

# The Gluten-Free foodbank

Part of the New England Celiac Organization

The New England Celiac Organization is excited to announce it has taken over The Gluten-Free Food Bank. Learn more about our mission below, and find out how you can help.

## What is the Gluten-Free Food Bank?

The Gluten-Free Food Bank provides gluten-free food assistance to individuals across Eastern Massachusetts who have a medical need for gluten-free food but who struggle to afford this expensive diet.

### The Problem:

Gluten-free food is often four to six times as expensive as the regular equivalent. This means that for some individuals and families a medical diagnosis requiring a gluten-free diet can lead to a severe strain on financial resources. Gluten-free food is rarely available at food pantries, leaving few options for getting affordable, safe hunger relief.

*"My nine year old daughter... was recently diagnosed with Celiac. The prices are so expensive for these products. We are a family of 5 and shopping for 2 different lists is tough and costly."*

*Gluten Free Food Bank Client*



### Our Solution:

With the help of our sponsors, volunteers, and donations from the New England community, we distribute gluten-free foods to pantries across Eastern Massachusetts.

*"There is no single greater contribution than to feed another human being, particularly a person with restricted diet due to allergies."*

*Dr. Wendie Trubow  
President of NECO*



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## Ways to Help

From donations to volunteerism to sponsorship, you can make a difference for Massachusetts residents in need of gluten-free food assistance.

## Donate

Individuals are welcome to donate unopened non-perishable gluten-free food that has not reached the sell by/use date on the package. Companies are invited to donate shelf stable product. We are able to accept items approaching use by/sell by dates, consumable seconds, and product over-runs.

To coordinate a donation, please contact us. We appreciate your help!



## Volunteer

If you would like to help us with our mission of getting gluten-free food to those in need, please consider volunteering with us. There are plenty of ways to get involved:

- Help find new food pantries that would be willing to partner with us
- Collect & distribute gluten-free food to area pantries and home-bound individuals
- Earn Community Service Hours by volunteering!
- Marketing & PR
- Fundraising
- Organize a gluten-free food drive
- Encourage your company to help via corporate giving and sponsorship
- If you work for a store that sells gluten-free foods, consider donating coupons for these items to be placed in the emergency bags of food

If you would like to volunteer, please email us at [glutenfreefoodbank@neceliac.org](mailto:glutenfreefoodbank@neceliac.org) with your name, interest, and the best way to reach you.

*“Being able to afford safe, gluten-free food is a challenge for many people with celiac disease and other gluten-related disorders. By providing safe food through the Gluten-Free Food Bank, NECO is providing a vital service to less fortunate members of our celiac community, which is well worth our support.”*

**Susie Flaherty**

**Center for Celiac Research and Treatment, MGH for Children**

## Become a Sponsor

Sponsorship is easy and makes such a difference! To sponsor us, please contact us with your company name, address, company contact, email, and phone number.

### Benefits of sponsorship:

- Announcement of your partnership in the fight against hunger across NECO's membership
- Your company logo and weblink on our sponsor page
- Donations are tax deductible under the 501 c3 tax guidelines

For more information and to contact this organization, visit The Gluten-Free Food Bank page at [www.neceliac.org](http://www.neceliac.org).

## Connect with Us

Mailing Address:

The Gluten Free Food Bank

P.O. Box 600066

Newton, MA 02460

Shipping address provided upon request

Email: [glutenfreefoodbank@neceliac.org](mailto:glutenfreefoodbank@neceliac.org)



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## Participating Food Banks

This is a current list of participating food pantries throughout Massachusetts.

### Abington, MA

St. Vincent de Paul Food Pantry  
455 Plymouth St., Abington, MA  
Hours: Tues, 5 PM - 7 PM  
(able to accept anyone with a referral)

### Ashland, MA

Ashland Community Center  
162 West Union St., Ashland, MA  
Hours: Tues, Wed, Thurs 9 AM - 1 PM  
(Ashland residents only)

### Boxborough, MA

The Acton Food Pantry  
235 Summer Rd., Boxborough, MA  
Hours: Wed 10 AM - 7 PM, Closed 4th week of every month.  
(able to accept anyone for GF food)

### Gloucester, MA

The Open Door  
28 Emerson Avenue, Gloucester, MA, 01930  
Hours: Mon, Wed & Thurs 10 PM - 7 PM.  
Tues & Fri 10 PM - 5 PM  
Gloucester, Rockport, Manchester, Essex and Ipswich clients  
may use the pantry once every seven days (proof of residence  
required).  
Call 978-283-6776 for more information,  
or visit their website.

### Jamaica Plain

Jamaica Plain - APAC  
30 Bickford St., Jamaica Plain, MA 02130  
In the Bromley Health Housing Development  
(requires Project Bread Referral).  
1-800-645-8333

### Medway

Medway Village Food Pantry  
Medway Village Church  
170 Village St., Medway, MA  
Hours: Wed 3:45 PM - 4:45 PM  
(able to accept anyone for GF food).

### Natick, MA

A Place to Turn  
99 Hatford St., Natick, MA  
Hours: Mon, Tues, Thurs 9:30 AM - 12:30 PM,  
Wed 11 AM - 12:30 PM  
(able to accept anyone with a referral)

### Norwood, MA

Norwood Food Pantry  
150 Chapel St., Norwood, MA  
Hours: Sat 8:20 AM - 11 AM  
(able to accept anyone for GF food)

### Somerville, MA

Elizabeth Peabody House  
277 Broadway, Somerville, MA  
Hours: Wed 5:30-7:30 (Grant St. entrance)  
Register by calling: 617-623-5510  
(able to accept anyone for GF food)

### Wayland, MA

Parmenter Food Pantry  
266 Cochituate Rd., Wayland, MA  
Hours: 1st Thurs of each month  
(Wayland residents only)

### Wellesley, MA

Wellesley Food Pantry  
Wellesley Hills Congregational Church  
207 Washington St., Wellesley, MA  
Hours: Tues 9 AM - 7 PM  
(Wellesley residents only)

### Woburn, MA

Council of Social Concern  
2 Merrimac St., Woburn, MA  
Hours: Tues, Thurs 9:45 AM - 12 PM,  
1:30 PM - 3 PM. Wed 5:45 PM - 7 PM  
(Woburn & Winchester residents)

### Worcester, MA

Friendly House  
36 Wall St., Worcester, MA  
Hours: Mon-Fri 9 AM - 5 PM  
(able to accept anyone for GF food)



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