



Federal Food Assistance Resources

The following [Federal Food Assistance Resources](#) provide direct assistance to eligible individuals and families in need:

For Everyone:

- ✓ For general food assistance questions, please contact the **USDA National Hunger Hotline** to find soup kitchens and pantries in their area. Calls are free of charge.
English: **1-866-3-HUNGRY (1-866-348-6479)**,
Spanish: **1-877-8-HAMBRE (1-877-842-6273)**.
Text: **#97779**
<https://nhc.fns.usda.gov>

- ✓ **How to get food help:** www.fns.usda.gov/sites/default/files/ConsumerBrochure.pdf

For Adults, Seniors, Parents:

Eligible participants use Electronic Benefit Transfer cards to purchase food in grocery stores or farmers markets, and they receive nutrition education to learn how to eat healthy.

- ✓ **Supplemental Nutrition Assistance Program (SNAP) State Information/Hotline Numbers:**
www.fns.usda.gov/snap/state-informationhotline-numbers

- ✓ **Disaster Supplemental Nutrition Assistance Program (D-SNAP)** - *short-term food assistance benefits to families suffering in the wake of a disaster, even those families who otherwise might not qualify for SNAP.* www.fns.usda.gov/disaster

- ✓ **Senior Farmers' Market Nutrition Program:**
www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program-sfmnp

For Parents, Women with Infants and Small Children:

Each month, WIC provides a voucher or coupon that can be used to buy foods that help mothers and their children eat healthy, with further assistance in healthy eating, breastfeeding, healthcare, and related services.

- ✓ **Women, Infants and Children (WIC) program:**
www.fns.usda.gov/wic/who-gets-wic-and-how-apply

- ✓ **WIC Farmers Market Nutrition Program:**
www.fns.usda.gov/fmnp/wic-farmers-market-nutrition-program-fmnp

Adults, Seniors, Parents living on Indian Reservations:

American Indians are eligible for all nutrition programs including SNAP and WIC (but you cannot receive SNAP and FDPIR).

- ✓ **Food Distribution Program on Indian Reservations (FDPIR):**
www.fns.usda.gov/fdpir/food-distribution-program-indian-reservations-fdpir

For Parents, Children and Teens under the Age of 18 Years:

Free and reduced-price breakfast, lunch and afterschool meals are available to children in need throughout the school year. The summer meals program provides healthy, no cost meals to children when school is out.

- ✓ **Find Summer Meals in your Community:**
 - Call 1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE (1-877-842-6273);
 - Visit www.fns.usda.gov/summerfoodrocks
- ✓ **Summer Food Service Program (SFSP) Facts Sheet:**
www.fns.usda.gov/sites/default/files/sfsp/SFSP-Fact-Sheet.pdf



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