



# Food Access Guide



Health Partners Plans



# Do You Run Out of Food by the End of Each Month?

## SNAP Benefits



SNAP provides nutrition help to low income individuals and families. You can use SNAP dollars for:



**Fresh fruits and vegetables**



**Meats, fish and poultry**



**Dairy (milk, yogurt and eggs)**



**Packaged foods**



**Canned goods**



**Bread**



*SNAP dollars cannot be used for hot, prepared foods.*

SNAP dollars are loaded onto an ACCESS card. It is used like a debit card. Dollars are loaded onto your ACCESS card each month.



**To learn if you qualify for SNAP benefits,  
call 1-800-692-7462.**



**Eat more fruits and veggies!**  
A poor diet increases your risk of many diseases, including diabetes, high blood pressure and obesity.

# WIC

WIC helps pregnant women, mothers and caregivers of children under age 5 buy food, including:



**Dairy (milk, yogurt and eggs)**



**Peanut butter**



**Fruits and vegetables**



**Juice for children**



**Formula and infant foods**



**Soy products**



**Cereals**



**Canned fish**



**Cheese**



**Call the WIC Hotline at  
1-800-WIC-WINS to apply.**



WIC also provides nutrition services, breastfeeding support, health care and social service referrals for pregnant women, mothers and caregivers.

## Summer Meals for Kids and Young Adults

During the school year, many children benefit from free or reduced-price school lunch and breakfast. From June to August, programs throughout the area offer summer meals and snacks to kids and teenagers.

**Philadelphia residents:** Philadelphia partners with community organizations to supply free meals to children under 18 years old. Visit [phillysummermeals.org](http://phillysummermeals.org) or call **1-855-252-6325** to find a location near you.



**Outside of Philadelphia: Call 211 or 1-866-348-6479  
to find a location near you.**

# How to Find Fresh Foods

**Farm to Families:** A program by St. Christopher's Foundation for Children, Farm to Families offers fresh produce at a reduced cost to families in need. You can pay with SNAP dollars, cash or credit.



**SNAP Share at Greensgrow Farms:** Greensgrow offers discounted meat, dairy and fruits and vegetables to SNAP recipients. All farm shares come with fresh produce and your choice of eggs or tofu.

**Philadelphia's Share Food Program:** The Share Food Program provides families with fresh produce, meat and packaged foods at a reduced price once a month. You can pay with SNAP, cash, credit or money order.

**Philly Food Bucks:** SNAP recipients can shop for fresh foods at participating farmers markets using Philly Food Bucks coupons. Spend \$5 on fruits and vegetables and you receive another \$2 coupon so you can buy more.

*Flip to back page to find contact information for these organizations.*

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**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call: 1-888-477-9800 (TTY/PA RELAY: 711).

**ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-477-9800 (TTY/PA RELAY: 711).

**ВНИМАНИЕ:** Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-477-9800 (телетайп/PA RELAY: 711).

**注意：**如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-477-9800 (TTY/PA RELAY: 711)。

# Do You Need Food Right Now?

**You should not go hungry.** Many churches, local organizations and community centers serve meals and provide food to people who are hungry and in need.



**If you need a meal, call 215-430-0556 to find out where you can go for help.**

## Food Pantries

Food pantries provide food to help those at risk of hunger. They can tell you about community organizations and resources, such as programs that teach families about nutrition. Food pantries offer:



**Packaged foods (pasta, cereal, rice)**



**Canned goods (fruits, vegetables, tuna and soup)**



**Personal care items**



**Fresh produce and meats\***



**Dairy (eggs, yogurt and milk)\***

*\* If available*

Some food pantries may require a photo ID or other proof that you live in their service area. Food pickup may be limited to certain days of the week.



**To find a food pantry near you, call 215-430-0556.**

Organization	Can Help With	Contact
Bucks County Opportunity Council	Finding food pantries and summer meals for children	215-345-8175 • bccoc.org
Chester County Food Bank	Finding food pantries and emergency food	610-873-6000 • chestercountyfoodbank.org
Family & Community Service of Delaware County	Finding food pantries and emergency food	610-566-7540 • fcsdc.org
Farm to Families	Low-cost produce and groceries	215-568-1126 • scfchildren.org
Greater Philadelphia Coalition Against Hunger	SNAP benefits, finding food pantries, emergency food and summer meals for kids	215-430-0556 • hungercoalition.org
Hunger-Free Lancaster County	Finding food pantries and emergency food	717-564-1700 • hungerfreelanaster.org
Montgomery County Community Action Development Commission	SNAP benefits, finding food pantries and farmers markets, and emergency food	610-277-6363 • cadcom.org
PathWays PA	SNAP benefits	610-543-5022 • pathwayspa.org
Philabundance	Finding food pantries and emergency food	215-339-0900, ext. 9 • philabundance.org
Philly Food Bucks	Fresh produce	215-575-0444 • thefoodtrust.org
Second Harvest Food Bank	Finding food pantries and emergency food	484-287-4015 • shfbiv.org
Share Food Program	Fresh produce, meats and packaged foods	215-223-2220 • sharefoodprogram.org
SNAP Share at Greensgrow Farms	Low-cost produce, groceries and meats	215-427-2780, ext. 3 • greensgrow.org
United Way	SNAP benefits, summer meals for kids, finding food pantries, other emergency help	211
USDA Food and Nutrition Service	Summer meals for kids	1-866-348-6479
WhyHunger Hotline	Finding food pantries and emergency food	1-800-5-HUNGRY (548-6479)
WIC	Food and other services for pregnant women, mothers and caregivers	1-800-WIC-WINS (942-9467) • pawic.com