

You're Not Alone!

Health and wellbeing are rights for all children, but food insecurity affects many families. Reaching out for help taking care of your family is a brave act of hope. Here are good places to start.

SNAP & WIC

Supplemental Nutrition Assistance Program (SNAP, also known as food stamps) and Women, Infants, and Children (WIC) help families buy healthy food.

- fns.usda.gov/snap
- fns.usda.gov/wic

Free School & Summer Nutrition Programs

- The Child and Adult Care Food Program helps children (0-18) and adults get nutritious meals and snacks through childcare and afterschool programs.
fns.usda.gov/cacfp
- School Breakfasts:
fns.usda.gov/sbp/school-breakfast-program
- School Lunches:
fns.usda.gov/nslp
- Afterschool Meals:
fns.usda.gov/cacfp/afterschool-meals
- Summer Food Service Program:
fns.usda.gov/sfsp/summer-food-service-program

Food Pantries

Feeding America is a network of food banks. Type in your zip code and find places to get free food, plus dates and times for pick up.

- feedingamerica.org



AND...

- MyPlate has healthy eating tips for the whole family.
myplate.gov
- The American Academy of Pediatrics offers information on health and wellness for families.
healthychildren.org/english/healthy-living
- National Alliance for Hispanic Health invites you to join the Buena Salud Club!
healthymamericas.org/buena-salud-club
- 1,000 Days has information on nutrition from pregnancy to toddlerhood.
thousanddays.org/for-parents
- The Farmers Market Directory lists farmers markets near you (many accept WIC and SNAP).
ams.usda.gov/local-food-directories/farmersmarkets