

LIFE MINISTRIES
FOOD PANTRY



LIFE MINISTRIES
SOCIAL SERVICES
INFORMATION

The LIFE Ministries mission is not only to provide food and good nutrition for those in need, but to provide social services information and guidelines when a need or question arises.

How can I obtain help from my town: Your first resource for help is your Town Welfare Director who oversees multiple programs and has contacts for both public and private resources. Town Welfare Office telephone numbers are:

Alton – (603) 875-2161

Farmington – (603) 755-3100

Middleton – (603) 473-5230

New Durham – (603) 859-0204

Ossipee – (603) 651-1156 or (603) 539-4181

Tuftonboro – (603) 569-4539

Wolfeboro – (603) 569-8161

Another good source for help if you have a school aged child is the School Nurse or Guidance Department.

How can I obtain help or information from the State of NH:

Contact the New Hampshire Department of Health and Human Services (DHHS) in Concord at www.dhhs.nh.gov or call 800-852-3345. There are multiple telephone numbers listed on their website for specific departments.

How can I obtain help or information from Carroll County:

Call the Carroll County DHHS Conway District Office and NH Employment Program at 603-447-3841 or 800-552-4628.

You can also go online to carrollcountyresources.weebly.com.

Service Link in Tamworth also has many good resources.

Contact them at 1-866-634-9412 or servicelink.nh.gov.

HEALTH RELATED CONCERNS

If you do not have a computer, you can visit your local library to use one of their computers and ask for a librarian's help getting online and accessing the information that you need.

How do I find a doctor in NH: Call PATH (Patient Access to Huggins) at Huggins Hospital at 603-569-7669 or call the State at 800-852-3345, x. 4344 or 603-271-4344.

How do I find a dentist in NH: See telephone numbers listed above or call the NH Dental Society at 603-225-5961 or contact Tri-County Community Action Program in Tamworth at 603-323-7645.

How do I apply for Medicare: To apply for Medicare you must be 65 years or older, a younger person with disabilities, or a person with End-Stage Renal Disease. You can apply online for Medicare on Social Security's website or at the Social Security office in Littleton (877-405-7658) or the Social Security Office in Concord (888-397-9798). You will need to sign up for both Parts A (Hospital Insurance) and B (Medicare insurance) starting 3 months prior to your birthday month and up to 3 months after your birthday month before incurring a penalty. There are also Parts C (the supplemental) and D (the drug coverage). For help with applying for and understanding Medicare (or Medicaid), contact Service Link at 1-866-634-9412 for an appointment.

How do I apply for Medicaid: Medicaid provides health coverage for eligible low income adults, children, pregnant women, elderly adults, and people with disabilities. There are multiple requirements to be eligible for Medicaid: 1) citizenship, residency, age, and social security number, 2) financial requirements including income and household resources, and potential income, and 3) medical eligibility based on medical condition. For information call the Medicaid Service Center at 888-901-4999. To enroll online go to NHEasy.nh.gov to apply for cash, medical care, SNAP (food assistance), childcare, Medicare Beneficiary, and Long Term Care Assistance. For questions call the NH DHHS (Department of Health and Human Services) at 800-852-3345 or 844-275-3447 or contact Service Link at 1-866-634-9412 or go online at servicelink.nh.gov.

How do I afford my medications: Contact Medication Bridge at Huggins Hospital by calling 603-569-7613. You can also contact Service Link at 1-866-634-9412 or go to servicelink.nh.gov.

Who do I call for an addiction or mental health crisis: Call 988 to connect with suicide prevention and mental health crisis counselors. Call 211 for information and referrals in non-emergency situations.

How can I find someone to talk to about life's challenges:
Call Service Link at 1-866-634-9412 and ask for a REAP counselor.

How do I get help with drug and alcohol recovery:
Contact White Horse Recovery at 603-651-1441 or go online at www.whitehorserecovery.org

How do I get help if I am a victim of or know someone who is a victim of domestic violence: Contact Starting Point for Domestic Violence services at the Southern Carroll County office at 603-452-8014 or startingpointnh.org.

How do I get help if I can't afford medical care: There are a number of organizations in New Hampshire that can help you get health care regardless of your ability to pay or can help you find a health plan that is affordable. Get started by visiting the links below:

Community health centers and low-cost care:

- www.bistatepca.org/find-a-health-center
- www.healthynh.org/nh-health-access-network

Help paying for prescriptions:

- www.healthynh.org/medication-bridge

Children's medical assistance information:

- www.dhhs.nh.gov/dfa/medical/children.htm

The New Hampshire Health Protection Program allows low-income New Hampshire residents to enroll in a health insurance plan at little or no cost. If you already have health insurance, you may still be eligible to sign up for the NHHPP, reducing your health insurance costs. Find out more about eligibility, program options, and coverage at www.coveringnewhampshire.org/nh-health-protection-program.

How can I find help to stop smoking: To find smoking cessation resources search the website www.quitworksnh.org.

