



United States Department of Agriculture
Food and Nutrition Service

How To Get Food Help





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The U.S. Department of Agriculture has many programs to help people get food. We want you to know what help there is.






We grouped the programs in this booklet by the people they can help. Immigrants can get food help from all of these programs. SNAP asks for documents to prove citizenship or legal presence in the U.S. The National School Lunch and School Breakfast Programs do not require documents, but States may choose to require documents for other programs. If you need help for:

If you need food help today, call 1-866-348-6479 (1-866-3-HUNGRY)

This is the National Hunger Hotline. The hotline staff can help you find food near where you live. It's a free call. You can call Monday to Friday, 9:00 a.m. to 5:00 p.m., and Saturdays 10:00 a.m. to 2:00 p.m., Eastern Time.

If you need help during other hours, visit www.WhyHunger.org/nhc. Click on **Resources** and choose **Resource Directory** from the drop-down menu. Then scroll down and click on **Get Help**.



	People of all ages (everyone, singles and families, employed or unemployed)	Go to page 2 to learn about Supplemental Nutrition Assistance Program (SNAP), The Emergency Food Assistance Program (TEFAP), and Food Help for Disaster Relief.
	Babies, children under age 5, and women who have recently had a baby, are pregnant, or are breastfeeding	Go to page 6 to learn about Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), WIC Farmers' Market Nutrition Program (FMNP), and Commodity Supplemental Food Program (CSFP).
	Children from kindergarten to 12th grade	Go to page 8 to learn about School Meals Programs and Summer Food Service Program (SFSP).
	Seniors age 60 and over	Go to page 10 to learn about Senior Farmers' Market Nutrition Program (SFMNP) and Commodity Supplemental Food Program (CSFP).
	American Indians	Go to pages 4, 6, and 11 to learn about Food Distribution Program on Indian Reservations (FDPIR) and Commodity Supplemental Food Program (CSFP).

Want to learn more about how to eat healthy? Go to page 12.

For People of All Ages

SNAP (Supplemental Nutrition Assistance Program)

This was called the Food Stamp Program before. SNAP is the national program name. Some States may call it something else.

What the Program Does

With SNAP, you get an Electronic Benefit Transfer (EBT) card. You use it like a debit card to buy food at the grocery store. SNAP puts benefits on this card once a month. SNAP also has programs to help you learn to eat healthy and be active.

Who Can Apply

SNAP is for people and families with low incomes. Anyone can apply. If you qualify, you will receive SNAP. The amount depends on your income, your expenses, and your family size.

If you are an immigrant, you have to prove you have legal status to apply for SNAP. Getting SNAP will not hurt your chances to become a citizen if you are documented. You may have a waiting period before you can get SNAP.

Here are some immigrants that may be able to get SNAP without having to wait:

- Documented immigrant children under age 18
- Refugees
- Elderly and disabled

Your children may be able to get SNAP even if you cannot. The application is in your children's names, not yours. Learn more for the sake of your children!

The amount of SNAP you get depends on:

- How much money you have
- How many are in your family
- Some of your expenses

If you qualify, you get your benefits within 30 days after you apply. If you have little or no money, please let your SNAP worker know. You may be able to get help sooner.

To Learn More About SNAP

Call 1-800-221-5689, or visit www.fns.usda.gov/snap.

TEFAP (The Emergency Food Assistance Program)

What the Program Does

TEFAP gives food to food banks in every State. Then the food banks give food to soup kitchens and food pantries. You may be able to eat at local soup kitchens. You may also be able to take food home from local pantries or have food delivered to you.

Who Can Apply

Each State has its own rules about who can get food at soup kitchens and food pantries. Also, not all areas in each State offer TEFAP. Call the National Hunger Hotline at 1-866-348-6479 to find out about soup kitchens and pantries in your area. Then call the soup kitchen or food pantry in your area to find out who can apply.

To Learn More About TEFAP

Call the National Hunger Hotline at 1-866-348-6479. You can also visit www.fns.usda.gov/fdd/programs/tefap.

FDPIR **(Food Distribution Program on Indian Reservations)**

American Indians are eligible for all nutrition programs, including SNAP and WIC. But you cannot get both SNAP and FDPIR.

What the Program Does

With FDPIR, you can get a package of USDA Foods to take home once a month.

Who Can Apply

People with low incomes living on Indian reservations can apply. In some areas, Native Americans who live near reservations may also apply. If you receive FDPIR, you cannot receive SNAP.

To Learn More About FDPIR

Call your Tribal Organization to learn more or to apply. To find out the phone number of the Tribal contact in your State, call 1-866-348-6479. You can also visit <http://www.fns.usda.gov/fdd/contacts/fdpir-contacts.htm>.



Food Help for Disaster Relief

What the Program Does

This program helps people get food when there is a hurricane, earthquake, or other disaster. You may be able to get meals at local shelters and soup kitchens. You may also be able to get food to use at home or receive a Disaster SNAP card to shop for food.

Who Can Apply

If you live in an area affected by a disaster, you may be able to get this help.

To Learn More About Disaster Relief

Call your State hotline to see if your area is giving this help. The staff can tell you how to get help. To find out what your State's hotline number is, call 1-866-348-6479 or visit http://www.fns.usda.gov/snap/contact_info/hotlines.htm.



