education White Mountain Community College 2020 Riverside Dr., Berlin</p> <p>Robin Scott: <b>603-752-1113 x3016</b></p> <p><b>1-800-445-4525</b> <b>Fax: 603-752-6335</b> <a href="mailto:rscott@ccsnh.edu">rscott@ccsnh.edu</a></p>	<p>Child and Family Services</p> <p>Healthy Families Program</p> <p><b>603-518-4000</b></p>	<p>Child Care Resource &amp; Referral Network: Southern NH Services CCR&amp;R</p> <p><b>603-578-1386</b> <b>1-855-393-1731</b> <b>Fax: 603-578-1736</b> <b>ccrr@snhs.org</b> <a href="http://www.nh.childcareaware.org">www.nh.childcareaware.org</a></p>
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## Children's Services (continued)

### Manchester District Office

<p>Rise Byrne Head Start 40 Pine St. Manchester</p> <p><b>603-668-8010</b> <b>X6039</b></p>	<p>WIC and CFSP Southern NH Services PO Box: 5040 40 Pine St. Manchester</p> <p><b>1-800-256-9880</b> <a href="http://www.snhs.org/programs/health-food-nutrition/women-infants-and-children-wic/">www.snhs.org/programs/health-food-nutrition/women-infants-and-children-wic/</a></p>	<p>Child and Family Services Healthy Families Program</p> <p>464 Chestnut St. Manchester</p> <p><b>603-518-4000</b> <b>1-800-640-6486</b></p>	<p>Child Care Resource &amp; Referral Network: Southern NH Services CCR&amp;R</p> <p><b>603-578-1386</b> <b>1-855-393-1731</b> <b>Fax: 603-578-1736</b> <b>ccrr@snhs.org</b> <a href="http://www.nh.childcareaware.org">www.nh.childcareaware.org</a></p>
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### Rochester District Office

<p>Head Start Strafford County: <b>603-435-2500 X 4</b></p> <p>Dover: <b>603-652-0990</b> Farmington: <b>603-755-2883</b> Milton: <b>603-652-0990</b> Rochester: <b>603-285-9461</b> Rockingham County: <b>603-422-8231</b> Somersworth: <b>603-817-5458</b></p>	<p>Strafford County CAP PO Box 160, Dover</p> <p>603-435-2500 <a href="http://www.traffordcap.org">www.traffordcap.org</a></p>	<p>Goodwin Community Health 311 Route 108 Somersworth, NH 03867</p> <p><b>603-332-4358</b> <b>1-855-332-4358</b> <b>Fax: 603-332-4265</b> <a href="http://www.goodwinch.org/services/health-care-services/#nutrition">www.goodwinch.org/services/health-care-services/#nutrition</a></p>	<p>Child Care Resource &amp; Referral Network: Southern NH Services CCR&amp;R</p> <p><b>603-578-1386</b> <b>1-855-393-1731</b> <b>Fax: 603-578-1736</b> <a href="mailto:ccrr@snhs.org">ccrr@snhs.org</a></p>
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### Seacoast District Office

<p>Seabrook WIC 146 Lafayette Road Seabrook NH</p> <p><b>800-256-9880</b> <a href="mailto:derryhs@rcaction.org">mailto:derryhs@rcaction.org</a></p>	<p>Seabrook Head Start 146 Lafayette Rd Seabrook NH</p> <p><b>(603) 474-3507</b></p>	<p>Hampton Head Start 137 Lafayette Rd. Hampton Falls</p> <p><b>603-601-2196</b> <a href="mailto:seabrook@rcaction.org">seabrook@rcaction.org</a></p>
<p>Portsmouth Head Start 100 Campus Dr., Suite 22 Portsmouth</p> <p><b>603-422-8231</b> <a href="mailto:Portsmouth@rcaction.org">Portsmouth@rcaction.org</a></p>	<p>Child Care Resource &amp; Referral Network Southern NH Services CCR&amp;R</p> <p><b>603-578-1386</b> <b>1-855-393-1731</b> <b>Fax: 603-578-1736</b> <b>ccrr@snhs.org</b> <a href="http://www.nh.childcareaware.org">www.nh.childcareaware.org</a></p>	<p>Administration 40 Pine St. Manchester</p> <p><b>603-668-8010</b></p>

## **Children's Services (Continued)**

### **Southern District Office**

<p>Derry Head Start 9 Crystal Ave. Derry</p> <p><b>603-216-8864</b> <a href="mailto:derryhs@rcaction.org">derryhs@rcaction.org</a></p>	<p>Nashua Head Start</p> <p>134 Allds St. <b>603-889-7812</b> 24 11<sup>th</sup> St. <b>603-882-6278</b> 88 Temple St. <b>603-578-1732</b> 41 Central St. <b>603-882-3384</b></p>	<p>Salem Area</p> <p>Salem Boys &amp; Girls Club 3 Geremonty Dr. Salem</p> <p><b>603-898-7709</b></p>
<p>WIC (Women, Infant and Children) 134 Allds St. Nashua NH</p> <p><b>603-889-3440</b> <b>1-877-211-0723</b></p> <p><a href="http://www.snhs.org/programs/health-food-nutrition/women-infants-and-children-wic/">www.snhs.org/programs/health-food-nutrition/women-infants-and-children-wic/</a></p>	<p>Child Care Resource &amp; Referral Network: Southern NH Services CCR&amp;R</p> <p><b>603-578-1386</b> <b>1-855-393-1731</b> <b>Fax: 603-578-1736</b> <b>ccrr@snhs.org</b></p> <p><a href="http://www.nh.childcareaware.org">www.nh.childcareaware.org</a></p>	

**Need help? Apply from Home!**

### **Food Stamps, Cash, Medicaid, Child Care**

NH Health and Human Services announces NHEASY. Apply for benefits from anywhere! Now available to NH Residents on-line from 6:00 AM until Midnight every day.

**[www.nheasy.nh.gov](http://www.nheasy.nh.gov)**

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

## Community Action Program (CAP) Locations

Belknap and Merrimack Counties	Concord..... <b>603-225-6880</b> Franklin..... <b>603-934-3444</b> Meredith..... <b>603-279-4096</b> Suncook..... <b>603-485-7824</b> Warner..... <b>603-456-2207</b> Laconia..... <b>603-524-5512</b>	Belknap/Merrimack CAP 2 Industrial Park Dr. PO Box 1016 Concord, 03302 <a href="http://www.bm-cap.org">www.bm-cap.org</a>
Carroll County	All Towns..... <b>603-323-7400</b>	Tri-County CAP 448 White Mountain Highway Tamworth, 03886
Coos County	All Towns..... <b>603-752-3248</b>	Tri-County CAP 53 Main St. Berlin, 03570
Grafton County	All Towns..... <b>603-968-3560</b>	Tri-County CAP 41 School St. Ashland, 03217
Rockingham County	Derry..... <b>603-965-3029</b> Portsmouth..... <b>603-436-3896</b> Raymond..... <b>603-895-2303</b> Salem..... <b>603-474-3507</b> Seabrook..... <b>603-893-9172</b> <b>Or 1-800-639-3896</b>	Rockingham CAP 4 Cutts St. Portsmouth, 03801 <a href="http://www.rcaction.org">www.rcaction.org</a>
Hillsborough County	Manchester..... <b>603-647-4470</b> <b>Or 1-800-322-1073</b> Nashua..... <b>603-889-3440</b> <b>Or 1-877-211-0723</b> Hillsborough (Mon+Fri): <b>603-464-5835</b> Peterborough..... <b>603-924-2243</b> <b>Or 1-877-757-7048</b> Greenville....(Wed)..... <b>603-878-3364</b> Milford....(Tue+Thur)... <b>603-673-0756</b>	Southern NH Services PO Box 5040 Manchester, 03108 <a href="http://www.snh.org">www.snh.org</a>
Strafford County	All Towns..... <b>603-435-2500</b>	Strafford CAP PO Box 160 Dover, 03820 <a href="http://www.straffcap.org">www.straffcap.org</a>
Cheshire and Sullivan Counties	Keene..... <b>603-352-7512</b> Claremont..... <b>603-542-9528</b> <b>Or 1-800-529-0005</b>	Southwestern Community Services 63 Community Way Keene, 03431 <a href="http://www.scshehelps.org">www.scshehelps.org</a>

## Domestic and Sexual Violence

### Berlin District Office

Response to Sexual & Domestic Violence: **1-866-644-3574**  
54 Willow St, Berlin, NH 03570  
Berlin: **603-752-5679**  
Colebrook: **603-237-8746**  
Lancaster: 603-788-2562

### Claremont District Office

Turning Points Network 11 School St. Claremont, NH 03743 Crisis Line: <b>1-800-639-3130</b> Claremont Crisis Line: <b>603-543-0155</b> Newport Office: <b>603-863-4053</b>	WISE <b>1-866-348-WISE</b> 38 Bank St. Lebanon, NH 03766 Local Crisis Line: <b>603-448-5525</b> Toll Free Crisis Line: <b>1-866-348-9473</b> Office: <b>603-448-5922</b>
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### Concord District Office

Crisis Center of Central New Hampshire  
Formerly Rape and Domestic Violence Crisis Center  
P.O. Box 1344 Concord, NH 03302  
Crisis Line: **1-866-841-6229**  
Concord Office Line: **603-225-7376**

### Conway District Office

Starting Point  
Conway PO Box 1972  
Crisis Line: **1-800-336-3795**  
Conway Office: **603-447-2494**  
Ossipee Office: **603-539-5506**  
[www.startingpoint.nh.org](http://www.startingpoint.nh.org)

### Keene District Office

Monadnock Center for Violence Prevention  
12 Court St., Keene, NH 03431  
Crisis Line: **603-352-3782**  
Toll-free Hotline  
**1-888-511-mvcp(6287)**  
Keene office: **603-352-3782**  
Peterborough Office: **603-209-4015**  
Office Line: **603-536-5999**

### Laconia District Office

New Beginnings Without Violence and Abuse P.O. Box 622 Laconia, NH 03247 Crisis Line: <b>1-866-841-6247</b> Sexual Assault: <b>1-800-277-5570</b> Laconia Office: <b>603-528-6511</b>	Voices Against Violence P.O. Box 53 Plymouth, NH 03264 Toll-Free Crisis Line <b>1-877-221-6176</b> Local Crisis Line: <b>603-536-1659</b> Office Line: <b>603-536-5999</b>
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## **Domestic and Sexual Violence (continued)**

### **Littleton District Office**

The Support Center at The Burch House  
P.O. Box 965 Littleton, NH 03561  
Crisis Line: **1-800-774-0544**  
Littleton Office: **603-444-0624**

### **Manchester District Office**

YWCA Crisis Service  
72 Concord St.  
Manchester, NH 03101  
Crisis Line: **603-668-2299**  
Manchester Office: **603-625-5785**

### **Rochester District Office**

Sexual Harassment & Rape Prevention Program (SHARPP)  
UNH – Durham 2 Pettee Brook Lane, Wolff House Durham, NH 03824  
24/7 Toll Free Support Line: **1-888-271-7233 (SAFE)**  
Local Line: **603-862-7233 (SAFE)**  
Office Line: **603-862-3494**

Haven Hotline: Rochester, Portsmouth & Salem Crisis Line: **603-994-7233**

### **Seacoast District Office**

Haven Main Office  
20 International Dr. Suite 300, Portsmouth, NH 03801

Portsmouth and Salem Crisis Line: **603-994-7233**  
Portsmouth Office: **603-436-4107**