How do I find a ride to a non-emergency medical appointment: Call RSVP Program of Carroll County at 603-356-9331 or Caregivers of So. Carroll County and Vicinity at 603-569-6780. The CareGivers Caring Rides has recently expanded into the Lakes Region. Call 603-622-4948 for rides to medical or dental appointments, dialysis, the pharmacy and the grocery store.

HOUSING AND CLOTHING NEEDS

How do I find assistance with my rent: Contact your Town Welfare Director at the number listed on the first page of this book. If you need help paying your rent or utilities due to Covid-19, apply at CAPNH.org or call 211.

How do I find a lawyer in case of eviction: Call 211 or contact the Lawyer Referral Service of the NH Bar Association at 603-229-0002 or online at www.nhbar.org.

How do I find heat assistance: Contact your Town Welfare Director or apply for Fuel Assistance by calling Tri County CAP at 603-323-7400. Applications open in October. Tuftonboro residents can contact the Melvin Village Community Church at 603-544-9661 for assistance. Other area churches may also be able to assist.

How do I get help with home repairs: Call the USDA Rural Development at 603-447-3318, x5.

How do I find housing if I am homeless and have children: For residents of Carroll County with children in the Governor Wentworth School District or younger, contact the Families in Transition/ Hope House Housing Coordinator at 603-641-9441, x306 for housing at the Hope House on Lehner Street in Wolfeboro. Hope House provides short term, emergency housing for 60-90 days until the family can be transitioned into more permanent housing.

How do I find housing if I am homeless or live in an undesirable situation: To get into a homeless shelter and ultimately into the NH Housing Authority (known as Section 8 Housing), call 211 for a list of homeless shelters in your area. You can also go online to www.211nh.org. You will need to call the shelter's telephone number every day to see if space is available. In due time and as space is available, you should qualify for a voucher for Section 8 Housing. The closest shelters to Wolfeboro for adults are Carey House, a Salvation Army program in Laconia or Pemi Bridge House in Plymouth. You can also call the Homeless Outreach Hotline at 1-800-852-3345.

How do I find clothing for me and my family: Clean used clothing in good repair can be obtained at minimal cost from Lord and Tailor above the Food Pantry at 264 S. Main St. in Wolfeboro on Thursday and Friday from 10am-3pm, and Saturday from 10am -1pm. Free used clothing can be found at St. Katharine Drexel's Coat Rack (40 Hidden Springs Road in Alton) on Mondays from 10 am-noon or by calling for an appointment at 603-767-3230. Other resources include Agape Ministries Thrift Store at 1895 Rt 16 in Ossipee- across from the Pizza Barn- Monday through Saturday from 9am -4pm and Lakes Region Thrift Shop at 977 Whittier Road in Moultonborough on Wednesday, Thursday, or Friday from 11am-4pm.

How do I find housewares, linens and furniture?

You can visit the following:

- Agape Ministries at 1895 NH 16, West Ossipee (across from the Pizza Barn); Phone 603-539-4456. Hours are Monday through Saturday 9am -4pm.
- White Horse Thrift Shop at 232 NH 16B, Center Ossipee (Indian Mound Plaza); Phone 603-651-1448. Hours are Monday through Saturday 9am-5pm.
- Agape Thrift Shop at 80 Bean Road, Entry C in Moultonborough; Phone 603-253-9724. Hours are Monday through Friday 9am-3pm and Saturday 9am-2pm.
- Lakes Region Thrift Shop at 977 Whittier Highway in Moultonborough; Phone 603-476-5400. Hours are Wednesday through Friday 11am-4pm.

You can go online:

- Facebook Wolfeboro Marketplace – Has a wide variety of gently used items, many of which are free. Listed items are from many towns around the area. This site also has apartment rentals and vehicles.

FOOD AND NUTRITION CONCERNS

How do I apply for food assistance at the LIFE Ministries Food Pantry in Wolfeboro: Visit the Food Pantry at 264 S. Main Street on the first or third Wednesdays from 9am – 1pm or 4pm – 6pm and ask for an application form. You will receive food that day. The following distribution week you will need to show proof of need. You can also call 603-569-0202 for information or go online to lifeministriesfoodpantry.org.

How do I apply for SNAP (food stamps): Go online to NHEasy.nh.gov to apply or call the NH DHHS at 844-275-3447. SNAP provides people with monthly financial assistance to purchase groceries with a plastic EBT card that looks like a debit card. Note: double SNAP coupons can be obtained and used at the Wolfeboro Farmers Market (hours and location are listed in the Food Pantries section of this book).

How do I sign up for WIC (women, infants, and children): WIC provides healthy food for income-eligible women who are pregnant or post-partum, as well as infants, and children up to 5 years old. Sign up online at www.signupwic.com or call Goodwin Community Health at 603-332-4358 or the NH WIC Agency at 800-942-4321.

