**Resources for Adjunct Instructors**

 **– Money Matters -- Food**

**Food**– Some of our students have serious money problems and find that even with extra jobs and savings, paying tuition and managing their expenses is too much. This, and managing housing, are major problems that effect every aspect of a student’s experience.

SSU is ready to provide support for students, access to free or inexpensive food options, and help in time of housing crisis. It’s all on one page <https://ask.salemstate.edu/kb/food-housing-resources> The resources for 2024 are listed below but things do change so it’s best to direct students to the live page on the SSU website.

Note that this also includes a link to help for Mental health. It’s hard to imagine students wondering if they’ll be able to pay rent or get food without having stress and anxiety as well.

On one side of the resource page is a little box whose link will take you to the **STUDENT EMERGENCY FUND** page <https://ask.salemstate.edu/kb/student-emergency-fund-request>

### [**Salem State Food Pantry**](https://ask.salemstate.edu/kb/salem-state-university-food-pantry)

* Located in Ellison Campus Center, on the first floor, next to Counseling and Health Services (108A)
* Open Monday - Friday, 8:30am – 10pm, or whenever the ECC is open.
* You will need your SSU ClipperCard to access the space.
* Stocked with non-perishable food items, various toiletries, and hygiene products. It also has a microwave.
* The food pantry is unstaffed; please take what you need when you need it.
* Contact careandconcern@salemstate.edu with any questions, concerns, or suggestions.

### **The Salem Pantry Mobile Market**

* Starting fall 2023, a new weekly cost-free mobile market truck that brings fresh produce, meat, and other grocery items directly to Salem State's campus community.
* Thursdays 11am-12pm, near Marsh Hall Quad
* Thursdays 4-5:30pm, ECC Alumni Plaza

### [**The Market**](https://thesalempantry.org/the-market/)

The Salem Pantry’s first brick-and-mortar location will open five days a week. **There are no income or residential requirements to attend. Location:**47 Leavitt Street, Salem, MA 01970

**Monday** – Closed
**Tuesday** – 10:00 AM –11:30 AM  • 12:30 PM – 4:00 PM
**Wednesday** – 4:00 PM – 8:00 PM
**Thursday** – 12:00 PM –4:00 PM
**Friday** – 8:00 AM – 10:30 AM • 11:30 AM – 2:00 PM
**Saturday** – 10:00 AM – 2:00 PM
**Sunday** – Closed

### [**Supplemental Nutrition Assistance Program**](https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program) **(SNAP)**

To learn more about SNAP and apply online, visit the [Mass.gov SNAP website](https://www.mass.gov/snap-benefits-formerly-food-stamps).

* Applications typically take less than 20 minutes.
* There are additional SNAP rules and income eligibility requirements you must meet to qualify and benefits vary based on household size.

### [**Daily Table**](https://www.dailytable.org/)

* Daily table offers fresh produce, grocery staples and made-from-scratch meals which start as low as $1.99. They accept and encourage SNAP and offer programs to maximize SNAP benefits for fresh produce. Anyone is welcome to shop at the Daily Table.
* Store Hours: M-Sat 9a-8p, Sunday, 11a-7p, located at 135 Lafayette Street in Salem MA; closed some holidays so check the website for updates.

### [**MA Healthy Incentives Program (HIP)**](https://www.mass.gov/service-details/massachusetts-healthy-incentives-program-hip)

As part of your SNAP benefits, you are automatically enrolled and able to participate in HIP. HIP puts money back on your EBT card when you use your SNAP benefits to buy healthy, local fruits and vegetables from HIP farm vendors.

[To identify locations/vendors where HIP is accepted visit DTAFinder.com](https://dtafinder.dtadash.ehs.mass.gov)

### [**Project Bread**](https://www.projectbread.org/get-help/covid-19-hunger-food-resources-for-households)

* Project Bread runs a toll-free and confidential hotline across the state to help connect residents with food resources, call 1.800.645.8333 for assistance.
* Available Monday - Friday, 8 am - 7 pm and Saturday 10 am - 2 pm.
* Counselors can assist callers in 180 languages.
* Their counselors can help with SNAP (eligibility screening, information, and over-the-phone application assistance), finding free meals for kids, school meal sites, summer meal sites, P-EBT, local food pantries, and more.