

## **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. Check the boxes for the programs that are appropriate for your patient and their family.

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://frac.org/covid19).

# FREE HEALTHY FOOD | CHECK OUT THESE NUTRITION PROGRAMS FOR YOUR FAMILY



## Supplemental Nutrition Assistance Program (SNAP)

**AGE:** All ages

Free monthly support to help pay for groceries  
Call the SNAP information line at 1-800-221-5689.



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

**AGE:** Pregnant, postpartum, and breastfeeding women and mothers; infants; children up to age 5

Free monthly food packages valued at approximately \$40, breastfeeding support, nutrition services, screening, immunization, and health referrals  
Call your state WIC agency for more information.



## Child and Adult Care Food Program (CACFP)

**AGE:** Typically, children up to age 5

Up to two free meals and a snack for children at child care centers and homes, Head Start, and Early Head Start  
Call your child's day care provider for availability.



## National School Lunch Program AND School Breakfast Program

**AGE:** Children at participating schools

Free, reduced-priced, or paid school meals in participating schools  
Call your child's school for availability.



## Afterschool Nutrition Programs

*(Available through CACFP or the National School Lunch Program)*

**AGE:** 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.



## Summer Nutrition Programs

**AGE:** 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.

## NOTES

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