



Nutrition Assistance Resource Guide December 2009

This publication contains resources for individuals in need of food and nutrition assistance. It includes a list of federal nutrition assistance programs, eligibility guidelines for each program, and resources to access more information about the programs. It may also be used by consumers seeking assistance in purchasing food. For more information on available assistance programs, please contact each program directly. For many assistance programs, only electronic contact information is listed in this guide. To access contact phone numbers for each program by State and Indian Tribal Organization, please see the **Nutrition Assistance Resource Guide Supplement** available separately (<http://www.nal.usda.gov/fnic/pubs/bibs/gen/nutritionassistance-supplement.pdf>). In most cases, individuals in need of assistance will be directed to their local office or agency and will need to meet eligibility guidelines before receiving any form of assistance.

This guide is divided into three sections: I) Federal Nutrition Assistance Programs; II) Non-government, Non-profit Food Assistance Organizations; and III) Food Budgeting and Shopping Resources. The first two sections describe programs and types of assistance available. The third section provides information on educational resources for individuals struggling to make ends meet. These brochures, fact sheets, and Web resources assist individuals in learning smart shopping techniques to save money at the grocery store and prepare low-cost, nutritious meals.

The Food and Nutrition Information Center (FNIC) of the National Agricultural Library prepared this guide in partnership with the Food and Nutrition Service (FNS) of the United States Department of Agriculture (USDA). Inclusion of an organization in this Resource Guide does not indicate endorsement by the USDA, nor does the USDA ensure the accuracy of all information provided by these organizations.

This Resource Guide is available from the Food and Nutrition Information Center's (FNIC) Web site at <http://www.nal.usda.gov/fnic/pubs/bibs/gen/nutritionassistance.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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I. Federal Nutrition Assistance Programs

A. USDA Nutrition Assistance and Education Programs

SNAP- Supplemental Nutrition Assistance Program (formerly the Food Stamp Program)

U.S. Department of Agriculture, Food and Nutrition Service

Description: SNAP provides low-income people and their families who meet certain resource, income, and employment requirements with electronic benefits that can be used like cash at most grocery stores. Special rules may apply for households that include an older adult or someone with a disability. For more information about SNAP and/or to apply for SNAP benefits, contact your local SNAP office or call the toll-free hotline number.

Phone: 1-800-221-5689

Web site to locate local SNAP offices: <http://www.fns.usda.gov/snap/outreach/map.htm>

Phone numbers for state SNAP Offices: See Resource Guide Supplement

WIC- Special Supplemental Nutrition Program for Women, Infants and Children

U.S. Department of Agriculture, Food and Nutrition Service

Description: WIC benefits include supplemental foods, health care referrals, and nutrition education for low-income pregnant and breastfeeding women, new moms, and infants and children up to age five. To be eligible for the WIC program, applicants must meet categorical, residential, income and nutrition risk guidelines. To apply, contact the WIC State or local agency serving your area.

Web site to locate WIC State Agencies:

<http://www.fns.usda.gov/wic/contacts/statealpha.HTM>

Phone numbers for State and Indian Tribal Organization WIC offices: See Resource Guide Supplement

SFMNP - Senior Farmers' Market Nutrition Program

U.S. Department of Agriculture, Food and Nutrition Service

Description: SFMNP can provide low-income seniors with coupons that can be exchanged for eligible foods at farmers' markets, roadside stands, and community supported agriculture programs. Applicants must meet age, income, and other requirements (depending on state agencies) to qualify. To apply, contact your SFMNP State agency.

Web site to locate SFMNP State Agencies:

<http://www.fns.usda.gov/wic/SeniorFMNP/SFMNPcontacts.htm>

Phone number for State SFMNP Agencies: See Resource Guide Supplement



School Nutrition Programs

U.S. Department of Agriculture, Food and Nutrition Service

Description: School meal programs include the National School Lunch Program (NSLP), the School Breakfast Program, and the Special Milk Program. These programs are available for eligible low-income school-aged children. For more information and to apply for these programs, contact your local school or school district.