How do I feed my children over the weekend? Contact your School Nurse or Guidance Department about the “End 68 Hours of Hunger Program” to obtain food for the student for the weekend which includes 2 breakfasts, 2 lunches, 3 dinners, and snacks.

How do I learn about free meals? Contact the Ossipee Concerned Citizens in Ctr. Ossipee at 603-539-6851 or go online at ossipeeconcernedcitizens.wordpress.com. You must make a reservation for a to-go meal or congregate meal. Greater Wakefield Resource Center at 254 Main St., Union, NH offers “Grab’n Go” noontime meals Monday, Wednesday, and Thursday at a reduced cost. You must call 603-473-8324 to order your meal. Meals on Wheels Wolfeboro can be reached at 603-515-2043. Ossipee Concerned Citizens Meals on Wheels can be reached at 603-539-6851. Dinner Bell community meals-to-go are available on Thursday night from All Saints Episcopal Church at 258 S. Main St. Wolfeboro. Guests are asked to make a reservation by calling 603-569-3453 on Monday (10am-4pm) or Tuesday (2pm-4pm) to place an order and indicate pickup time on Thursday between 4pm -6pm.

OTHER

Are there After-School Programs: Contact the Kingswood Youth Center at 603-569-5949 or go online at www.thekyc.org for programs for teens in grades 7-12.

How do I learn about good nutrition: Contact the UNH Cooperative Extension at www.extension.unh.edu.

Here are some resources on their website:

Food Access – www.extension.unh.edu/health/food-access

Nutrition Education – www.extension.unh.edu/health/nutrition-education

Recipes – www.extension.unh.edu/recipes

Social Media for videos and tips:

Pinterest (please note there is an underscore before the word created)

www.pinterest.com/UNHNutritionConnections/_created

Instagram (please note there is an underscore after unhce)

www.instagram.com/unhce_nutritionconnections

Facebook

www.facebook.com/unhce.nutritionconnections

The Food Access Map is the best way to learn about food resources across the state.

www.extension.unh.edu/resource/new-hampshire-food-access-map

Food Pantries

Agape Ministries Servants, Inc. Food Pantry

1895 Rt 16, West Ossipee (across from Pizza Barn) 03814

Hours: Mon-Wed-Fri: 1pm-3pm

Phone: 603-539-4456

Agape Ministries Servants Inc. Food Pantry

80 Bean Road, Moultonborough, NH 03254

Hours: Mon, Wed, Fri – 9 am-noon; Sat 11am-1pm

Phone: 603-677-6826

Alton Community Services Food Pantry

11 C Village Circle, Alton, NH 03809

Hours: Wed 5:30pm-6:30pm; Sat 9:30am-noon

Phone: 603-875-2273

CVCC Food Pantry

132 Main Street, Conway, NH 03818

Hours: Tue 9am-1pm. (By appointment only)

Phone: 603-447-3851

Web: www.thebrownchurch.org

Freedom Food Pantry

12 Elm St. Freedom

Hours: Sat 10am-noon

Phone: 603-539-6484

Web: www.firstchristianchurchoffreedom.org

Lakes Region Food Pantry

977 Whittier Hwy, Moultonborough, NH 03254

Hours: Thur 11am-4pm

Phone: 603-467-5400

Web: www.lakesregionfoodpantry.org

LIFE Ministries Food Pantry

264 South Main Street, Wolfeboro, NH 03894

Hours: Wed (1st & 3rd of month): 9am-1pm
and 4pm-6pm

Phone: 603-569-0202

Web: www.lifeministriesfoodpantry.org

Madison Food Pantry

53 Conway Road, Madison, NH 03849

Hours: Wed 10am-1pm

Phone: 603-733-6323

Web: www.themadisonchurch.org

Tamworth Community Food Center

678 Whittier Road, Tamworth, NH 03886

Hours: Every other Wed 12pm-4pm
(winter hours 11am-3pm)

Phone: 603-960-4067

Wakefield Food Pantry

1500 Wakefield Road, Sanbornville, NH 03872

Hours: Wed 10am-1pm and 5pm-7pm

Phone: 603-522-3094

Web: www.wakefieldnhfoodpantry.org

Wolfeboro Area Farmers Market

Location changing summer 2022

Hours: Thur: 12:30pm-4.30pm May-October

Phone: 603-515-1841

Web: www.wolfeborofarmersmarket.com

Note: Not a food pantry but provides double SNAP

Wolfeboro Area Indoor Farmers Market

267 Wentworth Rd, Brookfield, NH, 03872

Hours: Nov 6-Dec 18, 2021 10am-1pm;

Jan 1- May 7, 2022 1st and 3rd Sat 10am-1pm

Phone: 603-515-1841

Web: www.wolfeborofarmersmarket.com

Note: Not a food pantry but provides double SNAP

jwc/dl/bc

02/17/23

We hope this resource guide is helpful.

Please note that website information, phone numbers, and hours of operation can change over time.

Unfortunately, we cannot ensure the accuracy of other organization's websites so it is always good to call before visiting a location found in this book.