### **Southern District Office**

Bridges Domestic and Sexual Violence Support  
P.O. Box 217  
Nashua, NH 03061-0217  
Crisis Line: **603-883-3044**  
Milford Office: **603-672-9833**  
Nashua Office: **603-889-0858**  
24 Hour Support: **603-883-3044**

## Elders and 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** <http://www.servicelink.org/>

<p><b>ServiceLink of Belknap County</b> 67 Water St. Suite 105 Laconia, NH 03246 <b>603-528-6945</b> Mon – Fri 8:30 – 4:30</p>	<p><b>ServiceLink of Carroll County</b> 448 White Mountain Highway Tamworth, NH 03886 <b>603-323-2043</b> Mon – Fri 8:30 – 4:30</p>
<p><b>ServiceLink of Monadnock Region</b> 105 Castle St. Keene, NH 03431 <b>603-357-1922</b> Mon – Fri 8:30 – 4:30</p>	<p><b>ServiceLink of Coos County</b> 610 Sullivan St. Suite 6 Berlin, NH 03570 <b>603-752-6407</b> Mon – Fri 8:00 – 4:00</p>
<p><b>ServiceLink of Grafton County</b> <b>-- Lebanon --</b> 10 Campbell St. Lebanon, NH 03766 <b>603-448-1558</b> Mon – Fri 8:30-4:30</p> <p><b>-- Littleton --</b> 262 Cottage St. Mt. Eustis Commons Suite G-25 Littleton, NH 03561 <b>603-444-4498</b></p> <p><b>Plymouth</b> Plymouth Senior Center 8 Depot St., PO Box 478 Call Littleton for an appointment</p>	<p><b>ServiceLink of Hillsborough County</b> <b>-- Manchester --</b> 555 Auburn St. Manchester, NH 03103 <b>603-644-2240</b> Mon – Fri 8:30 – 4:30</p> <p><b>-- Nashua --</b> 70 Temple St. Nashua, NH 03064 <b>603-598-4709</b> Mon – Fri 8:30 – 4:30</p>
<p><b>ServiceLink of Merrimack County</b> 2 Industrial Park Dr. Concord, NH 03302-1016 <b>603-228-6625</b> Mon – Fri 8:30 – 4:30</p>	<p><b>ServiceLink of Rockingham County</b> <b>-- Portsmouth/Seacoast Area--</b> 72 Portsmouth Ave, Suite 113 Stratham, NH 03885 <b>603-334-6594</b></p> <p><b>-- Salem Area--</b> 8 Commerce Dr. Unit 802 Atkinson, NH 03811 <b>603-893-9769</b> Mon – Fri 8:30 – 4:30</p>
<p><b>ServiceLink of Strafford County</b> 25 Old Dover Rd. Rochester, NH 03867 <b>603-332-7398</b> Mon – Fri 8:00 – 5:00</p>	<p><b>ServiceLink of Sullivan County</b> 224 Elm St. Claremont, NH 03743 <b>603-542-5177</b> Mon – Fri 8:30 – 4:30</p>

## Employment Assistance

### Berlin Office

<b>WorkReadyNH</b> 2020 Riverside Dr., Berlin <b>603-752-1113/800-445-4525</b>	<b><u>NH Employment Security</u></b> Manager: Mark Belanger 151 Pleasant St. PO Box 159, Berlin 03570 <b>603-752-5500</b> <b>Fax: 752-5536</b> <u>Mark.J.Belanger@nhes.nh.gov</u>	<b><u>NHES Colebrook Satellite Office</u></b> 118 Main St., Suite 2A, Colebrook WAC Center Mon/Tues/Wed 8:00am-4:30pm closed 12-1 pm <b>603-237-5859</b> <b>Fax: 237-5865</b>
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### Claremont Office

<b>NH Employment Security: Claremont Branch</b> Manager: KB Miller 404 Washington Street/PO Box 180 <b>603-543-3111</b> <b>Fax: 543-3113</b> <u>Elizabeth.K.Miller@nhes.nh.gov</u>
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<b><u>Concord Office</u></b> NH Employment Security Manager: Carol Aubut 45 South Fruit St., Concord <b>603-228-4100</b> <b>Fax: 603-229-4353</b> <u>Carol.A.Aubut@nhes.nh.gov</u>	<b><u>Conway Office</u></b> NH Employment Security Manager: Tania Drummond 518 White Mountain Hwy, Conway <b>603-447-1421</b> <b>Fax 603-447-5985</b> <u>Tania.L.Drummond@nhes.nh.gov</u>	<b><u>Keene Office</u></b> NH Employment Security Manager: KB Miller 149 Emerald St. Ste. Y, Keene <b>603-352-1904</b> <b>Fax: 603-352-1906</b> <u>Elizabeth.k.miller@nhes.nh.gov</u>
<b><u>Laconia Office</u></b> NH Employment Security Manager: Carol Aubut 426 Union Ave. #3, Laconia <b>603-524-3960</b> <b>Fax: 603-524-3963</b> <u>Carol.A.Aubut@nhes.nh.gov</u>	<b><u>Littleton Office</u></b> NH Employment Security Manager: Tania Drummond 646 Union St., Suite 100, Littleton <b>603-444-2971</b> <b>Fax: 603-444-6245</b> <u>Tania.L.Drummond@nhes.nh.gov</u>	<b><u>Manchester Office</u></b> NH Employment Security Manager: Luc Mailloux 300 Hanover St., Manchester <b>603-627-7841</b> <b>Fax: 603-627-7982</b> <u>Luc.R.Mailloux@nhes.nh.gov</u>
<b><u>Somersworth Office</u></b> NH Employment Security Manager: Catherine Gordon 6 Marsh Brook Rd., Somersworth <b>603-742-3600</b> <b>Fax: 749-7515</b> <u>Catherine.V.Gordon@nhes.nh.gov</u>	<b><u>Portsmouth Office</u></b> NH Employment Security Manager: Catherine Gordon 2000 Lafayette Road Portsmouth <b>603-436-3702</b> <b>Fax: 603-436-3754</b> <u>Catherine.V.Gordon@nhes.nh.gov</u>	<b><u>Southern District Office</u></b> NH Employment Security <b>Nashua Branch</b> Manager: Dijana Radujkovic 6 Townsend West <b>603-882-5177 Fax 603-880-5256</b> <u>Dijana.Radujkovic@nhes.nh.gov</u> <b>Salem Branch</b> Manager: Dijana Radujkovic 29 South Broadway <b>603-893-9185 Fax 603-893-9212</b> <u>Dijana.Radujkovic@nhes.nh.gov</u>

## Food Pantries and Soup Kitchens

### Berlin District Office

**With the Covid-19 outbreak, call first for instructions.**

#### Berlin

Feeding Hope Food Pantry  
219 Willow St.  
**603-752-5374**  
Mon 10:30-2:00  
Soup Kitchen  
Wed 4:00pm-6:00pm  
(Not first Wed of month)

The Salvation Army  
Food Pantry/*Soup Kitchen*  
15 Cole St.  
**603-752-1644**

Tues/Thurs 9:00am – 12:00pm  
Must show picture I.D

#### Berlin

Response  
961 Main St.  
**603-752-5467**

#### Colebrook

Helping Hands North Food Pantry  
96 Main St.  
**603-237-5891**  
Tues, Thurs, Fri 10:00am-2:00pm  
Wed 10:00am-5:00pm  
Has a crisis pantry that provides  
clothing, infant formula, baby food,  
diapers for struggling families &  
food help for seniors

#### Groveton

Groveton Food Pantry  
St. Marguerite D'Youville Parish  
11 State St.  
**603-636-1047**  
Wed 9:30am-12:00pm  
Thurs 1:00pm-3:00pm  
Fri 1:00pm-2:30pm

#### Lancaster

Christ United Methodist Church  
135 Main St.  
**603-788-2734**  
M/W/F 1:00pm-3:00pm

#### Whitefield

Community Baptist Church  
27 Jefferson Rd.  
**603-837-9044**  
Tues & Thurs 10:00am-4:00pm

Friends-N-Neighbors  
38 King Sq.  
**603-837-9044**

Pantry: Tues 11:00am-1:00pm  
Thurs 3:00pm-5:00pm  
Thrift Store: Mon-Fri 10:00am-  
5:00pm & Sat 10:00am-3:00pm

### Prepared Food for the Elderly (Berlin District Office) (C=Congregate Meals and HD=Home Delivered Meals)

**With the Covid-19 outbreak, call first for instructions.**

#### Berlin

Berlin Senior Meals (C & HD)  
610 Sullivan St.  
**603-752-2545**

#### Whitefield

34 Jefferson Rd (HD)  
**603-837-3803**

## Food Pantries and Soup Kitchens (continued)

### Claremont District Office

With the Covid-19 outbreak, call first for instructions.

#### Chesterfield

Joan's Food Pantry  
Asbury Methodist Church  
532 Route 63, PO Box 59  
**603-363-4631**  
Sat 9:00am-1:00pm

#### Claremont

Claremont *Soup Kitchen* & Food Pantry  
51-53 Central St. **603-543-3290**  
Food Pantry: Mon 3:00pm-5:30pm  
*Soup Kitchen*: Mon-Thurs 12:30pm-5:30pm  
Must show proof of residency, income & food debit

St. Vincent De Paul Society  
32 Central St.  
**603-542-5950**  
Pantry no set hours

#### Langdon

Fall Mountain Friendly Meals  
Route 12A Baker Building **603-835-2283**  
M/W/F/Sat 10:00am-4:00pm

#### Lebanon

First Baptist Church  
16 Campbell St. **603-448-5618**  
Mon/Wed/Fri 10:00am-2:00pm

#### Lebanon Continued

Listen Community Services  
60 Hanover St.  
**603-448-4553**  
*By appointment only*

#### Newport

Newport Area Association of Churches  
95 S. Main St. **603-863-3411**  
Mon/Thurs. 9:00am – 12:00pm  
Tue 4:30pm-6:30pm  
Wed 12:00pm-3:00pm  
Thurs 9:00am-12:00pm

#### Sunapee

Town Of Sunapee Food Pantry  
23 Edgemont Rd. **603-763-2212**  
Sunapee Residents Only  
Must complete application

Welfare Admin Office **603-369-9896**  
Mon/Tues/Thurs/Fri 8am-5pm  
Wed 8:00am–1:00pm

### Prepared Food for the Elderly Claremont District Office Area (C=Congregate Meals and HD=Home Delivered Meals)

With the Covid-19 outbreak, call first for instructions.