Web site to locate NSLP State Agencies:

<http://www.fns.usda.gov/cnd/Contacts/StateDirectory.htm>

Phone numbers for State Child Nutrition Programs: See Resource Guide Supplement

SFSP - Summer Food Service Program

U.S. Department of Agriculture, Food and Nutrition Service

Description: SFSP provides free meals and snacks to children in low-income areas during the summer months. Persons over age 18 who participate in school programs for people who are mentally or physically disabled may also qualify for meals and snacks. To find a meal site in your area, contact those organizations in your community that offer a summer activities program (for example: local schools, community centers, recreation centers and faith based organizations). If you are unable to find a meal site in your area, please ask your State agency for the location of the nearest meal site.

Web site to locate SFSP State Agencies:

<http://www.fns.usda.gov/cnd/Contacts/StateDirectory.htm>

Phone numbers for State Child Nutrition Programs: See Resource Guide Supplement

CACFP – Child and Adult Care Food Program

U.S. Department of Agriculture, Food and Nutrition Service

Description: CACFP provides meals and snacks to children and adults who attend eligible day care programs. To learn more about CACFP and how you can participate in the program, contact the child nutrition staff at your State agency.

Web site to locate CACFP State Agencies:

<http://www.fns.usda.gov/cnd/Contacts/StateDirectory.htm>

Phone numbers for State Child Nutrition Programs: See Resource Guide Supplement

CSFP – Commodity Supplemental Food Program

U.S. Department of Agriculture, Food and Nutrition Service

Description: CSFP provides USDA commodity foods to low-income pregnant and breastfeeding women, new moms, infants, children up to age six, and elderly people at least 60 years of age. Eligible participants may not participate in WIC at the same time as CSFP. Income guidelines are used to determine eligibility. To apply, contact your State distributing agency.

Web site to locate State Distributing Agency:

<http://www.fns.usda.gov/fdd/contacts/sdacontacts.htm>

Phone numbers for State Distributing Agencies: See Resource Guide Supplement



TEFAP- The Emergency Food Assistance Program

U.S. Department of Agriculture, Food and Nutrition Service

Description: TEFAP provides low-income needy persons, including elderly people, with emergency food and nutrition assistance by making commodity foods available to State distributing agencies. States provide food to local agencies and organizations, which distribute the food either through soup kitchens and food pantries, or directly to needy households. To apply, contact your State distributing agency.

Web site for State Distributing Agency:

<http://www.fns.usda.gov/fdd/contacts/sdacontacts.htm>

Phone numbers for State Distributing Agencies: See Resource Guide Supplement

FDPIR - Food Distribution Program on Indian Reservations

U.S. Department of Agriculture, Food and Nutrition Service

Description: FDPIR provides commodity foods to low-income American Indian and non-Indian households that reside on a reservation, and households living in approved areas near a reservation or in Oklahoma that contain at least one person who is a member of a Federally-recognized tribe. To apply, contact your State Distributing Agency (SDA)/Indian Tribal Organization (ITO) or the FNS Regional Office in your area.

Web site to locate FDPIR/ITO and State Agencies:

<http://www.fns.usda.gov/fdd/contacts/fdpi-contacts.htm>

Phone numbers for local FDPIR/ITO and State Agencies: See Resource Guide Supplement

EFNEP – Expanded Food and Nutrition Education Program

U.S. Department of Agriculture, National Institute of Food and Agriculture (formerly Cooperative State Research, Education, and Extension Service)

Description: EFNEP assists limited resource audiences to acquire the knowledge, skills, and behaviors necessary for nutritionally sound diets. Programs exist for adults and youth. Methods for program delivery may vary. For more information, please contact your state/territory EFNEP office.

Web site to locate State and local EFNEP programs:

http://www.csrees.usda.gov/nea/food/efnep/pdf/efnep_state_contact_info_summer09.pdf
(PDF|189 KB)

Phone numbers for State EFNEP Programs: See Resource Guide Supplement



B. Other Federal Nutrition Assistance and Education Programs

Head Start

U.S. Department of Health and Human Services, Administration for Children and Families

Description: Head Start provides comprehensive and individualized services, including educational, health, nutritional, social and other services for low-income children from birth to age 5 and their families. To enroll your child, contact the Head Start or Early Head Start agency serving your community.

