

Concord District Office
Emergency Contact Information
2011



New Hampshire Food Stamp Program
Division of Family Assistance
New Hampshire Department of
Health and Human Services

April 2011

Dear Friends,

Once again, I'm happy to provide you with a current Food Stamp Assistance Handbook. You've already noticed, I'm sure, how thin this book seems compared to those from preceding years. I am happy to report that this is not the result of fewer helping agencies. This year, the Division has made specific Handbooks for different District Office catchment areas. As the need for assistance continues to increase, assistance providers are finding a need to make their services more focused and somewhat more restricted. We understand that you can't get water from an empty well and hope that it will be of benefit to you to see what is available in *your* community for *your* community residents.

As always, the information in this year's Assistance Handbook is the most updated information that we have. If you see that the information for your own agency is incomplete or incorrect, please let us know by calling 271-4580 or 1-800-852-3345 x 4580. If you know that information about another agency is incorrect, please also call.

On February 28, 2011, there were 112,803 individuals in New Hampshire receiving Food Stamp Program benefits. By the time you read this, that number will be higher. Food Stamp benefits cannot provide all the nutritious food that recipients need. This is where you all come in. Food insecurity touches every provider in the Handbook, whether you are providing hot meals, housing or legal services. Economics hits all of us, Food Stamp recipient and non-Food Stamp recipient alike. When the cost of food goes up, it goes up for us all. When the cost of gas goes up, we all pay more. Whatever your individual circumstances, I want to thank you all for setting them aside and continuing to help others who are less fortunate.

As you speak with people who come to you for assistance, I urge you to remember to talk with them about Food Stamp benefits. We are working toward making the process as seamless and confidential as possible. While it does not always seem to be the case, asking for help is still very difficult for most people, even though some of them are feeling desperate and at the ends of their ropes. Information and downloadable applications are available on the web at: <http://www.dhhs.nh.gov/dfa/foodstamps/index.htm>.

I'd like to acknowledge the USDA Food and Nutrition Services, without whose funding this Handbook would not be possible. The USDA is a valued partner to states in the fight against hunger.

And, as ever, hats off to you all – you are on the front lines, fighting the good fight and we are all thankful.

Laurie Green
Food Stamp Program Manager.

Concord District Office

40 Terrill Park Drive

Concord, NH 03301-9955

Phone: 603-271-6201 or 1-800-322-9191

Fax: 603-271-6451

Towns Served

Allenstown, Andover, Boscawen, Bow, Bradford, Canterbury, Chichester, Concord, Contoocook, Danbury, Dunbarton, Epsom, Franklin, Henniker, Hill, Hillsboro, Hooksett, Hopkinton, Loudon, New London, Newbury, Northfield, Pembroke, Penacook, Pittsfield, Salisbury, Suncook, Sutton, Warner, Webster, Wilmot

Town Welfare Offices

<u>Allenstown</u> 485-4276	<u>Concord</u> 225-8575	<u>Hillsboro</u> 464-3877 x385	<u>Pembroke</u> 485-4747
<u>Andover</u> 735-5332	<u>Danbury</u> 768-3313	<u>Hooksett</u> 485-8769	<u>Pittsfield</u> 435-6773
<u>Boscawen</u> 753-9188	<u>Dunbarton</u> 744-3541	<u>Hopkinton</u> 746-5729	<u>Salisbury</u> 648-2473
<u>Bow</u> 228-1187 x19	<u>Epsom</u> 736-9002	<u>Loudon</u> 798-4541	<u>Sutton</u> 927-4416
<u>Bradford</u> 938-5900	<u>Franklin</u> 934-3404	<u>New London</u> 526-4821	<u>Warner</u> 456-3420
<u>Canterbury</u> 783-9955	<u>Henniker</u> 428-3221 x6	<u>Newbury</u> 763-4940	<u>Webster</u> 648-2272
<u>Chichester</u> 798-5350	<u>Hill</u> 934-3451	<u>Northfield</u> 286-7039	<u>Wilmot</u> 526-4802

Community Action Programs

Belknap/Merrimack CAP

2 Industrial Park Drive

Concord

Concord: **225-6880** Meredith: **279-4096**

Franklin: **934-3444** Suncook: **485-7824**

Laconia: **524-5512** Warner: **456-2207**

NH Employment Security

Concord Branch

Manager: Pamela Szacik

10 West Street

Concord

Phone: 228-4100 or **Email:**

Pamela.R.Szacik@nhes.nh.gov

Food Pantries and Soup Kitchens

Allenstown (see Suncook)

Andover

Town Office Pantry
31 School Street
735-5332 (M-F)

Boscawen

Congregational Church
Food Pantry
12 High Street
796-2565 or **796-2043**
(W 4-6, Residents only)

Sovereign Grace Church
Soup Kitchen
235 High Street
796-2607 (3rd Sat 4:30-5:30)

