

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.**