

DIRECTIONS

This is an interactive PDF for you to download and edit within an Adobe program in order to easily tailor information on resources in 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.




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 for 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.

NOTE: FEDERAL NUTRITION PROGRAMS DURING COVID-19 HAVE ADOPTED SPECIAL PROVISIONS AND RULES. CHECK WITH YOUR LOCAL ANTI-HUNGER ORGANIZATION OR SEE FRAC'S COVID-19 UPDATES WEBPAGE AT [FRAC.ORG/COVID19](https://www.frac.org/covid19).

FEDERAL NUTRITION PROGRAMS AND EMERGENCY FOOD REFERRAL CHART (Page 1 of 2)

NAME OF PROGRAM & AGE OF PATIENT <small>(CLICK FOR MORE INFO)</small>	HOW IT WORKS	WHO CAN APPLY	LEARN MORE
 <p>Supplemental Nutrition Assistance Program (SNAP)</p> <p>Note: Program may be called something else in your state</p> <p>AGE: All ages</p>	<p>Monthly benefits to purchase food at grocery stores, farmers' markets, and food retail outlets across the country that accept SNAP</p> <p>Benefits loaded onto an EBT card (much like a debit card)</p> <p>The average benefit is about \$29 for the week per person – or about \$1.39 per person, per meal.</p>	<p>Gross income typically at 130% of the federal poverty level but can be higher in some states (SNAP income eligibility guidelines at: https://www.fns.usda.gov/snap/eligibility)</p> <p>Asset tests may apply in some states (check state and local regulations for details).</p> <p>Many low-income employed individuals</p> <p><u>SNAP has restrictions on which non-citizens are eligible.</u></p>	<p>NATIONAL RESOURCES:</p> <p>Call the SNAP information line at 1-800-221-5689 for information on how to apply in your state.</p> <p>Online SNAP applications are available for residents in most states.</p> <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/>
 <p>Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)</p> <p>AGE: Pregnant, postpartum, and breastfeeding women and mothers; infants; children up to age 5</p>	<p>Nutritionally tailored monthly food packages (worth approximately \$40 per month per person, though amounts vary based on the participant's age) that families redeem in grocery and food stores that accept WIC</p> <p>Breastfeeding support, nutrition services, screening, immunization, and health referrals</p>	<p>Low-income pregnant, breastfeeding, and postpartum women and mothers, and infants and children up to age 5 deemed nutritionally at risk by a health care professional</p> <p>Income eligibility typically at or below 185% of the federal poverty level</p> <p>Families on Medicaid</p>	<p>STATE RESOURCES:</p> <p>Contact your state's WIC agency (http://www.fns.usda.gov/wic/wic-contacts) for information on local WIC service sites.</p> <p>Screen patients for WIC eligibility with a customized state tool: https://wic.fns.usda.gov/wps/pages/preScreenTool.xhtml.</p> <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/>
 <p>Child and Adult Care Food Program (CACFP)</p> <p>AGE: Typically, children up to age 5</p>	<p>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</p> <p>CACFP can provide meals to children 18 and under at emergency shelters.</p> <p>Updated nutrition standards provide healthier meals.</p>	<p>Children attending eligible child care centers and homes, Head Start, and Early Head Start</p>	<p>STATE RESOURCES:</p> <p>Contact the state Department of Education for participating child care centers and homes.</p> <p>Contact child's day care provider to see availability of free meals through CACFP.</p> <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/>

FEDERAL NUTRITION PROGRAMS AND EMERGENCY FOOD REFERRAL CHART (Page 2 of 2)

NAME OF PROGRAM & AGE OF PATIENT <small>(CLICK FOR MORE INFO)</small>	HOW IT WORKS	WHO CAN APPLY	LEARN MORE
 <p>National School Lunch Program AND School Breakfast Program</p> <p>AGE: Children at participating schools</p>	<p>Free, reduced-priced, or paid school meals in participating schools</p> <p>Meals meet federal nutrition standards, which require schools to serve more whole grains, fruits, and vegetables.</p>	<p>Children of families at low or moderate income levels can qualify for free or reduced-price meals.</p> <p>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</p>	<p>Contact child's school to see availability of free breakfast and lunch and application process, if any.</p> <p>Contact the state Department of Education for a list of participating schools.</p> <p>LOCAL RESOURCES:</p> <hr/> <hr/>
 <p>Fresh Fruit and Vegetable Program</p> <p>AGE: Elementary school-age students</p>	<p>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.</p> <p>Limited federal funding is available in all states.</p>	<p>Elementary schools with high numbers of low-income students</p>	<p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/>
 <p>Afterschool Nutrition Programs</p> <p><i>(Available through CACFP or the National School Lunch Program)</i></p> <p>AGE: Children 18 and under</p>	<p>Free, healthy snacks and/or meals meeting federal nutrition standards in enrichment programs running afterschool, on weekends, or during school holidays</p>	<p>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.</p>	<p>Contact child's school to check participation in afterschool meals or knowledge of local participating organizations.</p> <p>Contact the state Department of Education for participating sites.</p> <p>LOCAL RESOURCES:</p> <hr/> <hr/>
 <p>Summer Nutrition Programs</p> <p>AGE: Children 18 and under</p>	<p>Up to two free meals at approved school and community sites during summer vacation</p> <p>Meals must meet approved federal nutrition standards.</p>	<p>Children can access meals at participating community sites, which can include schools, park and recreation centers, libraries, faith-based organizations, or community centers.</p> <p>There is no need to show identification.</p>	<p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/>
 <p>The Emergency Food Assistance Program (TEFAP) AND The Emergency Food Network</p> <p>AGE: All ages</p>	<p>Through TEFAP, participating food banks distribute U.S. commodities to local partners, including pantries, food shelves, soup kitchens, social service agencies, and faith-based groups.</p> <p>Additionally, many emergency food sites purchase food or receive food donations.</p> <p>Many food banks are committing to distributing more fresh produce in addition to shelf-stable foods.</p>	<p>Access depends on site requirements; some sites require referrals.</p>	<p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/>