



Phone-in hours:

Monday through Friday from 8 a.m. to 3 p.m.

Walk-in hours:

Monday through Thursday from 8 a.m. to 1 p.m.
8 Silsbee Street, Lynn, MA 01901

Phone: **781-599-0110**

Email: **phoenix@glss.net**

www.phoenixfoodhub.org



The Phoenix Food Hub space is wheelchair accessible through the ramp on the Ellis Street side of the building and can be used by anyone who needs it for all Phoenix Food Hub events and programs.

Events

Phoenix Food Hub welcomes other organizations to host their events in our 1st floor space. For inquiries, please send an email to phoenix@glss.net.

Referrals

If you are a provider and would like to refer someone to Phoenix Food Hub services, please fill out the referral form at <https://phoenixfoodhub.org/For-Providers>

Phoenix Food Hub is funded by: Alfred E. Chase Charity Foundation, Bank of America, N.A., Trustee; Beverly & Addison Gilbert Hospitals; City of Lynn and the U.S. Treasury through ARPA; City of Lynn Community Development Block Grant program funded through the Department of Housing and Urban Development; Commonwealth of Massachusetts; Health Resources in Action; Maine Council on Aging made possible by Hannaford Supermarkets; Mass General Brigham; Point32Health Foundation; U.S. Department of Agriculture; and gifts from private donors.

GLSS is an equal opportunity employer.

GLSS

Greater Lynn Senior Services

8 Silsbee Street Lynn, MA 01901 www.glss.net



The PHOENIX FOOD HUB...

Nutrition and other related services for people of all ages.

GLSS

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The **Phoenix Food Hub** is a collaborative project spearheaded by **Greater Lynn Senior Services** as part of the **Lynn Food Policy Council** and involves many organizations across the city, bringing together, under one roof, as many nutrition-related supports as possible.

The Phoenix Food Hub serves people of all ages with nutrition needs in and around the Lynn area—a one-stop shop in downtown Lynn where individuals and families at risk of nutrition insufficiency can access a variety of resources to help them better manage their overall health and well-being.

Lynn Food Policy Council Members:

City of Lynn
Catholic Charities
Greater Lynn Senior Services
LEO
Lynn Community Health Center
Lynn Grows
Lynn Public Schools
Lynn Salvation Army
Mutual Aid Lynn/Creative Collective
My Brother's Table
New American Center
New Lynn Coalition
The Food Project
UMass Extension Nutrition Program
YMCA

Subcommittee Members:

Mass General Brigham Salem Hospital
Project Bread

Services at Phoenix Food Hub

Call **781-599-0110** and ask to speak with a Phoenix Navigator about services. **Phoenix Food Hub services are for people of all ages.**

- Set up **nutrition counseling sessions** to speak directly with a licensed nutritionist.
- Get **print outs of nutrition resources** including places to get free groceries.
- Connect to **other services** at Greater Lynn Senior Services.
- Talk with a **SNAP benefits** counselor, 10 a.m. to 2 p.m. Monday through Friday.
- Learn about options for **short-term home delivered meals** for people under 60 who do not qualify for the Meals on Wheels program.
- Find out how to participate in **healthy cooking classes** or attend **cooking demonstrations** in our teaching kitchen.



- Learn how diet can affect your mental and physical well-being in the **Food and Thought** program.
- **Brown Bag/Mobile Markets** – Free bags of groceries distributed in conjunction with The Greater Boston Food Bank twice a month, every **1st Saturday** from 9 a.m. to 10 a.m. and every **3rd Friday** from 9 a.m. to 11 a.m. The program is open to all residents of Lynn, Lynnfield, Nahant, Saugus, and Swampscott. There are no age or income requirements and there is no application for the program.
- Indoor **Winter Farmers' Markets** – every **2nd and 4th Saturday** from December through March, 11 a.m. to 3 p.m. Farmers' Markets are hosted by The Food Project and are open to all.
- Additionally, Phoenix Food Hub consumers have access to an **on-site food pantry** funded and operated by Catholic Charities.