#### Canaan

Listen Community Services  
Senior Center  
1166 Route 4  
**603-448-4553**  
(C&HD)

#### Newport

Newport Senior Center  
76 South Main St.  
**603-543-3072**  
(C & HD) Mon-Fri 11:45am

**Food Pantries and Soup Kitchens (continued)**  
**Concord District Office Area**

**With the Covid-19 outbreak, call first for instructions.**

**Allenstown**  
**(see Pembroke)**

**Boscawen**

Congregational Church  
Food Pantry  
12 High St.  
**603-796-2565**  
Mon 11:00am-12:00pm  
Wed 3:00pm-6:00pm  
*Residents only*

**Bradford**

First Baptist Church  
88 W Main St.  
**603-938-5313**  
3<sup>rd</sup> Wed 5:30pm-6:30pm  
Tues/Thurs 9:00am-12:00pm

**Chichester**

Town Office Pantry  
54 Main St.  
**603-798-5350**  
Mon-Fri 9:00am-1:00pm

**Concord**

Center Point Pantry  
20 N State St.  
**603-224-7427**  
1<sup>st</sup> and 3<sup>rd</sup> Sat 7:00am-8:30am

Concord CAP  
2 Industrial Park Dr. Building # 2  
**603-225-6880**  
Mon/Wed/Fri 9:00am-12:00pm  
Tues/Thurs 1:00pm-4:00pm

**Concord Continued**

Christ The King of Food Pantry  
67 ½ South State St  
**603-224-2328**  
Mon-Thurs 7:00pm-9:00pm

Concord City Office  
28 Commercial St.  
**603-225-8575**  
Mon/Tues/Thurs/Fri 8:30am-4:00pm  
Wed 9:00am-4:00pm  
Closed daily 12:00pm-1:00pm

First Congregational Church UCC  
177 N. Main St.  
Entrance on Washington St.  
**603-225-5491**  
Mon/Tues/Thurs 9:30am-11:30am  
Bring ID

Friends of Forgotten Children  
224 Bog Rd.  
**603-753-4801**  
Thurs 9:00am-8:00pm

Gospel Light Pantry  
124 Hall St.  
**603-225-7373**  
Last two Saturdays of the month  
9:00am-10:00am

**Concord Continued**

St. Paul's Episcopal Church  
21 Center St.  
**603-224-2523**  
Mon-Thurs 10:00am-2:00pm

The Salvation Army  
58 Clinton St.  
**603-225-5586**  
Tues-Fri 9:30am-1:30pm

**Dunbarton**

First Congregational Church  
6 Stark Highway  
**603-774-4601**  
*By appointment only*

**Franklin**

Belknap/Merrimack County  
CAP  
Food Pantry  
316 Central St.  
**603-934-2331**  
Mon-Fri 8:30am-4:30pm  
*Call for emergency*

Twin Rivers  
Interfaith Food Pantry  
237 Central St. **603-934-2662**  
Tues & Thurs 9:00am-11:00am  
Wed 5:00pm-7:00pm

## Food Pantries and Soup Kitchens (continued)

**With the Covid-19 outbreak, call first for instructions.**

### Henniker

Henniker Food Pantry  
21 Western Ave.  
**603-428-7554**  
Mon 11:00am-12:00pm  
Wed 5:30pm-6:30pm

Henniker Town Office  
18 Depot St  
**603-428-7554**  
Mon-Fri 8:00am-4:30pm  
Henniker Residents only

### Hillsboro

Hillsboro Food Pantry  
7 Church St. **603-464-4080**  
Tues 5:00pm-7:00pm  
*Proof of residency and  
physical address*

### Hopkinton

Hopkinton Food Pantry  
330 Main St.  
**603-746-5729**  
Mon-Thurs 8:00am-5:30pm  
Fri 8:00am-12:00pm

### Hooksett

Hooksett Community Food  
Pantry  
35 Main St. **603-485-7222**  
Mon & Fri. 10:00am-12:00pm  
Tues & Thurs 2:00pm-4:30pm  
Wed 9:00am-12:00pm

### Loudon

Canterbury/Belmont/Chichester  
Loudon Food Pantry  
30 Chichester Rd. Ste. D  
**603-724-9731**  
By appointment only

### Newbury

South Newbury Union Church  
Village/Sutton Rd.  
**603-938-2064**  
*By appointment Only*

### New London

First Baptist Church  
461 Main St. **603-526-6511**  
Wed 5:30pm-7:00pm  
Sat 10am-11:30am

### Penacook

Immaculate Conceptions  
9 Bonney St. **603-753-4413 x5**  
Tues/Wed 6:00pm-7:00pm  
Thurs/Sat 9:00am-10:00am

United Church of Penacook  
21 Merrimack St. **603-753-4072**  
Pantry: Tues 9:30am-11:30am

### Pembroke

Belknap/Merrimack County CAP  
15 Glass St. Suite 104  
**603-485-7824**  
Mon-Fri 9:00am-4:00pm

### Pittsfield

Pittsfield Food Pantry  
**435-7300**  
55 Barnstead Rd.  
Mon 11:00am-2:00pm  
4:00pm-6:00pm  
Thurs 11:00am-2:00pm

### Suncook see Pembroke

### Warner

Kearsarge Valley CAP  
49 West Main St. **603-456-2207**  
Mon-Fri 8:30am-4:30pm

### Webster

Webster Food Pantry  
1011 Long St. **603-648-2128**  
1<sup>st</sup> Wed of Month  
6:30pm-7:30pm

## Food Pantries and Soup Kitchens (Continued)

### Concord District Office Area

#### Prepared Food for the Elderly Concord District Office Area

(C=Congregate Meals and HD=Home Delivered Meals)

**With the Covid-19 outbreak, call first for instructions.**

#### Concord

Concord Area MOW  
2 Industrial Park Dr.

**603-225-9092**

**603-225-6880**

(HD)

Horseshoe Pond Place  
26 Commercial St

**603-228-6956**

Call Ahead (HD)

#### Franklin

TRIP

Franklin Senior Center

20 Canal St.

**603-934-7369**

Call ahead

(C&HD)

#### Hillsboro

Smith Memorial Congregation  
Church

30 West St

**603-464-3529**

(C&HD) Tue-Fri 9:00am-12:00pm

#### Pittsfield

Pittsfield Senior Center  
74 Main St.

**603-435-8482**

(C&HD) 12:00pm

### Conway District Office Area

**With the Covid-19 outbreak, call first for instructions.**

#### Center Ossipee

Ossipee Valley Bible Church  
2205 White Mountain Hwy.

**603-539-4456**

Mon/Wed/Fri 1:00pm-3:00pm

*(Also serving Glen)*

#### Glen

Bartlett Jackson Food Pantry  
Community Baptist Church

Route 302

**603-356-2950**

Sat 10:00am-12:00pm

#### Sanbornville

The Wakefield Food Pantry  
138 Meadow St.

**603-522-3094**

Wed 10:00am-1:00pm

5:00pm-7:00pm

#### Conway

Conway Village Congregational Church  
132 Main St.

**603-447-3851**

Tues 9:00am-11:00am

5:30pm-7:30pm

By appointment only

#### Madison

Madison Church Food Pantry  
53 Conway Rd. Route 113

**603-733-6323**

Wed 10:00am-1:00pm

#### Tamworth

Community Center Food Pantry  
678 Whittier Rd.

**603-960-4067**

Tues/Fri 10:00am-12:00pm

#### Freedom

Freedom Food Pantry  
12 Elm St.

**603-539-1339/603-539-6484**

Sat 10:00am-12:00pm

#### North Conway

Vaughan Community Service  
2503 White Mountain Highway

**603-356-2324**

Mon 10:00am-11:30am

Wed 9:00am-10:30am

Thurs 1:30pm-3:00pm

*By appointment in emergency*

#### Wolfeboro

LIFE Ministries  
264 S Main St.

**603-569-0202**

Wed 10:00am-1:00pm

5:00pm-7:00pm

## Food Pantries and Soup Kitchens (continued)

### Prepared Food for the Elderly Conway District Office Area

(C=Congregate Meals and HD=Home Delivered Meals)

**With the Covid-19 outbreak, call first for instructions.**

#### Center Ossipee

Ossipee Concerned Citizens  
3 Dore St.

**603-539-6851**

(C&HD M-F)

9:00am-4:00pm

By appointment only

#### Madison

Silver Lake Senior Housing  
1420 Village Rd.

**356-3231**

(C) Call ahead

#### Tamworth

Food Dinner Bell  
678 Whittier Rd.

**603-323-8515**

(C) 10:00am-12:00pm

#### North Conway

Gibson Center  
for Senior Services  
14 Gove Street

**603-356-3231**

(C&HD except holidays)

Call ahead

### Keene District Office Area

**With the Covid-19 outbreak, call first for instructions.**

#### Alstead

*Fall Mountains Friendly Meals  
Soup Kitchen*

Alstead Fire Station **603-835-2283**

Tues/Thurs 9:00am & 11:00am

#### Keene

Community Kitchen  
37 Mechanic St. **603-352-3200**

Wed 12:30pm-5:30pm

Thurs 11:30am-4:00pm

#### Richmond

Richmond Town Office  
Food Pantry **603-239-4494**  
105 Old Homestead Highway  
Richmond Residents

#### Antrim

Antrim Food Pantry  
Antrim Baptist Church  
85 Main St. **603-588-6614**

Tues 6:00pm-7:00pm

Sat 10:00am-12:00pm

#### Salvation Army

15 Roxbury Plaza

**603-352-0607 x10**

Tues-Fri 9:00am-2:00pm

#### St. Vincent De Paul

173 Main St. **603-352-3525**

Tues/Wed/Thurs 7:00pm-8:00pm

#### Mondays

9:00am-12:00pm

1:00pm-4:00pm

6:00-8:00pm

#### Wednesdays

9:00am-12:00pm

1:00pm-5:00pm

#### Chesterfield

Joan's Food Pantry  
Asbury Methodist Church  
Route 63

**603-363-4631**

Sat 9:00am -1:00pm

#### Marlborough

Federated Church of Marlborough  
16 Pleasant St. **603-876-3863**

Mon 2:00pm-6:00pm

Tues 9:00am-1:00pm

#### Thursdays

9:00am-12:00pm

#### Jaffrey

Jaffrey Assembly of God  
48 Stratton Rd. **603-532-6131**

Sat 10:30am-noon

#### Rindge

Rindge Food Pantry  
646 NH Route 119

**603-899-5031**

Thurs 2:00pm-7:00pm

United Church of Jaffrey  
54 Main St. **603-532-8005**

Tues 10:30am-12:30pm

Wed 6:00pm-7:30pm

25 Elm St.

Wed 5:30-6:30pm

Peterborough Unitarian Church

**603-933-3656**

## Food Pantries and Soup Kitchens (continued)

### Prepared Food for the Elderly Keene District Office Area (C=Congregate Meals and HD=Home Delivered Meals)

**With the Covid-19 outbreak, call first for instructions.**

#### Alstead

Fall Mountain  
Food Shelf

**603-835-2283**

Tues/Thurs 11:00am (C&HD)

#### Hinsdale

Friendly Meals  
Community Center  
Main St.

**603-336-7087 (C&HD)**

#### Keene

Harper Acres Friendly Meals  
105 Castle St.

**603-357-4589 (C&HD)**

#### Antrim

St Joseph Community Services  
6 Aiken St. **603-588-3069 (C)**

### Laconia District Office Area

**With the Covid-19 outbreak, call first for instructions.**

#### Alton

Alton Community Services  
43 Main St.

**603-875-2273**

Sat 10:00am-12:00pm  
By appointment only

#### Laconia

Laconia CAP Office  
121 Belmont Rd

**603-524-5512**

Mon/Wend/Fri 9:00am-12:00pm  
Tues/Thurs 1:00pm-4:00pm

Belknap/Merrimack County  
Community Action Program  
147 Main St. **603-279-1115**  
Mon-Fri 8:30am-4:30pm

#### Plymouth

Plymouth Assembly of God  
319 Highland St. **603-536-1966**  
1st & 3rd Mon 12:00pm-2:00pm

#### Bristol

Bristol Community Services  
24 Pleasant St. **603-744-2222**  
M/W/F 9:00am-2:00pm

Christ of Life Center  
175 Mechanic St  
**524-5895**

Thurs 9:00am-12:00pm

Plymouth Area  
Community Closet & Food  
Pantry  
5 South Main St. **603-536-1101**  
Tues/Thurs 9:00am-11:00am

#### Campton

Campton Area Resource Center  
Thrift Shop and Food Pantry  
12 Six Flags Rd. **603-236-6232**  
Tue/Thurs 1:00pm-3:00pm

Isaiah 61 Café  
100 New Salem St  
Mon-Fri 9:00am-2pm Showers &  
Lockers

#### Sanbornton

Second Baptist Church  
322 Upper Bay Rd.  
**603-524-5996**  
3<sup>rd</sup> Wed 4:00pm-6:30pm  
Belmont/Tilton/Northfield

Campton Town Office  
12 Gearty Way  
**603-726-3223**

Mon-Fri 9:00am-5:00pm

#### Meredith

Calvary Bible Church  
Food Pantry  
6 St. James St. **603-279-6025**  
Call Ahead

#### Center Harbor

Center Harbor Food Pantry  
80 Bean Road  
**603-253-8008**

Mon-Fri 8:00am-12:00pm  
By appointment only

#### Tilton

Northfield-Tilton  
Congregational Church  
283 Main St.  
**603-286-4253**  
Tues 9:00am-4:00pm

## Food Pantries and Soup Kitchens (continued)

### Prepared Food for the Elderly Laconia District Office Area

(C=Congregate Meals and HD=Home Delivered Meals)

With the Covid-19 outbreak, call first for instructions.

