

Food Resources

Food Banks/Food Pantries

Eligibility: Information required will vary by program. Driver's license or other photo ID is most common. Other documents may include proof of income, birth certificates for minor children, proof of residence or a social security card. Food banks are large, often regional collection and distribution centers, pantries are often small volunteer-led organizations that serve a neighborhood. Soup kitchens serve individuals in need of a hot meal.

- **Food Pantries:** www.foodpantries.org. Provides listings of pantries, food closets, food banks, soup kitchens, congregate meal locations, food boxes, and vouchers by state. Listings include documentation required by each program. Food locations provided are faith based, government and nonprofit.
- **Feeding America:** www.feedingamerica.org. Search by zip code for a Feeding America partner food bank in your area.
- **Homeless Shelter Directory Soup Kitchen Listing:** www.homelesshelterdirectory.org/foodbanks and select your state to find a listing of soup kitchens (some food pantries also listed).
- **Catholic Charities:** www.catholiccharitiesusa.org. Click on 'Find Help' to connect with local charity resources including soup kitchens or food pantries.

National Networks with Local Roots

- **National Council on Aging:** Webpage of Food Access points for low income older adults: <https://www.ncoa.org/economic-security/benefits/food-and-nutrition/food-assistance-benefits/>. Not all programs are available in every state.
- **Tribal Food Programs:** Each tribe administers the program independently under USDA funding: <https://www.fns.usda.gov/fdpir/food-distribution-program-indian-reservations>. Or visit your local tribal government website to apply.
- **School Meal Programs:** Summer and Emergency programs and meal distribution sites vary by district, visit local school district websites for information, or go to USDA Meals for Kids Site finder listed below.
- **Aunt Bertha:** www.auntbertha.com Searchable database for community resources that include food supports.
- **Food Stamps Now** <https://foodstampsnow.com/> includes [list of Grocery Stores that accept EBT online for delivery](#)
- **Meals on Wheels:** www.mealsonwheelsamerica.org. Enter your zip code to be connected with your local programs

Government Resources: Federally funded programs.

- **WIC:** www.fns.usda.gov/wic. Provides nutritional foods to supplement diets of pregnant, breastfeeding and postpartum women, and infants and toddlers up to age 5.
- **SNAP:** <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>. Website includes eligibility and documentation requirements and portal for applying. Also covers Work Requirements and waivers if the applicant meets certain conditions.
- **USDA Meals for Kids Site Finder:** <https://fns.usda.gov/meals4kids>. Enter address or location to find directions to nearby sites, hours of operation and contact information.
- **USDA National Hunger Hotline:** Operated by Hunger Free America, available M-F, 7AM to 10 PM, 1-866-3-HUNGRY or 1-866-8-HAMBRE (Spanish line)

Commercial Delivery Businesses that Accept SNAP: Many of the below resources charge delivery fees or expect tips for workers. These fees are not covered by SNAP and will need to be paid for separately.

- **Instacart:** www.instacart.com Grocery delivery service from local grocery stores in your area.
- **Hello Fresh:** www.hellofresh.com Meal kits delivered by mail through a subscription model.
- **DoorDash:** www.doordash.com Prepared food from local restaurants delivered to home.
- **GrubHub:** www.grubhub.com Prepared food from local restaurants delivered to home.
- **UberEats:** www.ubereats.com Prepared food from local restaurants delivered to home.