Bow

Bow Human Services
10 Grandview Road
228-1187 x19
(By appointment)

Bradford

Bradford Community
Food Pantry
88 W Main Street
938-5313 (Call for emerg)
(3rd Wed 5:30-6:30)

Chichester

Town Office Pantry
54 Main Street
798-5350
(M 8:30-4, T-Th 8:30-2,
Tu 4-7)

Concord

Concord CAP
2 Industrial Park Dr
225-6880 (F 12-4)
(Once every 30 days)

First Congregational Church
UCC
177 N. Main Street
225-5491
(M-Th 9-11 Once a week)

Center Point Pantry
20 N State Street
224-7427
(3rd Sat 7-8:30)

Friends of Forgotten
Children Pantry
224 Bog Road
753-4801
(Sun 12-1)

Gospel Light Pantry
124 Hall Street
225-7373
(Su 12:30-1 W 8:15-8:45)

The Friendly Kitchen
Soup Kitchen
14 Montgomery Street
224-7678
(Breakfast Sa, Su 8-9
Lunch M-F 12-12:30
Dinner daily 5-6)
(Breakfast daily Nov. 1-
Mar. 30)

St John the Evangelist
72 S Main Street
225-1122
(M-TH 7-9)

St Peter's Parish
135 N State Street
225-4331
(M 3-4:30, W 4-5 &
6:30-8, F 4-5) Call first

St Paul's Church
21 Center Street
224-2523 (M-Th 10-2)

The Salvation Army
58 Clinton Street
225-5586
(M, Tu, Th, F 9-2)

Wesley United Church
Emergency Food Pantry
79 Clinton Street
224-7413 (M-F 9-4)

West Congregational Church
Food Pantry
499 N State Street
224-4142
(F 11-1, 2nd & 4th Th 5-7)

Danbury

Danbury Food Pantry
23 High Street
768-3354
(Residents Only/Call first)

Dunbarton

Congregational Church
6 Stark Highway
774-4601 (By appointment)

Salvation Army
26 Long Pond Road
774-1021 (Call for hours)

Epsom

Epsom Town Office
27 Black Hall Road
736-9002 (As needed)

Franklin

Bread & Roses Soup Kitchen
206 Central Street
934-2346

Belknap/Merrimack County
CAP Food Pantry
82 Elkins Street
934-3444
(M-F 1-2 Call for emerg)

St Paul's Food Outreach
108 School Street
934-5013
(Sa 10-12 Call first)

Twin Rivers Interfaith Food
Pantry
237 Central Street
934-2662
(Tu, Th 9-11, W 5-7)

Child Abuse and Neglect/Sexual/Domestic Violence

Child Abuse and Neglect: 1-800-852-3345 X633 or 271-6365

Rape & Domestic Violence Crisis: 225-7376

Domestic Violence: 1-866-644-3574

Sexual Assault: 1-800-277-5570

More information and resources available at: www.nhcadsv.org

Children's Services

- **Merrimack County Head Start: 225-3295**

- **NH Child Care Resource & Referral Network**

Easter Seals of NH

1 Garvin Falls Road, Bow

Marcy Rothenberg/Cindy Wallace

226-3791 or 1-800-307-2737 x8286

mrothenburg@eastersealsnh.org

cwallace@eastersealsnh.org

- **WIC (Women, Infant and Children)**

Belknap/Merrimack County CAP

2 Industrial Park Drive

Concord

225-2050 or 1-800-578-2050

- **Child and Family Services Healthy Families Program:**

Provides Case Management Services for low-income/Medicaid eligible women, pregnant women and teenage parents. **518-4000**

- **School Lunch/Breakfast Program:**

Provides breakfast and lunch at school to qualified families for free or at a reduced price. Contact your local school food service or the NH Department of Education at **271-3494**

Henniker

Henniker Food Pantry

21 Western Avenue

428-6015 or 428-7554

(1st & 3rd W monthly 5:30-6)

Hillsboro

Hillsboro Food Pantry

7 Church Street

464-4080

(Tu 5:30-7:30)

Hooksett

Hooksett Community Food Pantry

35 Main Street

485-7222 (M, F 10-12,

Tu 2-4, W 9-12, Th 2-6,
2nd & 4th W 4-6:30)

Hopkinton

Hopkinton Food Pantry

41 Houston Drive

746-6448

(W 6:30-7:30)

Loudon

Loudon Food Pantry

30 Chichester Road Ste. D

724-9731

(Call first)

Newbury

South Newbury

Union Church

Village/Sutton Road

938-5369

(Call for appointment)

Kearsarge Valley MOW

Community Action

49 West Main Street

526-6155 (Call first)

New London

Kearsarge Lake Sunapee

Community Food Pantry

461 Main Street

526-6511

(W 5:30-7, Sa 9:30-11)

Pembroke (see Suncook)

