

Rising food costs are making it hard for many families to put food on the table. Having enough food to eat is a basic human right, and millions of families get help through programs that can prevent hunger. We want you to find and learn about programs that can help your family.

MANY FOOD PROGRAMS ARE AVAILABLE



- Access to nutritious food is linked to good health, especially for children. There is no harm in seeing if you or members of your family are eligible for food programs.
- Many food programs look at your household income to see if you are eligible. Most programs don't ask about anyone's immigration status.
- SNAP, sometimes called food stamps, is only available to U.S. citizens, green-card holders, and certain other immigrants. Even if you are not eligible because of your status, others in your family may be. To apply for eligible family members, mark yourself as a "non-applicant" on forms.
- For most programs, you can ask for an interpreter or phone translator to make sure you get the best service when you apply for a benefit.
- Each food assistance program has its own application requirements. **See the back of this page for a list of some of the programs available.**

FOOD PROGRAMS AND YOUR IMMIGRATION STATUS



- When applying for SNAP, you do not need to share the immigration status or Social Security Numbers of family members who are not applying, and you should not.
- The current "public charge" rule says that your family's use of food programs will not hurt your immigration status. The Trump administration may try to change that. You can stay up-to-date on changes and learn more at www.keepyourbenefits.org.

FOOD PROGRAMS AND YOUR RIGHTS

A GUIDE FOR IMMIGRANT FAMILIES

There are many programs available to help provide food. There's no harm in applying to these programs and seeing if you or members of your family are eligible for extra food assistance. Among government programs, only SNAP has special requirements for non-citizens. Call the national hotline to learn about groups in your area that can help you sign up for these programs: 1-866-3-HUNGRY (1-866-348-6479).

Program

How it works

Who can get it

For more information

SNAP

(May have a different name in your state)

SNAP (Supplemental Nutrition Assistance Program) gives you money to buy food, using a card that works like a debit card. You can use the card at grocery stores, corner stores, farmers markets, and other participating food stores.

- People who have low incomes.
- Adult green-card holders after five years and U.S. citizens, COFA migrants, and Haitian/Cuban entrants.
- Children who are permanent residents and refugees/asylees who become permanent residents do not have a waiting period.
- Children may be able to get SNAP even if their parents cannot



State SNAP agency



Your local food bank may be able to help you apply

WIC

WIC (Special Supplemental Nutrition Program for Women, Infants, and Children) helps parents buy healthy foods, like fruits, vegetables, cheese, and much more.

- People who have low incomes and are pregnant or recently gave birth, and children from birth to 5 years old.
- No immigration requirements.
- Afterschool and summer meals/snacks are free to children and teens at participating sites.



WIC agency



Check your local food bank

School meals and afterschool and summer meals/snacks

Most schools provide free meals during the school year and many do during the summer.

- Children and teens in families with low incomes can receive free or reduced-price school meals at participating schools.
- No immigration requirements.
- Afterschool and summer meals/snacks are free to children and teens at participating sites.

Call the hunger hotline to learn about other sites that have free meals and snacks.

- Contact your child's school
- Hunger hotline: 1-866-3-HUNGRY (1-866-348-6479)

Charitable food assistance

Food banks, pantries, and other charities give food to people who need help.

- Anyone who needs extra help affording food can visit a food pantry or meal program.
- Some pantries or programs may have additional requirements, like living in a certain area.



Find your local food bank



Call 211 to ask for local referrals

Meals for Older Adults

There are programs that deliver meals to seniors' homes, and others that provide meals at senior centers and community centers.

- Most programs focus on adults age 60 and older.
- Eligibility varies by organization.

Check the Eldercare Locator