Phone: 1-866-763-6481

Web site to locate local Head Start program:

<http://eclkc.ohs.acf.hhs.gov/hslc/HeadStartOffices>

NSIP - Nutrition Services Incentive Program (formerly Nutrition Program for the Elderly)

U.S. Department of Health and Human Service, Administration on Aging; U.S. Department of Agriculture, Food and Nutrition Service

Description: NSIP provides grants for food only to States, Territories and Indian Tribal Organizations for people 60 years of age or older, their spouses, qualified disabled people, and volunteers who assist in housing facilities where congregate meals are served. To apply, contact your State distributing agency for further assistance.

Web site for State Distributing Agencies:

<http://www.fns.usda.gov/fdd/contacts/sdacontacts.htm>

Phone numbers for State Distributing Agencies: See Resource Guide Supplement

II. Non-Government, Non-Profit Food Assistance Organizations and Resources

The following is a partial list of nation-wide food assistance organizations. Check with your local community services office for information about the food banks, food pantries and other sources of food assistance in your community.

Feeding America (formerly America's Second Harvest)

35 East Wacker Drive, Suite 2000

Chicago, IL 60601

Phone: 800-771-2303 Fax: 312-263-2656

Web site: <http://feedingamerica.org/>

Food Bank Locator: <http://feedingamerica.org/foodbank-results.aspx>

Description: This charitable hunger relief organization supports approximately 63,000 local charitable agencies operating more than 70,000 programs including food pantries, soup kitchens, emergency shelters, after-school programs, Kids Cafes, Community Kitchens and Backpack Programs. The "Food Bank Locator" can assist in finding a local food bank.



Meals on Wheels Association of America (MOWAA)

203 S. Union Street

Alexandria, VA

Phone: 703-548-5558 Fax: 703-548-8024

Email: mowaa@mowaa.org

Web site: <http://www.mowaa.org/>

Find a Meal: <http://www.mowaa.org/Page.aspx?pid=253>

Description: MOWAA member programs throughout the country provide nutritious meals and other nutrition services to men and women who are elderly, homebound, disabled, frail or at risk. The "Find a Meal" Web site allows you to search for meal delivery programs by state, city or organization.

Angel Food Ministries

P.O. Box 128

Good Hope, GA 30641

Phone: 877-366-3646 Fax: 770-267-8031

Email: angelfood@angelfoodministries.com

Web site: <http://www.angelfoodministries.com/hosts.asp>

Description: Angel Food Ministries delivers food to over 5200 volunteer host sites across the nation who, in turn provide boxes of Angel Food to individual families. The Web site allows you to view this month's menu and locate a host site near you.

National Hunger Hotline

World Hunger Year

Phone: 1-866-3-HUNGRY

Web site: <http://www.whyhunger.org/resources/national-hunger-hotline.html>

Description: The National Hunger Hotline is available for individuals across the country in need of food assistance, connecting them to emergency food sources, government assistance programs, and various social services. The Hotline is available Monday to Friday from 9 a.m. to 5 p.m. and Saturday from 10 a.m. to 2 p.m. Eastern Standard Time.



III. Food Budgeting and Shopping Resources

A. Brochures and Fact Sheets

101+ Ways to Save Food Dollars

Alabama Cooperative Extension

Web site: <http://www.aces.edu/pubs/docs/H/HE-0757/>

<http://www.aces.edu/pubs/docs/H/HE-0757/HE-0757.pdf> (PDF|280 KB)

Description: Four page handout contains tips to save money at the grocery store, at home and while eating out.