#### Alton Bay

Alton Senior Center  
7 Pearson Rd.  
**603-875-7102**  
Mon-Fri 8:30am-4:30pm  
(C&HD)

#### Belmont

Senior Center 14 Mill St.  
**603-267-9867**  
Call Ahead

#### Bristol

Newfound Area Senior Center  
Bristol United Church of Christ  
15 Church St.  
**603-744-8395**  
Mon/Wed/Thurs 8:30am-12:00pm  
Tues 8:00am-12:00pm  
(C&HD)

#### Laconia

Senior Center 17 Church St.  
**603-524-7689**  
8:30am-4:30pm  
(C&HD)

#### Plymouth

Senior Center 8 Depot St.  
**603-536-1204**  
Mon-Fri 8:30am-3:00pm  
Call ahead  
(C&HD)

### Littleton District Office Area

With the Covid-19 outbreak, call first for instructions.

#### Bethlehem

Helping Hands Food Pantry  
475 Whitefield Rd. Route 116  
**603-444-1230**  
1st Monday of the month  
9:00am-12:00pm  
3rd Friday of the month  
4:00pm-6:00pm

#### West Ossipee

(within 5.6 Miles of Carroll)  
Agape Ministries Servants  
**603-539-4456**  
Mon/Tue/Wed/Fri 1-3

#### Franconia

Good Neighbor Food Pantry  
44 Church St.  
**603-823-8421**  
Tues 1-4

#### Lancaster

Lancaster Community Cupboard  
135 Main St.  
**603-788-2734**  
M/W/F 1:00pm-3:00pm  
United Methodist Church  
C/O Tri-County CAP  
73 Main St.  
**603-788-2734**  
Mon/Wed/Fri 1:00pm-3:00pm  
*By appointment*

#### Lincoln/Woodstock

Lincoln/Woodstock Rec. Dept.  
194 Pollard Rd.  
**603-745-8958**  
*By appointment only*

#### Littleton

All Saints Church  
Food Pantry  
35 School St.  
**603-444-3414**  
Tues/Thurs/Sat 9:00am-10:00am  
Sun 9:00am-9:45am  
The Bridge Outreach Center  
70 Redington St.  
**603-444-6517**  
Mon/Tues/Wed 10:00am-noon  
Tues 12:00pm-6:00pm

#### Woodsville

Woodsville Food Pantry  
6 Church St.  
**603-747-3013**  
Mon-Fri 8:00am-4:00pm

### Prepared Meals for the Elderly Littleton District Office Area

(C=Congregate and HD= Home delivered)

With the Covid-19 outbreak, call first for instructions.

#### Lincoln

Linwood Area Senior Services  
194 Pollard Rd.  
**603-745-4705**  
(C&HD)  
Mon-Wed, Sat & Sun

#### Littleton

Littleton Area Senior Center  
77 Riverglen Lane  
**603-444-6050**  
(C&HD)

#### North Haverhill

Horse Meadow Senior Center  
91 Horse Meadow Rd.  
**603-787-2539**  
(C&HD)

## Food Pantries and Soup Kitchens (continued)

### Manchester District Office Area

**With the Covid-19 outbreak, call first for instructions.**

#### Auburn

First Assembly of God  
Food Pantry  
45 Myles Dr. **603-483-2272**  
Sat 7:00am-8:00am

#### Chester

Chester Congregational Church  
4 Chester St. **603-887-4626**  
4<sup>th</sup> Sat. of every month  
9:00am-1:00pm (*No holidays*)

#### Goffstown/Dunbarton

Goffstown Harvest Food Pantry  
711 Mast Rd. **603-391-5741**  
Fri 6:00pm-8:00pm

The First Congregational Church of  
Dunbarton Food Pantry  
6 Stark Highway North  
**603-774-4601**

Salvation Army Food Pantry  
26 Long Pond Rd. **603-774-1021**  
*Wednesday appointments only*

Goffstown Network Inc.  
7 North Mast Rd. **603-497-3433**  
Wed 6:00pm-8:00pm  
Sat 10:00am-12:00pm

#### Manchester

First Congregational Church  
508 Union St. **603-625-5093**  
Mon-Fri 9:00am-12:00pm

Blessed Sacrament Food Pantry  
14 Elm St  
**603-622-5445**  
Wed 1:00pm-3:00pm

#### Manchester Continued

Sacred Heart  
Roman Catholic Church  
247 South Main St. **603-668-4004**  
Call for appointment  
Tues/Thurs 10:00am-12:00pm

Salvation Army  
121 Cedar St. **603-627-7013**  
*By appointment every 90 days*

St. Vincent de Paul  
STE Maries Church Food Pantry  
378 Notre Dame Ave  
**603-622-4615**

New Horizons for NH  
199 Manchester St. **603-668-1877**  
Breadline:  
M/W/F 12:00pm-1:30pm  
Tues 12:30pm  
Pantry Hours:  
M/W/F 12:00pm-1:00pm  
Thurs 6:00pm-7:00pm  
Dinner every day 4:30pm

Parish of the Transfiguration  
Food Pantry & Outreach  
107 Alsace St. **603-623-4715**  
Tues-Fri 1:00pm-3:00pm  
*Apps only-zip code 03102 only*

First United Methodist Church  
961 Valley St. **603-622-8863**  
Tues 9:00am-11:30am

#### Manchester continued

St Raphaels Church  
103 Walker St  
**603-623-2604**  
Mon 7:00pm-8:00pm

St PIUS X Church  
675 Candia Rd. **603-625-6775**  
*Appointments once a month*  
*Must be a resident*

Karen Angela Carter  
336 Kelly street  
**603-674-1623**  
Tues 1:00pm-5:00pm  
Third Saturday 11:00am-1:00pm

#### New Boston

Community Church  
of New Boston  
Meetinghouse Hill Rd.  
Central Square  
**603-487-3643**  
*Call for Appointment*

#### Weare

Weare Food Pantry  
16 East St. **603-529-0320**  
Route 114 Side of Building  
*Valid ID for Residence*  
*Proof of income*  
Tues/Wed 1:00pm-6:00pm  
Thurs 3:00pm-6:00pm  
Sat 9:00am-2:00pm

### Prepared Food for the Elderly Manchester District Office Area

(C=Congregate Meals and HD=Home Delivered Meals)

**With the Covid-19 outbreak, call first for instructions.**

#### Goffstown

St Joseph Community Services  
12 Reed St. **603-497-4633**  
(C) M-F 8:30am-2:30pm Lunch 11:30am (HD) No Weds

#### Manchester

City of Manchester  
151 Douglas St. **603-624-6533**  
(C) M-F 8:30am-4:30 pm (HD) 11:00am-12:30pm

## Food Pantries and Soup Kitchens (continued)

### Rochester District Office Area

**With the Covid-19 outbreak, call first for instructions.**

#### Barrington

Barrington Community  
Food Pantry  
105 C Ramsdell Lane  
**603-664-0233**  
Thurs 6:00pm-7:30pm  
*Once per month*

Parish of the Assumption  
150 Central Ave. **603-742-4837**  
Tues/Wed 9:00am-12:00pm  
Sat 10:30am-12:00pm

#### Dover

The Dover Food Pantry  
First Parish Congregational  
Church  
1 Silver St  
**603-742-5664**  
Thurs 9:00am-12:00pm

Strafford CAP  
61 Locust St.  
**603-460-4237**  
Mon/Tue/Wed/Fri 9:00am-3:00pm

#### Durham

St. Thomas Moore Church  
Food Pantry  
6 Madbury Rd. **603-868-2666**  
Thurs 4:00pm-6:00pm

Cornucopia Food Pantry  
15 Mill Rd. **603-862-1165**  
Tues 4:00pm-5:00pm  
Fri noon-1:00pm

#### Farmington

Interfaith Food Pantry  
400 Main St. **603-755-4816**  
Call Anytime  
Pick-up Last Saturday of the  
month 9:30am-10:30am

Grace Community Church  
9 Mechanic St.  
**603-332-9689**  
Last Sat of the month 3:00-  
5:00pm

#### New Durham

New Durham Food Pantry  
5 Main St. **603-817-0372**  
Sat 9:00am-10:00am

#### Rochester

First Church Congregational  
63 South Main St.  
**603-332-1121**  
Mon-Fri 8:00am-2:00pm

Gerry's Food Panty  
151 Wakefield St. **603-330-  
3468**  
Mon-Fri 1:00p-3:15pm  
Wed 10:00am-3:15pm  
*By appointments only*

#### Rochester Continued

Salvation Army  
10 Olde Farm Lane  
**603-332-2623**  
Pantry:  
M/W/TH/F 9:00am-2:00pm  
*Soup Kitchen:*  
M/W/F 12:00pm-1:00pm

#### East Rochester

Bethany United Methodist Church  
24 Main St. **603-332-3618**  
Thurs 10:00am-noon

#### Rollinsford

Seeds of Faith  
1 Front St Suite 160  
**207-703-3185**

#### Somersworth

The Community Food Pantry Inc.  
176 West High St. **603-692-2907**  
Mon 10:00am-12:00pm  
Wed 6:00pm-8:00pm  
Thurs 3:00pm-5:00pm

### Prepared Food for the Elderly Rochester District Office Area

(C=Congregate Meals and HD=Home Delivered Meals)

**With the Covid-19 outbreak, call first for instructions.**

#### Farmington

First Congregational Church  
17 South Main St.  
**603-755-4816**  
(C&HD)

#### Rochester

Rochester  
Housing Authority  
77 Olde Farm Lane  
**603-332-4126**  
(C&HD)

#### Somersworth

Fillion Terrace Hall  
75 Washington St.  
**603-692-5169(am)**  
**603-692-4211(pm)**  
(C&HD)

#### Somersworth

Housing Authority  
Strafford Nutrition/MOW  
9 Bartlett Avenue  
**603-692-4211**  
(HD)

## Food Pantries and Soup Kitchens (continued)

### Seacoast District Office Area

**With the Covid-19 outbreak, call first for instructions.**

#### Brentwood

Pilgrim United Church of Christ  
197 Middle Rd. **603-778-3189**  
Tues-Fri By appointment only

#### Deerfield

Deerfield Food Pantry  
15 Church Street **603-463-7734**  
Last Friday of each Month  
10:00am-12:00pm

#### Fremont

Fremont Food Pantry  
295 Main St. **603-895-3825**  
*Appointments only*

#### Hampton

First Baptist Church  
36 Winnacunnet Rd.  
**603-926-3200**  
Mon 9:30am-12:00pm

St Vincent De Paul Society  
289 Lafayette Rd. **603-929-4427**  
M/Tu/Th/Fri 10:30am-12:00pm  
Sat 9:00am-10:30am

