

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
- ❑ 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.	otda.ny.gov/programs and click "SNAP"
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.	health.ny.gov and search "WIC"
Feeding America	Visit the Feeding America website to find your local food bank	feedingamerica.org/find-your-local-foodbank
School breakfast and lunch programs for children	Free or reduced-price healthy meals for income-eligible students of all ages.	otda.ny.gov/workingfamilies and search "school lunch"
Summer Meals Programs for Children	Free healthy meals during the summer for students 18 and under.	fns.usda.gov/meals4kids
Meals on Wheels	Free or low-cost home-delivered meals for seniors.	mealsonwheelsamerica.org

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.

For more information, visit nyscheck.org/rxs

