

# REP. KATE HOGAN'S SENIOR NEWS



## Food & Meal Resources

The simple “every day” act of going to the grocery store has been upended during the coronavirus pandemic. For a number of folks in our district, and especially for some seniors, acquiring regular meals has become risky, difficult and/or unaffordable.

Fortunately, there is help. Following are resources and details for anyone impacted by food insecurity:

### State Assistance

Project Bread's toll-free Food Source Hotline is an important source of community-based information on elder meal programs, school meals and SNAP. Call the hotline at 1-800-377-1292 available from Monday - Friday (8 A.M. - 7 P.M.) and on Saturday (10 A.M. - 2 P.M.).

The Commonwealth's Department of Transitional Assistance offers assistance with food and cash benefits to residents based on eligibility. To see if you qualify, visit <https://dtaconnect.eohhs.mass.gov/>

Meals on Wheels delivers lunch to homebound seniors who are unable to provide their own meals, and who meet certain guidelines. Meals on Wheels can be arranged through Minuteman Senior Services, 781-272-7177.

### Food Pantries

Open Table's Pantry is open for "drive-thru" pantry service. Guests arriving by other means of transportation (walking, biking) will, course, also be served. Guests should keep their regular appointments during these times. Our pantry will be open during regular operating hours (we will be open rain or shine!): Tuesday 1:00 - 6:30 p.m. and Thursday 3:00 - 6:30 p.m. New guests are welcome between 5:00 - 6:30 p.m. For more information contact Open Table at (978) 369-2275 or [www.opentable.org](http://www.opentable.org)

Maynard Food Pantry will be open for pick up or drive-thru only on Mondays. 978-764-5279, [www.maynardfoodpantry.com](http://www.maynardfoodpantry.com)

Acton Food Pantry is open to Maynard residents and anyone in need of food. It is open on Wednesdays from 10 am – 7 pm and Thursdays from 9:30-11:30 am as a drive-thru pantry only. 978-635-9295, [www.actonfoodpantry.org](http://www.actonfoodpantry.org)

In Maynard, the Police Department is offering pick-up and delivery services for residents with a high risk of contracting the novel coronavirus. This includes the delivery of groceries, prescriptions and over-the-counter medicines and vital supplies.

### Special Hours for Shopping

Local grocery stores have announced special shopping hours for seniors and those with a weakened immune system:

- Shaw's: 7:00 to 9:00 a.m. for shoppers age 60 and older on Tuesdays and Thursdays.
- Stop & Shop: 6:00 to 7:30 a.m. for shoppers age 60 and older every day.
- Market Basket: 5:30 to 7:00 a.m. for shoppers age 60 and older on Tuesdays, Wednesdays and Thursdays.
- Walmart: 6:00am to 7:00am for shoppers 60 and older every day.
- Walgreens: Tuesdays 8am-9am
- Osco Drug pharmacy (located in Shaw's) (978) 897-1736, is offering prescription delivery free of charge during this crisis. Please note that deliveries must be requested by 10:00 a.m. for same day delivery; otherwise the prescriptions will arrive the next day. Customers must pre-pay for their prescription co-pays over the telephone. (When the stay-at-home-order is lifted, the customary delivery charges will be reinstated.)

### Delivery Services

Many online businesses offer grocery delivery services, including Amazon Pantry, Instacart, Peopod, Roche Brothers, and Wegman's.

June 2020

## REP. KATE HOGAN'S SENIOR NEWS

Other organizations offer fully-prepared, ready-to-eat meals or pre-packaged meal ingredients that are ready to be prepared. Prices for these services vary. These offerings can include meal ingredients customized to your diet.

### MEAL DELIVERY SERVICES – Fully Prepared Ready to Eat Meals, Costs Vary:

- Chefs for Seniors: Chef shop, cook meals for the week and clean up. Costs similar to meal delivery; customized to your diet. Limited service area currently; contact them to determine if a chef is available in your area. 781-664-3542 or 844-237-2433 <https://chefsforseiors.com>
- Freshly: Fully prepared, refrigerated meals delivered to home nationwide. Has gluten free, dairy free, low carbohydrate and vegetarian options available. 844-373-7459 or <https://www.freshly.com>
- Magic Kitchen: Fully prepared, refrigerated meals delivered to home nationwide. Has diabetic friendly meals, low sodium, low carbohydrate, low fat, renal (stage 3 and 4), dialysis and gluten free options available. 877-516-2422 <https://www.magickitchen.com>
- Mom's Meals: Fully prepared, refrigerated meals delivered to homes. Has meals for cancer treatment, diabetic friendly, gluten free, heart healthy, low sodium, pureed, renal and vegetarian options available. 877-508-6667 or <http://www.momsmeals.com>
- Silver Cuisine: Healthy, delicious, doctor-designed, fully prepared meals. Has heart healthy meals, gluten free, diabetic friendly, low sodium, low carbohydrate, dairy free, Mediterranean, and vegetarian options available 844-404-3663 <https://silver.bistromd.com>
- The Foodery: Freshly made food with local ingredients. Doesn't specialize with specific diets. Limited service area includes Maynard. 617-207-4080 <https://fooderyboston.com>

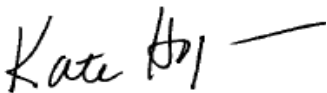
### PRE-PACKAGED MEAL INGREDIENTS, Ready to be Prepared:

- Blue Apron: Choose your meals, unpack your box, and follow step-by-step instructions to create your meals. Has Weight Watchers and vegetarian options available. 646-891-4349 <https://www.blueapron.com>
- EveryPlate: Meals come with ingredients and recipe cards. Budget friendly. Doesn't specialize with special diets. 973-210-4915 <https://www.everyplate.com>
- Gobble: Pre-measured ingredients to create meals at home. It also has a lunch meal prep options with six days of lunches delivered on Sunday to prepare for the week. Has seafood, vegetarian, kid friendly and low-calorie options available. 888-405-7481 <https://www.gobble.com>
- Home Chef: Delivers everything you need to prepare to bring delicious meals to the table. Has vegetarian, low carbohydrate and low-calorie meal options available. 872-225-2433 <https://www.homechef.com>
- Hello Fresh: Pre-measured ingredients to create a meal at home. Has vegetarian options available. 646-846-3663 <https://www.hellofresh.com>
- Plated: Get everything you need to make amazing dinners – delivered in one perfectly customized box. Doesn't specialize in specific diets. 855-525-2399 <https://www.plated.com>
- Purple Carrot: Pre-measured ingredients to create a vegan meal at home. Has gluten free options available. 857-703-8188 <https://www.purplecarrot.com>
- Sun Basket: Pre-measured ingredients to create a meal at home. Has gluten free, paleo and vegan options available. <https://sunbasket.com>

COVID-19 has both exacerbated existing problems with food insecurity and caused new reasons for concern. I hope that you will keep these resources in mind and that they may help make life a little easier as we navigate the challenges of this crisis.

### **Contact Rep. Hogan:**

If you need assistance or would like to contact me, please email me at [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov) or call me at (617) 722-2199.



June 2020

## REP. KATE HOGAN'S SENIOR NEWS

Kate Hogan, State Representative

Proudly represents Bolton, Hudson, Maynard, and Stow

State House, Room 163, Boston, MA, 02133 / Phone: (617) 722-2199 / [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov)

District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 / Phone: (978) 897-1333