



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 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 to find contacts for each state.

Women, Infant and Children (WIC) | 1-800-242-4WIC WIC helps women and children, up to age five, 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.

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.

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.*