



# 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.
- 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](http://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



### Local resources:

Visit the Feeding America website to find your local food bank: [feedingamerica.org/find-your-local-foodbank](http://feedingamerica.org/find-your-local-foodbank)

### Federal 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="http://fns.usda.gov/snap">fns.usda.gov/snap</a>                |
| Women, Infants, and Children (WIC) Program       | Money 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="http://fns.usda.gov/wic">fns.usda.gov/wic</a>                  |
| School breakfast and lunch programs for children | Free or reduced-price healthy meals for income-eligible students of all ages.   | <a href="http://fns.usda.gov/cn">fns.usda.gov/cn</a>                    |
| Pandemic-EBT                                     | Children who receive free school lunches will automatically receive P-EBT benefits if their school was remote during pandemic.  | <a href="http://otda.ny.gov">otda.ny.gov</a><br>(search "Pandemic-EBT") |
| Summer Meals Programs for Children               | Free healthy meals during the summer for students 18 and under.   | <a href="http://fns.usda.gov/sfsp">fns.usda.gov/sfsp</a>                |
| Meals on Wheels                                  | Free or low-cost home-delivered meals for seniors.  | <a href="http://mealsonwheelsamerica.org">mealsonwheelsamerica.org</a>  |

For more information about these programs, contact your local agency or the U.S. Department of Agriculture (USDA) National Hunger Hotline at 1-866-348-6479. If you are not eligible for federal nutrition programs and/or if emergency food is needed, call 211 to connect with the local United Way resource line.