

SNAP, Home Energy, and Health Insurance Resources

Food Assistance Alerts and Updates

- To learn more and stay up to date on SNAP benefit alerts, click [here](#).
- Visit the Department of Transitional Assistance (DTA) Frequently Asked Questions (FAQ) page for more information regarding the Federal Shutdown and SNAP [here](#).
- To stay up to date with the Department of Public Health (DPH) Women, Infants, & Children Nutrition Program (WIC) Alert, click [here](#).
- For frequently asked questions about the Massachusetts Healthy Incentives Program (HIP) and to find HIP Vendors, click [here](#).
- Mass 211 is a resource available 24/7 that connects callers to information about government benefits and critical health and human services available in their community. To learn more and get connected, click [here](#).
- For up-to-date shutdown information on health care, immigration, housing, and more, see [MassLegalServices.org/Shutdown](https://www.masslegalservices.org/shutdown)

Food Banks and Resources

- In response to the SNAP Freeze, the Healey administration has set up [Mass.gov/SNAPFreeze](https://www.mass.gov/SNAPFreeze)
 - o It is a new Resource Hub with information on how families facing hunger can get help and ways for people and businesses to offer help
 - o It is alongside the Commonwealth of Massachusetts's [Food Bank Finder](#)
- Project Bread's [FoodSource Hotline](#): 1-800-645-8333
 - o If you are facing immediate hunger, you can call or text this hotline to receive information regarding food resources in your area or talk with a Project Bread Counselor.
 - o The Hotline includes 180 languages and is available Monday – Friday 8AM to 7PM and Saturday 10AM to 2PM
- Feeding America's [Local Food Bank Locator](#)
- Foodpantries.org's [list of Massachusetts food pantries](#)
- FreeFood.org's list of [Massachusetts food pantries](#)
- Regional Food Resources
 - o Food Bank of Western MA: [FoodbankWMA.org/get-help/](https://www.foodbankWMA.org/get-help/)

Health Insurance

- Massachusetts [Health Connector](#)
 - o [Health Insurance Enrollment Page](#)
 - o [Updates on changes to health insurance enrollment due to new federal policies](#)
 - o Find your [local healthcare enrollment navigator](#)
- [Health Care For All](#)'s free hotline to help constituents navigate enrolling in health insurance: 800-727-4232
- [MassOptions](#)
 - o Resources built to connect residents to health insurance, aging, and disability services
- [Massachusetts Health Policy Commission](#)
 - o Resources for public and private health insurance recipients, health care providers, and elder services
- Are your health insurance premiums significantly increasing in 2026? Share your story with our office by clicking [here](#).

Home Energy

- The Massachusetts Department of Public Utilities extended the statewide moratorium on utility shut-offs for low-income residents' gas and electric services, which began October 27, 2025 and goes until April 1, 2026. To receive this protection, you must provide verification of financial hardship to your utility company. Visit the [Massachusetts Councils on Aging](#) for more information.
 - o If your gas or electricity services are turned off, please reach out to our office for assistance.
- Beginning November 1, [Local Home Energy Assistance Program \(HEAP\) agencies](#) will have limited funding for heating emergencies only during the shutdown, as utility bill assistance will be frozen. You can still apply for the season to receive assistance once government funding resumes.
- Salvation Army Utility & Rent Assistance: salvationarmyusa.org/utility-rent-assistance
- National Energy & Utility Affordability Coalition (NEUAC) [Massachusetts Energy Resources](#)