Hobbs House Food Pantry  
200 High St. **603-926-4936**  
Tues 10:00am-12:00pm  
Fri 11:00am-1:00pm

Salvation Army Food Pantry  
28E Depot Sq. **603-929-1729**  
Tue/Thurs/Fri 1:00pm-3:00pm  
*By appointment only*

United Methodist Church  
525 Lafayette Rd.  
**603-926-2702**  
Wed 9:30am-11:30am

#### Kingston

Kingston Food Pantry  
Town Hall Building 163 Main St.  
**603-642-9971**  
Mon/Tues/Fri 9:00am-12:00pm

#### Newfield

Newfield Community  
Church Food Pantry  
71 Main St. **603-778-8626**  
By appointment only

#### Newmarket

Community Church Food Pantry  
137 Main St  
Enter on Water St side  
**603-895-2303**  
Fri & Sat 10:00am-12:00pm

#### Northwood

St Joseph's Catholic Church  
First NH Turnpike Parish Hall  
**603-664-6937**  
Walk in only  
First Sat of month 9:30am-  
11:00am  
Second Mon of month 2:00pm-  
3:30pm  
Last Wed of month 9:00am-10:30

#### Nottingham

Liberty Baptist Church  
Food Pantry  
60 Freeman Hall Road  
**603-942-9237**  
Tues 5:45pm-6:30pm  
Nottingham Town Office  
139 Stage Rd. **603-679-5209**  
3<sup>rd</sup> Thurs of month  
6:00pm-7:00pm

#### Portsmouth

Seacoast Community Church  
397 Lafayette Rd.  
**603-436-8623**  
Tues 12:00pm-1:00pm  
Soup Kitchen Tues 12:00pm

Operation Blessing  
600 A Lafayette Rd.  
**603-430-8561**  
Wed/Thurs/Fri 10:00am-4:00pm  
Closes daily 12:00pm-1:00pm

Gather for a Hungry Free  
Community  
210 West Road Suite 3  
**603-436-0641**  
Mon-Thurs 9:00am-5:00pm  
Fri 9:00am-1:00pm

Salvation Army Food Pantry  
15 Middle St  
**603-436-2606**  
Mon-Fri 10:00am-3:00pm

Salvation Army  
15 Middle St. **603-436-2606**  
Mon-Thurs  
*Breakfast:* Mon-Fri 7:00am-  
8:00am

*Dinner:* every day  
5:00pm-6:00pm  
*Pantry Hours*  
9:00am-12:00pm & 1:00pm-  
3:00pm  
Call for appointment

#### Seabrook

Rockingham CAP  
683 Lafayette Rd.  
**603-474-3507 X 3**  
Mon thru Fri 8:30am-4:30pm  
Trinity Parish House Soup  
Kitchen  
29 Main St.  
**603-474-9608**  
Tues /Wed 5:00pm-6:00pm

## Food Pantries and Soup Kitchens (continued)

### Seacoast District Office Area (continued)

**With the Covid-19 outbreak, call first for instructions.**

<p><b><u>Raymond</u></b> Rockingham Community Action 55 Prescott Rd. <b>603-895-2303</b> <i>By appointment only</i></p>	<p>New Life Assembly of God 84 Nottingham Rd. <b>603-895-6041</b> 2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday 11:00am-1:00pm &amp; 5:00pm-6:00pm</p>
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### Prepared Food for the Elderly Seacoast District Office Area (C=Congregate Meals and HD=Home Delivered Meals)

**With the Covid-19 outbreak, call first for instructions.**

<p><b><u>Epping</u></b> Epping Community Church 43 Pleasant St. <b>603-679-1609 (C&amp;HD)</b></p>	<p><b><u>Newmarket</u></b> Sunrise Sunset Center 2 Terrace Dr. <b>603-659-4469 (C&amp;HD)</b></p>
<p><b><u>Exeter</u></b> Exeter Senior Center 30 Court Street <b>603-778-8196 (C&amp;HD)</b></p>	<p><b><u>Portsmouth</u></b> Rockingham Nutrition-MOW 40 Bedford Way <b>603-431-0531 (C&amp;HD)</b></p>
<p><b><u>Hampton</u></b> United Methodist Church 525 Lafayette Rd. <b>603-929-1108 (C&amp;HD)</b></p>	<p><b><u>Seabrook</u></b> Seabrook Community Center 311 Lafayette Rd. <b>603-474-2139 (C&amp;HD)</b></p>

## Food Pantries and Soup Kitchens (continued)

### Southern District Office Nashua Area

**With the Covid-19 outbreak, call first for instructions.**

#### Greenville

St Vincent De Paul Society Church  
15 High St. **603-878-0518**  
Mon-Thurs *By appointment only*

#### Hudson

First Baptist Church  
236 Central St. **603-882-6116**  
Tues-Thurs 10:00am-12:00pm  
By appointment only

St John The Evangelist Food Pantry  
23 Library St. **603-882-2462**  
*By appointment*  
*2<sup>nd</sup> & 4<sup>th</sup> Wed*

#### Litchfield

Litchfield Community Church  
259 Charles Bancroft Highway  
**603-424-6057**  
M/Wed/Thurs 9:00am-12:00pm  
Mon Eve 6:00pm-7:30pm

#### Merrimack

St. James  
United Methodist Church  
646 Daniel Webster Hwy  
**603-440-9597**  
Tues 9:30am-12:00pm

#### Merrimack Continued

Movement Christian Church  
27 Depot St  
**603-424-1711**  
Tues 11:30 am – 1:00pm

#### Nashua

Christian Bible Church  
205 Manchester St. **603-882-1055**  
Tues 9:30am-4:00pm  
By appointment

Corpus Christi  
3 Crown St. **603-882-6372**  
Mon/Wed 10:00am  
Tues/Thurs 2:00pm

Nashua Soup Kitchen & Shelter  
2 Quincy St. **603-889-7770**  
*Food Pantry (Call first)*  
Mon-Fri 9:00am-5:00pm

#### Soup Kitchen:

Mon-Fri  
Breakfast 7:00am-8:00am  
Dinner Mon-Sat 4:30pm-6:00pm  
Breakfast Sat 10:00am-11:30am  
Dinner 4:00pm-6:00pm  
Sun 12:00pm-1:30pm

#### Nashua Continued

Salvation Army  
1 Montgomery Ave.  
**603-883-7841**  
Mon-Fri  
10:00am-3:00pm

Tolles Street  
Mission Food Pantry  
52 Whitney St.  
**603-880-4984**  
Mon/Thurs 12:00pm-2:00pm  
Tues/Wed 10:30am- 12:30pm

#### Wilton

Open Cupboard Pantry  
6 Burns Hill Rd.  
**603-654-2635**  
*By appointment only*

#### Windham

Shepherd's Pantry Inc.  
1 Church Rd.  
**603-432-2150**  
Mon 9:30am-11:00am

### Prepared Food for the Elderly in Nashua Area (C=Congregate Meals and HD= Home Delivered Meals)

**With the Covid-19 outbreak, call first for instructions.**

#### Londonderry

535 Mammoth Rd  
**603-432-8554**  
Mon-Fri  
11:00am-1:00pm  
(C & HD)

#### Merrimack

St. Joseph Community Services  
395 Daniel Webster Hwy  
**603-424-9967**  
(C) Mon-Fri 8:30am-4:30pm  
Call ahead

#### Plaistow

Vic Gary Drop-In Center  
18 Grenough Rd.  
**603-382-5995**  
(C) Mon-Fri 9:00am-1:00pm  
(HD) Mon-Fri 11:00am-1:00pm

## Food Pantries and Soup Kitchens (continued)

### Southern District Office Salem Area

**With the Covid-19 outbreak, call first for instructions.**

#### Derry

First Baptist Church  
Community Food Pantry  
4 Crystal Ave.  
**603-432-3482**  
Tues 3:30pm-5:00pm  
Thurs 9:30am-12:00pm

#### Exeter

St. Vincent De Paul  
Community Assistance Center  
53 Lincoln St.  
**603-772-9922**  
Mon/Tues/Thurs 7:00pm-8:00pm  
Wed & Friday 1:00pm-2:00pm

#### Plaistow

St. Luke's Food Pantry  
8 Atkinson Depot Rd.  
**603-819-4949**  
Wed/Fri 10:00am-12:00pm  
Thurs 6:00pm-7:00pm

St. Luke's United Methodist Church  
63 East Broadway  
**603-434-4767**  
Appointment Only

#### Hampstead

St. Anne Parish Food Pantry  
26 Emerson Ave.  
**603-329-5886**  
By appointment only

#### Salem

Food for Hungry  
United Methodist Church  
6 Pleasant St. **603-898-2501**  
Wed 9:00am-12:00pm

St. Thomas Aquinas Food Pantry  
26 Crystal Ave.  
**603-432-5000**  
Mon/Wed/Fri 1:00pm-3:30pm

#### Londonderry

St. Jude Parish 435 Mammoth Rd.  
*By appointment only*  
**603-434-1827** ask for Kay Doyle

St. Mary and St. Joseph  
33 Main St. **603-898-4933 x30**  
Call ahead

The Upper Room Food Pantry  
36 Tsienetto Rd.  
*Call first* **603-437-8477**  
Mon 11:00am-1:00pm

Londonderry Baptist Church  
368 Mammoth Rd  
**603-437-5623**  
By appointment only

Triumphant Cross  
Lutheran Church  
171 Zion Hill Rd. **603-893-0305**  
Mon 10:00am-12:00pm

Salvation Army  
18 Folsom Rd  
**603-434-7790**

#### Newton

Newton Town Office Food Pantry  
Town Hall Rd.  
**603-382-0398**  
*Call ahead*  
Mon-Fri

Tues 9:00am-11:00am  
3<sup>rd</sup> Tues 9:00am-11:30am meats  
given out

#### Epping

Epping Community Church  
243 Pleasant St.  
**603-679-5542**  
Thurs/Sat 9:00am-11:00am

### Prepared Food for the Elderly in Salem Area

**(C=Congregate Meals and HD= Home Delivered Meals)**

**With the Covid-19 outbreak, call first for instructions.**

#### Derry

Rockingham Nutrition  
39 West Broadway  
**603-434-5148**  
(C & HD) Call head

#### Salem

Rockingham Nutrition  
1 Sally Sweet Way  
**603-893-2137**  
(C & HD)  
Mon-Fri 9:00am-1:00pm

#### Windham

Rockingham Nutrition  
3 North Lowell St  
**603-434-2411**  
(C & HD)  
Tues-Thurs 10:00am-1:

## Heat and Fuel Assistance

### How to Apply for Heat and Fuel Assistance

- Call your local Community Action Program office for an appointment and learn how to apply.
- The CAP staff will tell you what information is required to complete your application.
- To prevent delays, provide all information they request and follow through with appointments.
- If you're homebound and can't visit a CAP office, call your local CAP to arrange a phone interview.

