

Directions

This is an interactive PDF for you to download and edit within an Adobe program in order to easily tailor information on resources to your local community. Federal Nutrition Programs are available in every state. While this chart includes national numbers available through these programs, taking the time to localize and update referral information will help patients more readily connect to these critical services.

To edit these documents in Adobe, simply edit through the Add Text button in the appropriate areas.

If you do not have Adobe programs, please print out the resource and write in local resources.

Tips on localizing content




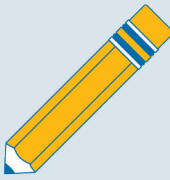
- Contact your *state anti-hunger group* to request assistance in reviewing this chart and adding any state or local information in terms of eligibility and referrals.
- Depending on your location, a 211 line may be available to connect patients and their families to key nutrition.




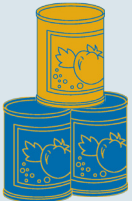
Federal Nutrition Programs and Emergency Food Referral Chart

USDA National Hunger Hotline

1-866-3-HUNGER/866-348-6479 or 1-877-8-HAMBRE/877-842-6273

Monday through Friday (8 a.m. to 8 p.m. ET)

Age of Patient	Name of Program	How It Works	Who Can Apply	Learn More
All ages 	Supplemental Nutrition Assistance Program (Also known as SNAP, formerly known as Food Stamps) Note: Program may be called something else in your state	Monthly benefits to purchase food at grocery stores, farmers' markets, and food retail outlets across the country that accept SNAP Benefits loaded onto an EBT card (much like a debit card) The average benefit is about \$31 for the week – or about \$1.47 per person, per meal	Gross income typically at 130% of the federal poverty level but can be higher in some states ¹ Asset tests may apply in some states ² Many low-income employed individuals	National resources: Call the SNAP information line at 1-800-221-5689 for information on how to apply in your state Online application for SNAP available for residents in 42 states: http://www.fns.usda.gov/snap/apply Local resources:
Pregnant, postpartum, and breastfeeding women; infants; children up to age five 	The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)	Nutritionally tailored monthly food packages (worth approximately \$50/month) that families redeem in grocery and food stores that accept WIC Breastfeeding support, nutrition services, screening, immunization, and health referrals	Low-income pregnant, breastfeeding, and postpartum women, and infants and children up to age five deemed nutritionally at risk by a health care professional Income eligibility typically at or below 185% of the federal poverty level ³ Families on Medicaid	State resources: Contact your state's WIC agency (http://www.fns.usda.gov/wic/wic-contacts) for information on local WIC service sites Screen patients for WIC eligibility with a customized state tool: http://wic.fns.usda.gov/wps/pages/start.jsf Local resources:
Typically, children up to age five 	Child and Adult Care Food Program (CACFP)	Up to two free meals and a snack to infants and young children at child care centers and homes; Head Start; and Early Head Start Updated nutrition standards in 2016 means healthier meals	Children attending eligible child care centers and homes; Head Start; and Early Head Start	State resources: Contact the state Department of Education for participating child care centers and homes Contact child's day care provider to see availability of free meals through CACFP Local resources:
Children K-12 	National School Lunch Program and School Breakfast Program	Free, reduced-priced, or paid school meals in participating schools Updated meal patterns feature more whole grains, 0 grams of trans fat per portion, appropriate calories by age, more fruit, and reduction of sodium	Children of families at low or moderate income levels can qualify for free or reduced-price meals Free to all students at schools adopting community eligibility – which allows schools with high numbers of low-income children to offer free breakfast and lunch to all students without collecting school meal applications	Contact child's school to see availability of free breakfast and lunch and application process, if any Contact the state Department of Education for a list of participating schools Local resources:

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Elementary school age students 	Fresh Fruit and Vegetable Program	The Fresh Fruit and Vegetable Program provides federal funding to elementary schools to serve fruits and vegetables as snacks to help young students improve their diets and establish healthy eating habits Limited federal funding is available in all states	Elementary schools with high numbers of low-income students	Local resources:
Children 18 and under 	Afterschool Nutrition Programs (available through CACFP or the National School Lunch Program)	Free, healthy snacks and/or meals meeting federal nutrition standards in enrichment programs running afterschool, on weekends, or during school holidays	Children can access free meals at participating enrichment programs offered at community sites, including schools, park and recreation centers, libraries, faith-based organizations, or community centers	Contact child's school to check participation in afterschool meals or knowledge of local participating organizations Contact the state Department of Education for participating sites Local resources:
Children 18 and under 	Summer Nutrition Programs	Up to two free meals at approved school and community sites during summer vacation Meals must meet approved federal nutrition standards	Children can access meals at participating community sites, which can include schools, park and recreation centers, libraries, faith-based organizations, or community centers No need to show identification	Local resources:
All ages 	The Emergency Food Assistance Program (TEFAP)	Emergency food distributed to local partners that may include pantries, schools, faith-based groups, etc. Many food items are shelf-stable U.S. commodities, but many food banks commit to distributing more fresh produce	Access depends on site requirements; some sites require referrals	Local resources:

¹ SNAP income eligibility guidelines at: <https://www.fns.usda.gov/snap/eligibility>

² Check state & local regulations for details.

³ WIC income eligibility guidelines at: <https://www.fns.usda.gov/wic/wic-income-eligibility-guidelines>

