



# Finding Healthy Food for Families

## Did you know?

*Many families find it difficult to get healthy food.*

## Action Plan

- Learn about local organizations that provide nutritious food in your community.
  - Some organizations provide infant formula and baby foods as well.
- There are free federal and state resources such as SNAP and WIC that may be available to you.
- For urgent food needs, contact the Emergency Food Hotline at 866-888-8777 or by calling 311, or visit [access.nyc.gov](https://access.nyc.gov) and search "Emergency Food Assistance Program (EFAP)."
- Community gardening can be a fun, low-cost way to grow and eat vegetables.
  - Try to find a local community garden that you can participate in.
  - You may be able to grow food indoors through the winter as well.
  - Find a community garden near you by visiting the NYS Community Garden Map: [compost.css.cornell.edu/communitygardenmap.html](https://compost.css.cornell.edu/communitygardenmap.html)
- If you are interested in helping others find healthy food, consider volunteering with local food pantries and reaching out to local food equity organizations.

[more](#) →

## Resources

Programs	Benefits	Website
Supplemental Nutrition Assistance Program (SNAP)	Money to purchase food. The average benefit is about \$127 per month per person.	<a href="https://ny.gov/services/apply-snap">ny.gov/services/apply-snap</a>
Women, Infants, and Children (WIC) Program	Food card to purchase specific foods for pregnant/post-partum women, infants, and children under the age of 5. Nutrition education and breastfeeding support also provided.	<a href="https://wicstrong.com">wicstrong.com</a>
School breakfast and lunch programs for children	Free or reduced-price healthy meals for income-eligible students of all ages.	<a href="https://schools.nyc.gov">schools.nyc.gov</a> , click "School Life" and select "Food"
Summer Meals Programs for Children	Free healthy meals during the summer for students 18 and under.	<a href="https://schools.nyc.gov">schools.nyc.gov</a> and search "Summer meals"
Free nutritious food	Free food packages twice a month, brown bag lunches and hot meals for all low-income New Yorkers.	<a href="https://nycommonpantry.org">nycommonpantry.org</a>
NYC Neighborhood Food Resources Guides by the Hunter College	Resource guide with information about location and hours of food pantries.	<a href="https://nycfoodpolicy.org/coronavirus-nyc-food-reports">nycfoodpolicy.org/coronavirus-nyc-food-reports</a>
Feeding America	Visit the Feeding America website to find your local food bank.	<a href="https://feedingamerica.org/find-your-local-foodbank">feedingamerica.org/find-your-local-foodbank</a>
City Meals on Wheels	Free, healthy meals during the summer for students 18 and under.	<a href="https://citymeals.org">citymeals.org</a>

For more information, visit [nyscheck.org/rxs](https://nyscheck.org/rxs)