<u>Berlin District Office Area</u>	<u>Claremont District Office Area</u>
<p><u>Tri-County CAP</u> 30 Exchange St., Berlin <b>Berlin Residents call:</b> <b>603-752-3248</b></p> <p><b>Colebrook Residents call:</b> <b>603-752-3248 X 1</b></p> <p><b>Lancaster Residents call:</b> <b>603-752-3248 X 1</b></p>	<p>SW Community Services 63 Community Way, Keene <b>603-352-7512</b></p> <p>Claremont Branch 96-102 Main St. <b>603-542-9528</b> Toll Free: <b>1-800-529-0005</b></p> <p><u>Lebanon Residents</u> Tri-County CAP 55 Maynesboro St., Berlin <b>603-752-3248 X 2</b></p>

<u>Concord District Office Area</u>	
<u>Fuel and Heat Assistance Program</u> <b>Belknap/Merrimack CAP</b> 2 Industrial Park Drive, Concord	
<p>Concord: 2 Industrial Park Bldg. 2 <b>603-225-6880</b> <b>Fax: 603-225-9242</b></p>	<p>Suncook: 15 Glass St. Suite 104 <b>603-485-7824</b> <b>Fax: 603-485-5680</b></p>
<p>Franklin: 82 Elkins St. <b>603-934-3444</b> <b>Fax: 603-934-1240</b></p>	<p>Warner: PO Box 116, 49 W. Main St. <b>603-456-2207</b> <b>Fax: 603-456-2436</b></p>

**Heat and Fuel Assistance (continued)**

<b><u>Laconia District Office Area</u></b>		
Ashland: 41 School St. <b>603-968-3560 X 2</b> <b>Fax: 603-968-7381</b>	Laconia: 121 Belmont Rd. <b>603-524-5512</b> <b>Fax: 603-524-0355</b>	Meredith: 147 Main St. <b>603-279-4096</b> <b>Fax: 603-279-5444</b>

<b><u>Littleton District Office Area</u></b>	<b><u>Manchester District Office Area</u></b>	<b><u>Rochester District Office Area</u></b>
Fuel and Electric Assistance Program 30 Exchange Street, Berlin <b>603-752-7100 X 2</b> <b>Fax: 603-752-8041</b>	Hillsborough County CAP Southern New Hampshire Services PO Box 5040, Manchester <b>603-668-8010</b> <b>1-800-322-1073</b> <a href="http://www.snhs.org">www.snhs.org</a> Manchester: 160 Silver St. <b>647-4470</b>	Community Action Program/Strafford 577 Central Ave. Ste 16, Dover <b>603-435-2500</b>  Farmington Outreach 527 Main St. <b>603-435-2500</b>

<b><u>Seacoast District Office Area</u></b>	<b><u>Southern District Office Area</u></b>
Seacoast Community Action Program Rockingham County CAP 4 Cutts St., Portsmouth  Main Office: <b>603-431-2911</b> <b>1-800-556-9300</b>  Seabrook 146 Lafayette Rd <b>603-474-3507</b>  Fuel Assistance: <b>603-436-3896</b> <b>1-800-639-3896</b>	Hillsborough County CAP Southern NH Services 134 Allds St., Nashua <b>603-889-3440</b> <b>1-877-211-0723</b>  Derry: <b>603-965-3029</b> Peterborough: <b>603-924-2243</b> Portsmouth: <b>603-436-3896</b> Milford: <b>603-924-2243</b> Raymond: <b>603-895-2303</b>  Rockingham County CAP 287 Lawrence Rd., Salem <b>603-893-9172</b> <b>1-800-939-9172</b>

## **Homeless Programs**

### **The Homeless & Homeless Veterans Hotline**

Out of state cell phone or landline call: **211-866-444-4211** In state call **866-444-4211**

### **The Housing Referral Network:**

Provides information and referrals to housing programs.

Administrative Office: **1-800-856-5525**

#### **Berlin District Office**

Tyler Blain House  
56 Prospect St.  
Lancaster, NH 03584

**603-788-2344**

#### **Claremont District Office**

Sullivan County Housing  
Coalition  
Claremont

**603-542-3160**

#### **Concord District Office**

Salvation Army/McKenna House  
100 South Fruit St., Concord  
**603-228-3505**

Friends' Emergency Housing Program  
30 Thompson St. Concord  
**603-228-1462**

202 North State St., Concord  
**228-1193**

#### **Conway District Office**

Families in Transition  
Emergency Family Shelter  
16 Lehner St., Wolfeboro  
**641-9441 x 360**

**Homeless Programs (continued)**

**Keene District Office**

Keene Housing Authority 831 Court St., Keene <b>603-352-6161</b>	Monadnock Area Transitional Shelter 46 Concord St., Peterborough <b>603-924-5033</b>	Hundred Nights Emergency Cold Weather Shelter 17 Lamson Street, Keene <b>603-352-5197</b>  Cheshire County Shelter <b>603-657-1654</b>
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**Laconia District Office**

<b><u>Laconia</u></b> Salvation Army Carey House 177 Union Ave. <b>603-528-8086</b>  New Beginning A Women's Crisis Center 832 N. Main St. <b>603-528-6511</b>	Laconia Area Community Land Trust Transitional Housing Program 658 Union Ave. <b>603-524-0747</b>	<b><u>Plymouth</u></b> Voices Against Violence <i>Non- Emergency</i> <b>536-5999</b> <i>Emergency Hotline</i> <b>1-877-221-6176</b>  Pemi-Bridge House 260 Highland St. <b>603-536-7631</b>
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**Littleton District Office**

<b><u>Franconia</u></b> BanCroft House 104 Harvard St. <b>603-823-8842 (24/7)</b>	<b><u>Lancaster</u></b> Tyler Blain House 56 Prospect St. <b>603-788-2344 (24/7)</b>
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**Manchester District Office**

Families in Transition 177 Lake Ave. <b>603-641-9441 x 304</b> Mon-Fri 8:30am-5:00pm	New Horizons for NH 199 Manchester St. <b>603-668-1877 24/7</b>
Helping Hands Outreach Center 50 Lowell St. <b>603-623-8778</b> M-Thurs 9:00am-2:00pm (Men Only)	The Way Home (Apartments for families leaving shelters) 214 Spruce St. Mon-Fri 8:00am-4:00pm <b>603-627-3491</b>

## Homeless Programs (continued)

### Rochester District Office

My Friend's Place  
368 Washington St., Dover  
**603-749-3017**  
**Fax: 603-749-5068**

### Seacoast District Office

#### Greenland

New Generations  
Pregnant Women & Mothers of Infants/Handicap Access  
568 Portsmouth Ave.  
**603-436-4989 (24/7)**

#### Portsmouth

Crossroads House, Inc.  
600 Lafayette Rd.  
**436-2218 (24/7)**

#### Stratham

Seacoast Interfaith Hospitality Network  
6 Emery Lane PO Box 233  
**603-658-8448**

### Southern District Office

Greater Nashua Council on Alcoholism  
Keystone Hall  
615 Amherst St., Nashua  
**603-881-4848**  
Mon-Fri 9:00am-5:00pm

SNHS Homeless Prevention  
Rockingham: **603-431-2911**  
Hillsborough: **603-668-8010**

Harbor Homes  
Maple Street Shelter  
14-1 Maple St.  
(Bottom Floor)  
**603-882-5451 (24/7)**

Front Door Agency  
Single moms seeking higher education.  
Ages 18-35 with children 12 or younger or pregnant  
7 Concord St., Nashua  
**603-886-2866 X 2**

St. Gianna's Place  
PO Box 725, Londonderry  
**603-521-8840**

Southern NH Rescue Mission  
40 Chestnut St., Nashua  
Men Only **603-889-3421**

Nashua Soup Kitchen & Shelter  
58 Ash St., Nashua  
**603-889-7770** Daytime  
**603-883-1101** After 6:00

Nashua Soup Kitchen & Shelter  
29 Kinsley St., Nashua  
**603-598-2544** Only after 5:30

## Transitional Housing

### Claremont District Office

Headrest  
14 Church St, Lebanon  
**448-4400 Crisis Hotline**  
**448-4872 X 101 Service/Intake**

### Concord District Office

Granite Recovery Centers  
Granite House for Women  
57 North Main St. #301, Concord  
**866-479-3864**

Blueprint Recovery Center  
2 Chenell Drive, Concord  
**833-440-8643**

White Mountains Recovery Homes  
Northfield NH  
**262-3964**

Homestead Inn 1765  
188 King St Boscawen  
**975-0041**

Avenues Recovery Center  
81 Hall St, Concord  
**505-8365**

Cornerstone House for Men  
23 Elm St. Northfield  
**455-8670**

Farnum Center  
Farnum North Ray House & Webster Place  
27 Holy Cross Rd. Franklin  
**263-8021**

### Conway District Office

Mount Washington Valley Supports Recovery  
and Endeavor House  
1620 E Main St. CTR Conway  
**662-0668**

Granite Recovery Center  
Freedom House  
244 High Watch Rd, Effingham  
**866-479-3864**

Granite Recovery Center  
Harmony House  
56 Main St, Ossipee  
**866-479-3864**

## Transitional Housing (continued)

### Laconia District Office

White Mountains Recovery 66 Langdon St. Plymouth <b>262-3964</b>	Butterfly House for Women 108 Academy St, Laconia <b>527-8682</b>
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### Littleton District Office

White Mountain Recovery 669 Union St, Littleton <b>262-3964</b>
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### Manchester District Office

Granite Recovery Center Vision House Sober Living, Manchester <b>866-479-3864</b>  Granite Recovery Center Queen City Sober Living 173 Merrimack St, Manchester <b>866-479-3864</b>	Families in Transition 122 Market St, Manchester <b>603-641-9441 X240</b> Service/Intake Coordinator <b>866-470-6885</b> Service/Intake Administrative  Liberty House, Inc Veterans Sober House 75 West Baker St, Manchester 669-0761 Service/Intake
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### Rochester District Office

Bonfire Recovery Services 10 Grove St, Dover <b>603-617-3399</b> Service/Intake Admissions
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### Southern District Office

Granite Recovery Center Granite House for Men 35 W Broadway, Derry <b>866-479-3864</b>	The Process Recovery Center 41 Sagamore Park Rd, Hudson <b>649-1149</b>  Balance Recovery Center 60 Main St Suite #103, Nashua <b>563-0787</b>
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## Legal Assistance

<b>Civil Legal Services For Low Income Persons New Hampshire Legal Assistance Branch Offices</b>		
Berlin	1131 Main St. 03570	1-800-698-8969
Claremont	24 Opera House Sq. Suite 206 03743	1-800-562-3994
Concord	117 North State St. 03301	1-800-921-1115
Manchester	1850 Elm St., Suite 7 03101	1-800-562-3174
Portsmouth	154 High St. 03802	1-800-334-3135

- **Consumer, Bankruptcy:** Franklin Pierce Law Center Practice Clinic **603-225-3350**  
**Fax: 603-229-0423**
- **Free Legal Services to Low-Income Persons:** NH Pro-Bono **1-800-639-5290**
- **Hearings on Utility Shutoffs:** Public Utilities Commission **603-271-2431** or **1-800-852 3793**  
**Fax: 603-271-3878**
- **Lawline Free Legal Advice:** NH Bar Association **1-800-868-1212**
- **NH Legal Assistance:** Fair Housing Project **1-800-921-1115 x5**
- **NH Attorney General:** **603-271-3658**
- **Senior Legal Advice Line:** **603-624-6000** or **1-888-353-9944**
- **Civil Legal Services For Low-Income Persons:** **1-800-517-0577**
- **NH Victims Assistance Commission Department of Justice:**  
Victims of violent crimes may apply for compensation from NHVAC **1-800-300-4500**

## Nutrition Education

**The Nutrition Connections program provides low-income people with basic skills to serve nutritious foods to their families. Staff members trained in nutrition education by the University of New Hampshire Cooperative Extension provide training individually or in small groups. Subjects include the essentials of good nutrition, preparing and serving nutritious low-cost meals, smart food shopping, managing available resources including Supplemental Nutrition Assistance Program (SNAP), and proper food storage and safety.**