Ordering Information: PubID: HE-0757

Publications Distribution

Alabama Cooperative Extension System

Auburn University, AL 36849-5632

Phone: 334-844-1592

Email: publications@aces.edu

A Healthier You

Department of Health and Human Services, Office of Disease Prevention and Health Promotion

Web site: <http://www.health.gov/dietaryguidelines/dga2005/healthieryou/contents.htm>

Description: The resource provides practical advice for making healthy choices with food and physical activity. It includes a shopping list feature and money saving tips. Based on the 2005 Dietary Guidelines for Americans.

Ordering Information: Stock Number 017-001-00555-0

U.S. Government Printing Office

732 North Capitol St. NW

Washington, DC 20401

Phone: 866-512-1800 Fax: 202-512-2104

Email: ContactCenter@gpo.gov

Online Ordering: http://bookstore.gpo.gov/collections/healthier_you.jsp

Basic Foods for Cupboard, Fridge & Freezer: Create Your Own List!

University of Nebraska-Lincoln Extension

Web sites: <http://lancaster.unl.edu/food/ciq-basics.shtml>

<http://lancaster.unl.edu/food/basic%20foods.pdf> (PDF|252 KB)

Description: A "starter list" of basic foods that can be combined and recombined in a variety of new, delicious (and nutritious!) ways.



Eat Right When Money's Tight Tip Sheet

U.S. Department of Agriculture, Food and Nutrition Service, Supplemental Nutrition Assistance Program (SNAP)

Web site:

<http://www.nal.usda.gov/foodstamp/pdf/Making%20Ends%20Meet%20Fact%20Sheet-FINAL.pdf> (PDF|928 KB)

Description: This tip sheet, created by SNAP, provides information on how to shop for a nutritious diet while on a low-income budget.

Squeezed by Rising Food Prices?

University of Missouri Extension

Web site: <http://extension.missouri.edu/explorepdf/miscpubs/mp0905.pdf> (PDF|1.5 MB)

Description: This handout contains tips on how the consumer can save money at the grocery store, when eating out, when eating at home, and when eating at work.

Ordering Information: Publication# MP905

MU Extension Publications

2800 Maguire Blvd.

Columbia, MO 65211.

Phone: 573-882-7216 or 800-292-0969 Fax: 573-884-5038

Email: extpubs@missouri.edu

Online Ordering: <https://muextension.missouri.edu/explore/miscpubs/mp0905.htm>

B. Web Resources

Eat Well for Less Web-Based Learning: Stretching Your Food Dollars

Oregon State University Extension Service

Web site: http://extension.oregonstate.edu/fcd/nutrition/ewfl/module_03/

Description: This Web-based learning module provides tips and instructions to participants on basic food resource management. The program's goal is to share useful information about how to plan healthful meals, prepare tasty, low-cost foods that are quick and easy, and make food dollars last through the month.

Manage Your Food Dollars Wisely

U.S. Department of Agriculture, National Agricultural Library, SNAP-Ed Connection

Web site: <http://snap.nal.usda.gov>

Description: A collection of Web-available, print-ready nutrition education materials focused on food resource management, includes shopping tips, food budgeting handouts, thrifty cooking ideas and more.



MyPyramid Menu Planner

U.S. Department of Agriculture, Center for Nutrition Policy and Promotion

Web site: <http://www.mypyramidtracker.gov/planner/>

Description: Interactive nutrition guidance tool designed to help people plan better menus based on the recommendations of MyPyramid and the 2005 Dietary Guidelines for Americans.

SNAP-Ed Connection Recipe Finder Database

U.S. Department of Agriculture, National Agricultural Library, SNAP-Ed Connection

Web site: <http://recipefinder.nal.usda.gov/>

Description: A database of recipes specially tailored for limited resource populations. Recipes feature a cost estimate, use few ingredients and are compatible with the Dietary Guidelines for Americans. All recipes are available in Spanish and English.

Spend Smart. Eat Smart.

Iowa State University Extension.

Web site: <http://www.extension.iastate.edu/foodsavings>

Description: Web site can help consumers build skills and knowledge necessary to buy or make affordable, healthy meals. Includes a guide to how much to spend on food based on USDA's Low-Cost Food Plan, and advice on planning to shop, shopping, and meal preparation.

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