For Babies, Young Children, and Women Who Have Recently Had a Baby, Are Pregnant, or Are Breastfeeding

WIC (Special Supplemental Nutrition Program for Women, Infants, and Children)

What the Program Does

Each month, WIC provides a voucher or coupon. You use it to buy foods that will help you and your children eat healthy. You can also learn about healthy eating, get support to help you breastfeed your baby, and find out about healthcare and other services. In some States WIC is using Electronic Benefit Transfer (EBT) cards. In these States, you use an EBT card, like a debit card, to buy food at the grocery store.

Who Can Apply

You can apply for WIC if you have a low income and have recently had a baby, are pregnant, or are breastfeeding, or if you have children up to 5 years old. You may be able to get WIC even if you do not qualify for SNAP.

To Learn More About WIC

Call your local health department or, to find out where to apply in your State, visit <http://www.fns.usda.gov/wic/Contacts/statealpha.HTM>

WIC FMNP (Farmers' Market Nutrition Program)

Some States offer FMNP. It gives you coupons you can use to shop at farmers' markets or roadside produce stands. You can buy fresh fruits, vegetables, and herbs. Women and children receiving WIC or who are on a waiting list for WIC can apply for this program.

To Learn More About WIC FMNP

To find out if your State offers FMNP in your community, ask your local WIC office or visit <http://www.fns.usda.gov/wic/Contacts/farm.HTM> to find out who to contact in your State.

CSFP (Commodity Supplemental Food Program)

What the Program Does

Some States offer CSFP in some areas. With CSFP, you can get a food package to take home once a month.

Who Can Apply

Pregnant women, mothers of babies, and families with children up to age 6 who have a low income can apply. But you must live in an area that offers CSFP. You may not apply if you are on WIC. You may apply if you are on SNAP.

To Learn More About CSFP

Visit <http://www.fns.usda.gov/fdd/contacts/slacontacts.htm> or call 1-866-348-6479 to find your State CSFP contact.



For Children From Kindergarten to 12th Grade

School Meals Programs

There are many school meals programs. They include the National School Lunch Program, the School Breakfast Program, the Fresh Fruit and Vegetable Program, and others.

What the Programs Do

In the National School Lunch Program, children can get free or lower price lunches at school. Some schools also serve breakfast, after-school snacks, fresh fruits and vegetables, and summer meals.

Who Can Apply

Families with children in grade school through high school can apply. If you get help from SNAP, your children will get free or lower price school breakfasts and lunches. But you may qualify even if you are not in one of these programs.

To Learn More About the School Meals Programs

Ask someone at the office of your child's school what meal programs they offer and how to apply. You can also visit <http://www.fns.usda.gov/cnd>.

SFSP (Summer Food Service Program)

What the Program Does

Some schools, summer camps, churches, and community groups serve free breakfasts and lunches to children during the summer.

Who Can Apply

Meals are served to any child age 18 and younger who comes to eat. But some camps and clubs serve only children in their programs.

To Learn More About SFSP

To find where summer meals are in your area, call your State's phone number. You can find out this phone number by calling 1-866-348-6479. You can also visit <http://www.fns.usda.gov/cnd/summer>.



For Seniors

SFMNP (Senior Farmers' Market Nutrition Program)

What the Program Does

Some States offer SFMNP. You can buy fresh fruits, vegetables, honey, and herbs. You can use the coupons at farmers' markets, roadside stands, and community programs that grow fruits and vegetables.

Who Can Apply

People age 60 or older with low incomes can apply.

To Learn More About SFMNP

To find out if the SFMNP is available in your community, visit: <http://www.fns.usda.gov/wic/SeniorFMNP/SFMNPcontacts.htm> to contact your State SFMNP office. If you get SNAP or CSFP, talk to someone in that office.

CSFP (Commodity Supplemental Food Program)

What the Program Does

Some States offer CSFP. With CSFP, you can get a monthly food package to take home.

Who Can Apply

Seniors age 60 and older may apply. But you must live in an area that offers CSFP.

To Learn More About CSFP

Visit <http://www.fns.usda.gov/fdd/contacts/sdacontacts.htm> or call 1-866-348-6479 to find your State CSFP contact.



Web Sites About Eating Right, Making a Food Budget, and Staying Active

- **MyPyramid:** This site helps you create your own plan for a healthy, active life. <http://www.mypyramid.gov>
- **SNAP-Ed Connection:** This site has meal ideas, recipes, and tips on buying healthier foods. <http://snap.nal.usda.gov>
- **Recipe Finder:** This site has over 600 low-cost, healthy recipes. <http://recipefinder.nal.usda.gov>
- **Team Nutrition:** This site can help schools and other groups teach kids about eating and living healthy. <http://teammnutrition.usda.gov/team.html>



**The U.S. Government
has many programs to
help people get food.
We want you to know
what help there is.**



For More Information:

U.S. Department of Agriculture
Food and Nutrition Service
Office of Strategic Initiatives,
Partnerships and Outreach
3101 Park Center Drive
Alexandria, VA 22302

<http://www.fns.usda.gov>

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November 2010
FNS-416

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