<p><b><u>Belknap County</u></b> UNH Cooperative Extension Nutrition Connections</p> <p>Laconia</p> <p><b>603-527-5475</b></p>	<p><b><u>Hillsboro County</u></b> UNH Cooperative Extension Nutrition Connections</p> <p>Goffstown</p> <p><b>603-641-6060</b></p>
<p><b><u>Carroll County</u></b> UNH Cooperative Extension Nutrition Connections</p> <p>Conway</p> <p><b>603-447-3834</b></p>	<p><b><u>Merrimack County</u></b> UNH Cooperative Extension Nutrition Connections</p> <p>Boscawen</p> <p><b>603-796-2151</b></p>
<p><b><u>Cheshire County</u></b> UNH Cooperative Extension Nutrition Connections</p> <p>Keene</p> <p><b>603-352-4550</b></p>	<p><b><u>Rockingham County Nutrition</u></b> UNH Cooperative Extension Nutrition Connections</p> <p>Brentwood</p> <p><b>603-679-5616</b></p>
<p><b><u>Coos County</u></b> UNH Cooperative Extension Nutrition Connections</p> <p>Lancaster</p> <p><b>603-788-4961</b></p>	<p><b><u>Strafford County</u></b> UNH Cooperative Extension Nutrition Connections</p> <p>Dover</p> <p><b>603-749-4445</b></p>
<p><b><u>Grafton County</u></b> UNH Cooperative Extension Nutrition Connections Whole Village Family Service Center</p> <p>Plymouth</p> <p><b>603-536-3720</b></p>	<p><b><u>Sullivan County</u></b> UNH Cooperative Extension Nutrition Connections</p> <p>Newport</p> <p><b>603-863-9200</b></p>

## “Other” Programs

### Medical

**Medicaid Service Questions:** Call: **1-800-852-3345 x4344**. **Children’s Medicaid Call:** **1-877-464-2447**.

**Dental Information:** For Medicaid recipients only. **Call: 1-800-852-3345 x4344**.

**Maternal & Child Health:** Health care services (including family planning) for pregnant women, children, teens, & adults. Teens may request confidential services. **Call: 1-800-852-3345 x4517**.

### Prescription Assistance Programs

**A Prescription Program:** Provides eligible veterans, certain dependents & survivors of veterans with prescription drugs & medical supplies from VA pharmacies upon presentation of prescription(s) from VA provider or VA authorized provider. **Call: 603-624-4366 x6771 or 1-800-892-8384 x6771**.

**Express Scripts:** NH Senior Discount Program (NH Residents 65+) **Call: 1-800-332-5455**.

**RX Outreach:** Managed by Express Scripts Specialty Distribution Services, Inc. is a fully licensed mail order pharmacy that provides a safe, affordable and easy way for people of all ages to get medicines they need.

**Call: 1-800-769-3880**

**NH Partnership for Prescription Assistance:** Program that connects qualified, low-income people with discount prescription drugs direct from the pharmaceutical manufacturer. **Call 1-888-477-2669**.

**NH Medication Bridge Program** sponsored by the Foundation for Healthy Communities assists individuals with lower incomes who do not have insurance coverage for prescription drugs. **Call: 603-225-0900**

### Adult Education

**NH Department of Education:** For information on opportunities nearby for classes leading to high school equivalency diploma. **Call: 603-271-3494**

### Housing

**Shelter NH Housing Finance Authority:** HUD Section 8 low-income housing. **Call: 1-800-439-7247**.

### Refugees

The New Hampshire Refugee Program (NHRP) operates under the New Hampshire Office of Minority Health and Refugee Affairs. The primary goal of the Refugee Program is to assist refugees in their quest for economic self-sufficiency and successful integration. Services include: Case Management, Refugee Cash Assistance (RCA) and Refugee Medical Assistance (RMA), English as a Second Language, Employment Services, Preventive Health, School Impact, and Services for Older Refugees. **Call: 603-271-3986 or Customer Service Center: 1-844-275-3447**

## “Other” Programs (continued)

### Miscellaneous Programs

**The Upper Room:** Education programs for youth & parents; teen parenting; juvenile diversion; family resource & referral, 36 Tsienetto Rd., Derry. **Call: 603-437-8477**

**Free Cell Phone:** Safelink Wireless & the Lifeline program offer free cell phones & 68 minutes with no contract to consumers who qualify under the U.S. Federal Poverty Guidelines or are enrolled in a state social service program. Contact SafeLink at **1-800-SafeLink** or SafeLink.com.

**Pet Neutering:** Reduced cost for pet neutering if you qualify.  
Call the NH Department of Agriculture: **603-271-3697**

**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**

**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 missing or damaged teeth as a result of domestic abuse and has been in counseling and out of the relationship for one year.

**Call: 1-800-773-4227.**

**Habitat for Humanity:** is a nonprofit organization that helps families build and improve places to call home. **(603) 228-3001**

## Apply Online

- > Food Stamps
- > Cash Benefits
- > Medical Benefits
- > Child Care Scholarships

**www.nheasy.nh.gov**

*It's safe. It's secure. It's private. It's convenient.*

You can also check the status of your application online and get notices by email.



**Help us go green  
by applying online!**

**New Hampshire Department of Health & Human Services  
Bureau of Family Assistance**

## Social Security Administration Office Locations

<u><b>Berlin District Office</b></u> Social Security Office 177 Main St. Littleton <b>1-800-772-1213</b> <b>Fax: 877-405-7658</b> <b>TTY: 603-444-0444</b>	<u><b>Claremont District Office</b></u> Social Security Office 34 Mechanic St. Keene <b>1-800-772-1213</b> <b>1-877-405-3651</b> <b>Fax: 603-375-8854</b> <b>TTY: 603-375-2034</b>	<u><b>Concord District Office</b></u> Social Security Office 70 Commercial St. Concord <b>1-888-397-9798</b> <b>Fax: 603-228-5206</b> <b>TTY: 603-225-8475</b>	<u><b>Conway District Office</b></u> Social Security Office 177 Main St. Littleton <b>1-800-772-1213</b> <b>Fax: 1-877-405-7658</b> <b>TTY: 603-444-0444</b>
<u><b>Keene District Office</b></u> Social Security Office 34 Mechanic St. Keene <b>1-800-772-1213</b> <b>1-877-405-3651</b> <b>Fax: 603-375-8854</b> <b>TTY: 603-375-2034</b>	<u><b>Laconia District Office</b></u> Social Security Office 70 Commercial St. Concord <b>1-888-397-9798</b> <b>Fax: 603-228-5206</b> <b>TTY: 603-225-8475</b>	<u><b>Littleton District Office</b></u> Social Security Office 177 Main St. Littleton <b>1-800-772-1213</b> <b>Fax: 1-877-405-7658</b> <b>TTY: 603-444-0444</b>	<u><b>Manchester District Office</b></u> Social Security Office 2 Wall St. Manchester <b>866-814-5408</b> <b>1-800-772-1213</b> <b>Fax: 603-626-3727</b> <b>TTY: 603-645-5230</b>

<u><b>Rochester District Office</b></u> Social Security Office 80 Daniel St. Portsmouth <b>1-888-397-9796</b> <b>1-800-772-1213</b> <b>Fax: 603-433-5933</b> <b>TTY: 603-436-3086</b>	<u><b>Seacoast District Office</b></u> Social Security Office 80 Daniel St. Portsmouth <b>1-888-397-9796</b> <b>Fax: 603-433-5933</b> <b>TTY: 603-436-3086</b>	<u><b>Southern District Office</b></u> Social Security Office <b>Nashua Catchment Area:</b> 175 Amherst St., Suite 2 Nashua <b>1-877-444-0134</b> <b>Fax: 603-880-7262</b> <b>TTY: 603-889-0134</b>  <b>Salem Catchment Area:</b> 2 Wall St., Suite 301 <b>866-814-5408</b> <b>1-800-772-1213</b> <b>Fax: 603-626-3727</b> <b>TTY: 603-645-5230</b>
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## Town Welfare Offices

### Serving Clients of the Berlin District Office

<u>Clarksville</u> 603-246-7751	<u>Berlin</u> 603-752-2120	<u>Colebrook</u> 603-237-5200	<u>Columbia</u> 603-237-5255	<u>Dixville</u> 603-255-7500	<u>Dummer</u> 603-449-2006
<u>Gorham</u> 603-466-3336	<u>Errol</u> 603-482-3351	<u>Milan</u> 603-449-2484	<u>Northumberland</u> 603-636-1450	<u>Pittsburgh</u> 603-538-6697	<u>Randolph</u> 603-466-5771
<u>Shelburne</u> 603-466-2262		<u>Stark</u> 603-636-2118		<u>Stewartstown</u> 603-246-3329 X 201	

### Serving Clients of the Claremont District Office

<u>Acworth</u> 603-835-6879	<u>Canaan</u> 603-523-7106	<u>Charlestown</u> 603-826-5821	<u>Claremont</u> 603-542-7007	<u>Cornish</u> 603-675-5207	<u>Croydon</u> 603-863-7830
<u>Enfield</u> 603-632-5026 x117	<u>Goshen</u> 603-863-6139	<u>Grafton</u> 603-523-7140	<u>Grantham</u> 603-863-6021	<u>Hanover</u> 603-643-0701	<u>Langdon</u> 603-835-6260
<u>Lebanon</u> 603-448-2944	<u>Lempster</u> 603-863-8105	<u>Lyme</u> 603-795-4639	<u>Newport</u> 603-863-1360	<u>Orange</u> 603-523-7054	<u>Plainfield</u> 603-469-3201
	<u>Springfield</u> 603-763-4805	<u>Sunapee</u> 603-763-2212	<u>Unity</u> 603-542-9665	<u>Washington</u> 603-495-3521	

### Serving Clients of the Concord District Office

<u>Allenstown</u> 603-485-4276	<u>Concord</u> 603-225-8575	<u>Hillsboro</u> 603-464-3877 x222	<u>Sutton</u> 603-927-2400
<u>Andover</u> 603-735-5332	<u>Danbury</u> 603-768-3313	<u>Hooksett</u> 603-485-8769	<u>Pembroke</u> 603-485-4747 x206
<u>Boscawen</u> 603-753-9188 x301	<u>Dunbarton</u> 603-774-3541	<u>Hopkinton</u> 603-746-8244	<u>Pittsfield</u> 603-435-6773
<u>Bow</u> 603-223-3917	<u>Epsom</u> 603-736-9002	<u>Loudon</u> 603-798-4542	<u>Salisbury</u> 603-648-2473
<u>Bradford</u> 603-938-5900	<u>Franklin</u> 603-934-3900	<u>New London</u> 603-526-1242	<u>Warner</u> 603-456-2298
<u>Canterbury</u> 603-783-9955	<u>Henniker</u> 603-428-3221 x7	<u>Newbury</u> 603-763-5326	<u>Webster</u> 603-648-2272
<u>Chichester</u> 603-798-3278	<u>Hill</u> 603-934-1094	<u>Northfield</u> 603-832-4314	<u>Wilmot</u> 603-526-4802

## Town Welfare Offices (continued)

### Serving Clients of the Conway District Office

<u>Albany</u> 603-447-6038	<u>Chatham</u> 603-694-2117	<u>Effingham</u> 603-539-7770	<u>Jackson</u> 603-383-4223	<u>Ossipee</u> 603-539-4182	<u>Tuftonboro</u> 603-569-4539
<u>Bartlett</u> 603-356-2950	<u>Conway</u> 603-447-3811	<u>Freedom</u> 603-539-6323	<u>Madison</u> 603-367-4332 x308	<u>Sandwich</u> 603-284-7701	<u>Wakefield</u> 603-522-6970
<u>Brookfield</u> 603-522-3688	<u>Eaton</u> 603-447-2840 x6	<u>Hart's Location</u> 603-374-6397	<u>Moultonborough</u> 603-476-2347	<u>Tamworth</u> 603-323-7971 x13	<u>Wolfeboro</u> 603-569-8151