Penacook

Immaculate Conceptions

9 Bonney Street

753-4413

(Tu, W 9:30-11:30)

United Church of Penacook

21 Merrimack Street

753-4072

(Pantry: Tu 9:30-11:30)

(Kitchen: M, W, F 4:30-5:30)

Pittsfield

Pittsfield Town Office

85 Main Street

435-6773 x19

(M 11-2 & 4-7, W, Th 11-2)

Suncook

Suncook CAP

15 Glass Street #104

485-7824

(M, Th 11-4)

Interfaith Food Pantry

147 Main St, Pembroke

485-9232

(W 1-3 & 3rd Sa 9-11)

Suncook United

Methodist Church

Soup Kitchen

152 Main Street

485-9707

(Sept-June W 5-6)

Sutton

Trinity Bible Church

539 Rte 114

927-4384 (M, Th 6-7:30)

Warner

Kearsarge Valley CAP

49 West Main Street

456-2207 (M-F 8:30-4:30)

Webster

Webster Food Pantry

1011 Long Street

648-2165 (W 7-8:30)

Wilmot

Wilmot Food Pantry

Town Offices

9 Kearsarge Valley Rd

526-6686 (M-F 9-3)

Homeless Shelters in Concord

Salvation Army/McKenna House

100 South Fruit Street

228-3505

New Start Program- CAP

Transitional Housing

2 Industrial Park Drive

229-1989

Salvation Army

58 Clinton Street

225-5586

Friends' Emergency Housing Program

30 Thompson Street

228-1462

Legal Services

Free Legal Services to Low-Income Persons: NH Pro-Bono **1-800-639-5290**

Hearings on Utility Shutoffs: Public Utilities Commission **1-800-852-3793**

Lawline Free Legal Advice: NH Bar Association **1-800-868-1212**

NH Legal Assistance: Fair Housing Project **1-800-921-1115** or **669-4960**

NH Attorney General: **271-3658** or **271-3655**

Civil Legal Services For Low-Income Persons: **1-800-921-1115** or www.nhla.org

NH Victims' Assistance Commission Department of Justice: Victims of violent crimes may apply for compensation from NHVAC **1-800-300-4500**

Other Programs

Adult Education: NH Department of Education: **271-6699**

NH Catholic Charities: Statewide human services agency provides counseling, information and referral, support groups and institutional health care for individuals and families throughout NH. **1-800-562-5249**

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

Free Cell Phone: Safelink Wireless and Lifeline are offering free cell phones and 68 monthly minutes of call time with no contract. **SafeLink.com** or **1-800-SAFELINK (1-800-723-3546)**

Home Budgeting: Consumer Credit Counseling Services **1-800-327-6778**

Free/Reduced Price Pet Neutering/Spaying: NH Dept of Agriculture **271-3697**

Merrimack County ServiceLink Resource Center: **228-6625** Fax: **228-6623**

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

Cooking Matters-NH Food Bank: The NH Food Bank offers a cooking based approach to nutrition education. Program lessons cover cooking skills, nutrition information, food safety, food budgeting and general planning. **669-9725** or www.nhfoodbank.org

Medical and Dental Assistance

Medicaid Service Questions: **1-800-852-3345**

NH Healthy Kids: **1-877-464-2447**

Maternal and Child Health Care: **1-800-852-3345 x 4517**

Prescription Assistance:

- NH Senior Discount Program (NH Residents ages 65+) **1-888-580-8902**
- Veterans Prescription Program (for eligible veterans and certain dependents and survivors of veterans) **1-800-892-8384 x3199**
- The Medicine Program: **1-800-694-3893**
- Health Link: **524-7171**
- Medication Connection: **527-7011**
- Medicare Part D Service Link: **528-6945**
- Partnership for Prescription Assistance: **1-888-477-2669**
- Health First Family Care: **934-0177** or **366-1070**
- Maternal and Child Health: **1-800-852-3345 x4517**
- \$4.00 Prescription Plan: **At your local department store pharmacy**
- NH Medication Bridge Program: **1-800-852-3456**

Dental Referrals For Medicaid Clients ONLY: **1-800-852-3345 x4344**

NHTI Dental Hygiene Clinic: Services include x-rays, cleaning, fluoride treatments, sensitivity treatments, sealants, nutrition counseling, and dental education. **271-7160**

Homeless Emergency Services

The Homeless Hotline: **1-800-852-3388**

The Housing Referral Network: Provides information and referrals to housing programs **1-800-856-5525**

Unite to Help: Provides security deposit and rental assistance for income eligible residents looking to rent in Merrimack County **1-800-852-3388**

NH Legal Assistance-Homeless Advocacy: Town/City welfare rights, shelter rights, accessing services, etc. **1-800-562-3174, 668-2900,** and Fax: **625-1840**

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

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

Child and Family Services: Transitional program for homeless individuals ages 18-21. **1-800-640-6486**

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