

## **USDA Nutrition Assistance Programs Can Help Make Ends Meet**

You may qualify for more than Supplemental Nutrition Assistance Program (SNAP) benefits. If you get SNAP benefits and have children in school, they qualify for free lunch and breakfast. If you are low-income and pregnant, breastfeeding, a new mom or have children under five years old, you might qualify for Women, Infants and Children (WIC) benefits. The Emergency Food Assistance Program (TEFAP) is a Federal program that provides food to low-income persons. For more information on these programs, contact:

### **SNAP - Supplemental Nutrition Assistance Program**

- For: Eligible low-income people and their families
- Call 1-800-221-5689
- To find your nearest SNAP office visit:  
[www.fns.usda.gov/snap/outreach/default.htm](http://www.fns.usda.gov/snap/outreach/default.htm)

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

- For: Eligible low-income pregnant or breastfeeding women, new moms, and children under age 5
- Visit: [www.fns.usda.gov/wic/contacts/tollfreenumbers.htm](http://www.fns.usda.gov/wic/contacts/tollfreenumbers.htm)

### **School Nutrition Programs**

- For: Eligible low-income school-aged children
- Contact your local school or school district

### **TEFAP - The Emergency Food Assistance Program**

- For: Eligible low-income persons
- Visit: [www.fns.usda.gov/fdd/programs/tefap/tefap\\_eligibility.htm](http://www.fns.usda.gov/fdd/programs/tefap/tefap_eligibility.htm)