

Income Based Food Programs

Many families in Philadelphia and nationwide have trouble making ends meet and having enough food to last the month. Here is a listing of these resources that can help families with food.

These are 2 basic food programs that give families access to food based on income.

Food Programs:

1. WIC- Women, Infant, and Children's Program (www.phillywic.org) - Call 215-978-6100

WIC is a supplemental food and nutrition education program funded by federal and state governments to make nutritious foods available to women, infants and children. Who is eligible?

- Infants and children under 5 years old
- Women who are pregnant
- Breastfeeding mothers
- Mothers who have given birth in the past 6 months

2. SNAP (Food Stamp) Hotline: call 215-430-0556

Need help buying groceries? SNAP (formerly food stamps) can help. Call the Greater Philadelphia Coalition Against Hunger SNAP (Food Stamp) Hotline to find out if you qualify. To learn more SNAP income limits and to assess your eligibility for SNAP, use the online pre-screening tool at <http://www.snap-step1.usda.gov/fns/>

SNAP (FOOD STAMP) INCOME LIMITS

Does Your Monthly Income (Before Taxes) Fall Below these Limits? If so, you may qualify for SNAP, which is the new name for food stamps. Find your household size. If your monthly income is less than the amount listed, you might be able to get SNAP benefits.

Household Size	Monthly Income (Before Taxes)
1 person	\$1,533
2	\$2,069
3	\$2,605
4	\$3,141
5	\$3,677
6	\$4,213
Each extra person	+\$536

***NOTE:** If someone in your household is 60+ years old or disabled, different income limits apply. **To find out if you qualify, call the Food Stamp Hotline: 215-430-0556. We can help you apply by phone.**

3. Maternity Care Coalition/MOMobile: 215-972-0700 (momobile.org)

Provides baby formula and other services at 8 MOMobile locations throughout the area.

4. Free Summer Meals for Kids (June-August) - call 1-855-252-MEAL or text "Meal PA" to 877877

Emergency Food Resources:

1. Philabundance Emergency Food Box - Call 1-800-319-FOOD (3663)



This is the region's largest hunger resource center. They get food directly into the community with a variety of programs. Go to www.philabundance.org for find out more.

- Provided to families that do not have access to other food assistance
- Box contains 30lb of shelf stable food
- Food for family of 4 for 3 days

2. SHARE Food Program - Call 215-223-2220 or 800-595-3663

SHARE (Self-Help and Resource Exchange) is a program where people can purchase a \$50 package of food for \$20 plus 2 hours of community service. For more info go to www.sharefoodprogram.org.



- \$50 worth of food for \$20
- Food package contains meat, fresh fruits, vegetables, and staples
- Provide 2 hours of community service in return

3. City of Philadelphia Information and referral search – Call 311

Call 3-1-1 for help with food, housing, employment, health care, counseling and more. Go to <http://www.phila.gov/311/Pages/default.aspx>

4. Turning Points for Children – Call 215-875-8200

Their mission is to provide proven, innovative programs that nurture families with children who are struggling against difficult economic and environmental odds. Go to www.turningpointsforchildren.org for more information.



5. United Way- First Call for Help - Call 211 or 215-568-3750

2-1-1 provides free and confidential information and referral. Call 2-1-1 for help with food, housing, employment, health care, counseling and more. Learn more about your local 2-1-1 by looking it up here at www.uwsepa.org.



6. Philadelphia Coalition Against Hunger – Call 215-430-0556

The mission is to connect people with food assistance programs and provide nutrition education; provides resources to a network of food pantries; and educates the public and policymakers about responsible solutions that prevent people from going hungry. Go to www.hungercoalition.org for more information.



7. Food Pantries – Go to: <http://www.hungercoalition.org/pantry-map> for a listing of local food pantries and kitchens.

Community Fresh Food Resources:



1. Farm to Families Program - Call 215-568-1126

Farm to Families works with community-based organizations to address availability and affordability of fresh food in North Philadelphia

- Families living, working and worshiping in North Philadelphia
- Weekly pickups at multiple locations
- Pick up a box of healthy, farm fresh produce
- \$20 food for \$10, or \$30 food for \$15
- Eggs, meat, fish and other items are also available
- Accepts Access Cards (SNAP), cash and credit cards
- Orders placed 1-week in advance

Community locations and contacts:

Esperanza Health Center 4417 N. 6th St 215-302-3150, ext 334	Maria de los Santos Health Center 401 W. Allegheny Ave. 215-627-5550, ext 207	St. Christopher's Hosp for Children 3601 A St. (Front & Erie) 215-910-2901
New Kensington CDC 1825 Frankford Ave. 215-427-0350 ext 110		

<http://www.scfchildren.org/farm-to-families-initiative>

2. Philabundance Fresh For All – call 1-800-319-3663

This program puts fresh food into the hands of people who need it on a weekly basis.

<http://www.philabundance.org/programs-2/fresh-for-all/>

3. The Food Trust Healthy food programs - Call 215-575-0444

Committed to improving people's health and eliminating malnutrition by ensuring that everyone has access to affordable, nutritious food and nutrition education. Operates low cost, fresh food farmer's markets throughout Philadelphia that accepts SNAP. Go to

<http://thefoodtrust.org/>

4. SHARE Food Program - Call 215-223-2220

For each package of food purchased, we simply ask for two (2) hours of “good deed”/time, whether at SHARE, other institutions in your community, or your own neighborhood.

Sources:

- www.cap4kids.org/philadelphia
- www.hungercoalition.org