**Food Assistance**

**It’s scary when there’s not enough food for your family.**

**Getting HEALTHY food is important for children’s growing bodies and minds.**

**Helpful Resources**

**Supplemental Nutrition Assistance Program (SNAP) |** *www.fns.usda.gov/snap*

* SNAP (food stamps) puts healthy food on the table for many families each month
* Visit the website or call **1-800-221-5689** for info in your state

**Women, Infants, and Children (WIC) |** *www.fns.usda.gov/wic*

**WIC helps women and children, up to age 5, with free:**

* Healthy foods
* Good advice on healthy eating
* Referrals to other health, welfare and social services



# Child Nutrition Programs | *www.fns.usda.gov/cn*

* To learn about and enroll in free or reduced rate school lunches and breakfasts, talk to your child’s school guidance counselor
* Visit the website to find food programs nearby

**USDA National Hunger Hotline**

* For info on how your family can get food, call **1-866-3-HUNGRY** for English or **1-877-8-HAMBRE** for Spanish

**If you need help finding food, please talk to your child’s doctor or nurse.**

**Emergency Food Assistance |** *www.211.org*

* 24/7, confidential, free help in 180 different languages
* For emergency food nearby, **call 211** or visit the website
* Additional information on housing, employment, health care and counseling

**Feeding America** **|** *www.feedingamerica.org*

* Visit the website to find free emergency food nearby
* Visit **www.feedingamerica.org/en-espanol** for help in Spanish



**Try to give your children HEALTHY food choices.**

**With planning and help, you can give your family the food they need.**