

When resources tight, many families must choose between paying household bills or buying food. Poor nutrition can impair health and immunity, lower productivity, and hinder development and learning. Below is a list of resources to help provide nutritious food for you and your family.

FIND OUT ABOUT SNAP The Supplemental Nutrition Assistance Program provides help for those in need. Eligible families can buy fruit, vegetables, bread, cereal, meat, fish, poultry and milk with this monthly benefit. Plus, grocery, convenience and specialty stores accept the SNAP debit card. And, some stores provide special discounts if you purchase fruits and vegetables with your SNAP card. SNAP also offers resources on stretching your food dollars.



LOOK INTO THE LOCAL FOOD BANK Food banks receive surplus foods from national sources, as well as local donations from charities, church groups and individuals. Food banks are a good source for staples such as rice, pasta and canned goods.

FOOD SHARING Many families and friends use informal food sharing to stretch their budgets. For gardeners and farmers, it may mean exchanging crops. Or, suburbanites might split the cost of foods bought in bulk at discount grocery stores. Another option is to exchange cooked meals once or twice a week, which also saves you meal prep time a day or two a week!

GIVE YOUR KIDS A HEAD START Head Start is a program for preschoolers. Eligible 3 and 4-year old children attend Head Start to help get them ready for school. And, typically, kids can eat breakfast and lunch at this preschool program. In addition to giving your child two nutritious meals, it also helps stretch the family's food budget.

TAKE ADVANTAGE OF SCHOOL MEALS Depending on your family's income level, your child may qualify for free or reduced cost meals at school. Overall, school meal programs may provide breakfast, lunch, snacks and even dinners. And, when school isn't in session, the Summer Food Service Program provides nutritious meals to fill the void.

LEARN MORE

Check out HDEFFA's Community Resource list.