

# SNAP: Supplemental Nutrition Assistance Program

## Food Assistance



If you or someone you know needs food now, these resources can help. There is information about government food programs. There is also information about local organizations that can help with getting local food assistance.

- [Coronavirus Food Assistance Program \(CFAP\)](#). *USDA*.
- [Food Assistance](#). *USAGov*.
- [USDA National Hunger Hotline and Clearinghouse](#). *USDA*. 1-866-3-HUNGRY or 1-877-8-HAMBRE (Spanish). Hours: 8AM - 8PM EST. Call or click on "Find Meals" to find food assistance near you.
- [WhyHunger Hotline](#). *WhyHunger*. Call 1-800-5-HUNGRY or text your zip code to 1-800-548-6479. Hablan español.
- [Find a Local Food Bank](#). *Feeding America*.
- [Meals on Wheels Find Meals Tool](#). *Meals on Wheels Association America*.

## Eat Right When Money's Tight



[SNAP-Ed programs](#) help people on tight [budgets](#) make healthy food choices. By learning tips to save money and stretch food dollars, people can put more healthy foods on the table. These are examples of the resources that SNAP-Ed programs use to make that happen

- [Eat Right When Money's Tight \(PDF, 1.5 MB\)](#). USDA. Food and Nutrition Service.
- [Spend Smart, Eat Smart](#). SNAP-Ed. Iowa State University Extension.
- [Smart Shopping and Eating Healthy On A Budget](#). SNAP-Ed. New York Office of Temporary and Disability Assistance.
- [Eating Healthy on a Budget \(PDF, 1.1MB\)](#). SNAP-Ed. New York Office of Temporary and Disability Assistance.
- [EatFresh.org](#). SNAP-Ed. Leah's Pantry.
- [SNAP Recipes](#). USDA. MyPlate Kitchen.