

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 handout 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.



Prescription for Free Healthy Food

Learn more about nutrition programs for your family



Supplemental Nutrition Program (SNAP / Food Stamps)

(All Ages)



Free monthly support to help pay for groceries.

Call the SNAP information line at 1-800-221-5689



School Meals: Breakfast and Lunch

(Children K-12)



Free, reduced-priced, or paid school meals in participating schools.

Call your child's school for availability.



Women, Infants, and Children (WIC)

(Pregnant, postpartum, & breastfeeding women; infants; children up to age five)



Free monthly food packages valued at approximately \$50; breastfeeding support; nutrition services, screening, immunization, & health referrals.

Call your state WIC agency for more information.



Child and Adult Care Food Program (CACFP)

(Typically children up to age five)



Up to two free meals and a snack for children at child care centers and home; Head Start; and Early Head Start.

Call your child's day care provider for availability.



Summer Meals Program

(Children 18 and under)



Up to two free meals for children at participating sites.

Text "food" to 877-877 to find a summer meals program near you.



Afterschool Meals

(Children 18 and under)



Free snacks and/or meals for children at participating sites.

Call your child's school for availability on information on afterschool programs near you.

Doctor's Name:

Office Location:

Doctor's Email:

Doctor's Phone:



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)