

## **How to Apply for Fuel Assistance**

Applications for Fuel Assistance are open from the months of September to April. Contact South Shore Community Action Council at 508-746-6707, or CACCI (Community Action Committee of Cape Cod and the Islands) at 508-771-1727.

Or, apply online at <https://www.toapply.org/MassLIHEAP>. LIHEAP (the Low Income Home Energy Assistance Program) assists eligible households with part of their winter heating bills. It does not matter what kind of heating source you have. For information on income eligibility, visit <https://www.mass.gov/service-details/learn-about-home-energy-assistance-liheap>.

## **Agencies that Help with Fuel Assistance**

[Nantucket Food Fuel & Rental Assistance](#) (NFFRA) serves Nantucket residents facing financial insecurity. One of their services is a fuel assistance program for renters and homeowners. Applications are available online; for more information, call 508-901-1320.

The [Vineyard Committee on Hunger](#) assists Martha's Vineyard residents with applying for fuel assistance. Clients can visit Serving Hands Food Distribution Program and fill out fuel assistance applications, as well as those for other federal programs. For more information, call Betty Burton at 508-693-5339.

Mashpee Human Services also assists with fuel assistance. To apply, or for more information, call 508-539-1411. Applications will be sent to South Shore Community Action.

## **How to Apply for SNAP Benefits**

Apply for food stamps online through SNAP Massachusetts, at <https://dtaconnect.eohhs.mass.gov/>. For eligibility information, visit <https://dtaconnect.eohhs.mass.gov/screening>.

Apply for [EAEDC](#) assistance if you are disabled. In addition, visit your local food pantries.

## **Agencies that Help with SNAP Benefits**

CACCI (Community Action Committee of Cape Cod and the Islands) offers SNAP application assistance to residents of the Cape and Islands. For more information, or to make an appointment, call 508-771-1727; ask for SNAP Outreach Staff.

The Massachusetts DTA (Department of Transitional Assistance) can also assist with SNAP. Contact the Hyannis DTA office at 508-862-6600. Click [here](#) for a complete list of DTA offices in Massachusetts.

For Martha's Vineyard residents, the Vineyard Committee on Hunger can assist with applying for SNAP benefits. Clients can visit the Serving Hands Food Distribution Program after the fourth Thursday of each month, from 2 to 3 p.m. For more information, call Betty Burton at 508-693-5339.

### **How to Save Money on Cell Phone**

Look into various prepaid cell phone plans. AT&T and T Mobile have prepaid plans for about \$30 per month. Google "Cheapest Cell Phone Prepaid Plans" or look under "Pennyhoarders.com" for budgeting assistance. Apply for SafeLink (800-378-1684) or Assurance Wireless (888-321-5880) for free phones.

### **How to Save Money on Cable/Internet Bill**

Cut your cable. Call the ACP program at 877-384-2575. They can take \$30 off from your cable bill or you can ask for Comcast Essentials \$9.95 month cable and just add on a basic cable. This should all cost under \$100 or \$0 if you get Comcast Essentials and ACP.

### **Food Assistance Links**

#### Upper Cape

- Bourne Friends Food Pantry: <https://friendsofbournecoa.org/friends-food-pantry/>
- Sandwich Food Pantry: <http://www.sandwichfoodpantry.org/>
- St. Barnabas Church Lunch "A Place at the Table": <https://www.stbfalmouth.org/a-place-at-the-table.html>
- Sandwich Food Pantry: <http://www.sandwichfoodpantry.org/>

#### Mid Cape

- Hands of Hope Food Pantry and Outreach Center: <https://www.capecodcouncilofchurches.org/hands-of-hope-food-pantry-and-outreach-center.html>
- Family Table Collaborative: <https://www.familytablecollaborative.org/>
- Yarmouth Brown Bag Program (seniors): <http://ma-yarmouth.civicplus.com/309/Senior-Services>
- Cape Cod Community College Family Pantry: <https://www.capecod.edu/familypantry/>
- Faith Assemblies of God Church: Faith Family Kitchen: <https://www.capecodcouncilofchurches.org/faith-family-kitchen.html>
- First Baptist Church Food Pantry: <https://www.fbchyannis.org/food-pantry/>

#### Lower Cape

- Mustard Seed Kitchen: <https://www.capecodhungernetwork.org/Food-Pantries/agentType/View/PantryID/39/Mustard-Seed-Kitchen>
- SKIP (Soup Kitchen in Provincetown): <https://www.skipfood.org/>
- St Joan of Arc: <https://www.joanarc.org/>

#### Martha's Vineyard

- Island Food Pantry: <https://www.igimv.org/about-island-food-pantry>
- Vineyard Committee on Hunger: <https://firststopmv.org/provider/vineyard-committee-on-hunger/>

#### Nantucket

- Nantucket Food Fuel & Rental Assistance (NFFRA): <https://www.assistnantucket.org/>

#### All Cape

- Yarmouth Food Pantry: <https://yarmouthfoodpantry.org/>

#### All Cape and Islands

- Nams Vets Association of Cape & Islands, Food Pantry

#### Massachusetts

- MA Meals on Wheels: <https://www.massmealsonwheels.org/>
- MA Supplemental Nutrition Assistance Program (SNAP): <https://www.mass.gov/snap-benefits-formerly-food-stamps>

### **Affordable Housing Contacts**

#### Upper Cape

- Bourne Housing Authority: <http://www.bournehousing.org/>
- Falmouth Housing Authority: <https://www.falmouthhousing.org/>
- Mashpee Housing Authority: <https://mashpeehousing.org/>
- Sandwich Housing Authority: <http://www.sandwichhousingauthority.org/>

#### Mid Cape

- Barnstable Housing Authority: <http://www.barnstablehousing.org/Home.aspx>
- Dennis Housing Authority: <http://www.dennishousing.org/>
- Yarmouth Housing Authority: <http://www.yarmouthhousingauthority.com/Home.aspx>

#### Lower Cape

- Brewster Housing Authority: <https://www.brewster-ma.gov/departments-mainmenu-26/housing-authority>

- Chatham Housing Authority: <http://www.chathamha.org/Home.aspx>
- Eastham Housing Authority: <http://www.easthamhousing.org/Home.aspx>
- Orleans Housing Authority: <http://www.orleanshousing.org/Home.aspx>
- Provincetown Housing Authority: <https://www.provincetownhousingauthority.com/>
- Truro Housing Authority: <https://www.truro-ma.gov/housing-authority>
- Wellfleet Housing Authority: <https://www.wellfleet-ma.gov/housing-authority>
- Lower Cape Housing & ADU Resource Center: <https://www.lowercapehousing.org/>

#### All Cape

- HAC (Housing Assistance Corporation): <https://haconcapecod.org/>
- Habitat for Humanity of Cape Cod: <https://habitatcapecod.org/>

#### Martha's Vineyard

- Dukes County Regional Housing Authority: <https://housingauthoritymarthasvineyard.org/>
- Island Elderly Housing, Inc.: <https://www.ihmv.org/>
- Habitat for Humanity Martha's Vineyard: <http://www.habitatmv.org/>

#### Nantucket

- Habitat for Humanity Nantucket: <https://www.habitatnantucket.org/>
- Housing Nantucket: <https://www.housingnantucket.org/>

#### Massachusetts

- Homeowner Assistance Fund (HAF): <https://www.mass.gov/info-details/homeowner-assistance-fund-haf>
- NeighborWorks Housing Solutions: <https://nhsmass.org/>