



# FOOD ASSISTANCE

It's scary when you don't think there's enough food for your family

Getting **HEALTHY** food is important for growing bodies and minds

**Supplemental Nutrition Assistance Program (SNAP)** | [www.fns.usda.gov/snap](http://www.fns.usda.gov/snap)  
SNAP (food stamps) puts healthy food on the table for millions of families each month. To enroll, or to learn more about food stamps contact call 1-800-332-6347.

## Child Nutrition Programs

To enroll, or to learn more about free or reduced rate school lunches and breakfast, see your child's school guidance counselor. Visit [www.fns.usda.gov/cnd/Contacts/StateDirectory.htm](http://www.fns.usda.gov/cnd/Contacts/StateDirectory.htm) to find contacts for each state.



**USDA National Hunger Hotline:** Call 1-866-3-HUNGRY to get info on how you and your family can get food. <http://www.frac.org/wp-content/uploads/frac-aap-toolkit-poster-free-health-food-english.pdf>

## Women, Infant and Children (WIC) | 1-800-242-4WIC

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

- Supplemental nutritious foods
- Nutrition education and counseling
- Screening and referrals to other health, welfare and social services

### **Emergency Food Assistance**

If you need emergency food, please contact your local **2-1-1 center** for referrals to community resources. Help is free and confidential. 2-1-1 can also help with housing, employment, health care, counseling and more. Call 1-800-492-0618 or visit [www.211.org](http://www.211.org).

**Feeding America** can help you locate free emergency food assistance services in your community. To locate the closest Food Bank in your area visit, call 1-800-771-2303 or visit [www.feedingamerica.org](http://www.feedingamerica.org).

### **What kind of food does my family need?**

Try to give your kids lots of **HEALTHY** choices.

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

**ADD INFO ON LOCAL RESOURCES**

**ADD INFO ON PRACTICE SITE**