### Serving Clients of the Keene District Office

<u>Alstead</u> 603-835-2986	<u>Francestown</u> 603-547-3469	<u>Keene</u> 603-357-9809	<u>Richmond</u> 603-239-4232	<u>Swanzy</u> 603-352-7411
<u>Antrim</u> 603-588-6785 x226	<u>Gilsum</u> 603-357-0320	<u>Lyndeborough</u> 603-654-5955	<u>Rindge</u> 603-899-5181 x100	<u>Temple</u> 603-878-2536
<u>Bennington</u> 603-588-2189	<u>Greenfield</u> 603-547-3442	<u>Marlborough</u> 603-876-3751	<u>Roxbury</u> 603-352-4903	<u>Troy</u> 603-242-7722
<u>Chesterfield</u> 603-363-4624 x15	<u>Hancock</u> 603-525-4441	<u>Marlow</u> 603-446-2245	<u>Sharon</u> 603-924-9250	<u>Walpole</u> 603-756-3672
<u>Deering</u> 603-464-3248	<u>Harrisville</u> 603-827-5546	<u>Nelson</u> 603-847-0047	<u>Stoddard</u> 603-446-3326	<u>Westmoreland</u> 603-399-4876
<u>Dublin</u> 603-563-8544	<u>Hinsdale</u> 603-336-5710 x18	<u>New Ipswich</u> 603-878-2772	<u>Sullivan</u> 603-847-3316	<u>Winchester</u> 603-239-4951 x101
<u>Fitzwilliam</u> 603-585-7723	<u>Jaffrey</u> 603-532-7880	<u>Peterborough</u> 603-924-8000 x100	<u>Surry</u> 603-352-3075	<u>Windsor</u> 603-478-3292

## Town Welfare Offices (continued)

### Serving Clients of the Laconia District Office

<u>Alexandria</u> 603-744-3288	<u>Bridgewater</u> 603-744-5055	<u>Gilford</u> 603-527-4700 X5	<u>Laconia</u> 603-527-1267	<u>Sanbornton</u> 603-286-8303
<u>Alton</u> 603-875-2161	<u>Bristol</u> 603-744-3354	<u>Gilmanton</u> 603-267-6700	<u>Meredith</u> 603-279-4538	<u>Thornton</u> 603-726-4232
<u>Ashland</u> 603-968-4432	<u>Campton</u> 603-726-3223 x101	<u>Groton</u> 603-744-9190	<u>New Hampton</u> 603-744-3559	<u>Tilton</u> 603-286-4521
<u>Barnstead</u> 603-269-4071	<u>Center Harbor</u> 603-253-4561	<u>Hebron</u> 603-744-2631	<u>Plymouth</u> 603-536-2242	<u>Waterville Valley</u> 603-236-4730
<u>Belmont</u> 603-267-8313	<u>Dorchester</u> 603-786-5095	<u>Holderness</u> 603-968-3537	<u>Rumney</u> 603-786-9511	<u>Wentworth</u> 603-764-9955

### Serving Clients of the Littleton District Office

<u>Bath</u> 603-747-2454	<u>Dalton</u> 603-837-2092	<u>Jefferson</u> 603-586-4553	<u>Sugar Hill</u> 603-823-8468
<u>Benton</u> 603-787-6541	<u>Easton</u> 603-823-8017	<u>Lancaster</u> 603-788-3391	<u>Warren</u> 603-764-5780
<u>Bethlehem</u> 603-869-3351	<u>Franconia</u> 603-823-7752	<u>Landaff</u> 603-838-6220	<u>Whitefield</u> 603-837-2551
<u>Carroll</u> 603-846-5754	<u>Haverhill</u> 603-787-6514	<u>Piermont</u> 603-272-9181	<u>Woodstock</u> 603-745-8752

### Serving Clients of the Manchester District Office

<u>Auburn</u> 603-483-5052	<u>Chester</u> 603-887-4979	<u>New Boston</u> 603-487-2500 x161
<u>Bedford</u> 603-472-5242	<u>Goffstown</u> 603-497-8990 x103	<u>Weare</u> 603-529-2572
	<u>Manchester</u> 603-624-6484	

## Town Welfare Offices (continued)

### Serving Clients of the Rochester District Office

<u>Barrington</u> 603-664-9007		<u>New Durham</u> 603-859-2091
<u>Dover</u> 603-516-6500	<u>Madbury</u> 603-742-5131	<u>Rochester</u> 603-332-3505
<u>Durham</u> 603-868-8043	<u>Middleton</u> 603-473-2261	<u>Rollinsford</u> 603-742-2510
<u>Farmington</u> 603-755-3100	<u>Milton</u> 603-652-4501	<u>Somersworth</u> 603-692-9509
<u>Lee</u> 603-659-5414		<u>Strafford</u> 603-664-2192

### Serving Clients of the Seacoast District Office

<u>Brentwood</u> 603-642-6400 x10	<u>Exeter</u> 603-778-0591 x116	<u>Kensington</u> 603-772-5423	<u>Newmarket</u> 603-659-3617	<u>Raymond</u> 603-895-7065
<u>Candia</u> 603-483-8101	<u>Fremont</u> 603-895-3200 x309	<u>Kingston</u> 603-642-3342	<u>North Hampton</u> 603-964-8087	<u>Rye</u> 603-964-5523
<u>Deerfield</u> 603-463-8811 x310	<u>Greenland</u> 603-431-7111	<u>New Castle</u> 603-431-6710	<u>Northwood</u> 603-942-5586	<u>Seabrook</u> 603-474-8931
<u>East Kingston</u> 603-642-8406	<u>Hampton</u> 603-926-5948	<u>Newfields</u> 603-772-5070	<u>Nottingham</u> 603-679-5022	<u>South Hampton</u> 603-394-7696
<u>Epping</u> 603-679-5441 X5	<u>Hampton Falls</u> 603-926-4618	<u>Newington</u> 603-436-7640	<u>Portsmouth</u> 603-431-2006	<u>Stratham</u> 603-772-7391

## Town Welfare Offices (continued)

### Serving Clients of the Southern District Office

Amherst  
603-673-6041

Hollis  
603-465-2209  
x103

Milford  
603-249-0600

Plaistow  
603-382-2494  
X246

Atkinson  
603-362-5266

Hudson  
603-595-6518

Mont Vernon  
603-673-6080

Salem  
603-890-2130

Brookline  
603-673-8933

Litchfield  
603-424-4046

Nashua  
603-589-4555

Sandown  
603-887-3646

Danville  
603-382-8253

Londonderry  
603-432-1100

Newton  
603-382-4405

Wilton  
603-654-9451

Derry  
603-432-6105

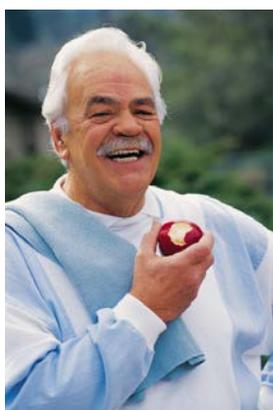
Mason  
603-878-2070

Pelham  
603-635-8233

Windham  
603-432-7732

Hampstead  
603-329-4100  
x100

Merrimack  
603-423-8535



Need help? Now it's private! Apply from Home!

### **Food Stamps, Cash, Medicaid, Child Care**

NH Health and Human Services announces NHEASY. Apply for benefits from anywhere! Now available to NH Residents on-line from 6:00 AM until Midnight every day.

**[www.nheasy.nh.gov](http://www.nheasy.nh.gov)**

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

## Program for Women and Children

The Food and Nutrition Service, USDA, provides the following 185% Income Poverty Guidelines, effective June 1, 2019 to June 30, 2020.

See <http://www.snhs.org/programs/health-food-nutrition/women-infants-and-children-wic/>

Family Size	Annual	Monthly	Bi-Weekly	Weekly
1	\$23,107	\$1,926	\$889	\$445
2	\$31,284	\$2,607	\$1,204	\$602
3	\$39,461	\$3,289	\$1,518	\$759
4	\$47,638	\$3,970	\$1,833	\$917
5	\$55,815	\$4,652	\$2,147	\$1,074
6	\$63,992	\$5,333	\$2,462	\$1,231
7	\$72,169	\$6,015	\$2,776	\$1,388
8	\$80,346	\$6,696	\$3,091	\$1,546
For each additional family member add:	\$7,992	\$666	\$315	\$154

Eligibility for WIC Services:

- Pregnant women
- Breastfeeding women up to 12 month after the infant's birth
- Non-breastfeeding women up to 6 months after the infants' birth
- Infants, and children up to their 5th birthday.

## ELDERLY CSF PROGRAM

The Food and Nutrition Service, USDA, provides the following 130% Income Poverty Guidelines, effective February 6, 2019 – June 30, 2020 and subject to annual updates.

See <https://www.snhs.org/programs/health-food-nutrition/commodity-supplemental-food-program>

Family Size	Annual	Monthly	Weekly
1	\$16,237	\$1,354	\$313
2	\$21,983	\$1,832	\$423
3	\$27,729	\$2,311	\$534
4	\$33,475	\$2,790	\$644
5	\$39,221	\$3,269	\$755
6	\$44,967	\$3,748	\$865
7	\$50,713	\$4,227	\$976
8	\$56,459	\$4,705	\$1,086
For each additional family member add:	\$5,746	\$479	\$111

**Local Agencies Providing  
Women, Infant and Children (WIC) and  
Commodity Supplemental Food Program (CSFP)  
Nutrition Services in New Hampshire  
1-800-942-4321 or 603-271-4546**

**Belknap, Coos, Grafton &  
Merrimack Counties  
Community Action Program**

2 Industrial Park Drive  
Concord, NH 03302  
**603-225-2050**  
**1-800-578-2050**  
**Fax: 603-228-1898**

**Rockingham & Hillsborough  
Counties  
Southern NH Services  
(Manchester Area)**

PO Box 5040  
40 Pine Street  
Manchester, NH 03108

**Carroll & Strafford Counties  
Goodwin Community Health**

311 Route 108  
Somersworth NH 03878  
**603-332-4358**  
**Fax: 603-332-4265**

To schedule an appointment for  
Manchester and Rockingham  
County call: **1-800-256-9880**

**603-668-8010**  
**1-800-322-1073**  
**Fax: 603-645-6734**

**Cheshire & Sullivan Counties  
Southwestern Community  
Services**

PO Box 603,  
63 Community Way  
Keene, NH 03431

**603-352-7512**  
**1-800-529-0005**  
**Fax: 603-352-3618**

**Rockingham & Hillsborough  
Counties  
Southern NH Services  
(Nashua Area)**

134 Allds Street  
Nashua, NH 03060

**603-889-3440**  
**1-877-211-0723**  
**Fax: 603-889-0945**

**ASSISTED BY**  
**U.S. DEPARTMENT OF AGRICULTURE**  
**FOOD AND NUTRITION SERVICE**

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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the [State Information/Hotline Numbers](#) (click the link for a listing of hotline numbers by State); found online at: [SNAP Hotline](#).

To file a complaint of discrimination regarding a program receiving Federal financial assistance through the U.S. Department of Health and Human Services (HHS), write: HHS Director, Office for Civil Rights, Room 515-F, 200 Independence Avenue, S.W., Washington, D.C. 20201 or call (202) 619-0403 (voice) or (800) 537-7697 (TTY).

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