

USDA FOOD ASSISTANCE

Better nutrition means better health. Families can enjoy better nutrition by participating in the USDA food programs listed below. To find out how you and your family can benefit from these programs, contact the Food and Nutrition Service, USDA, Alexandria, Virginia 22302, or the offices listed here.

NATIONAL SCHOOL LUNCH AND SCHOOL BREAKFAST PROGRAMS

Offer nutritious lunches and breakfasts to all children in participating schools and provide them free or at a reduced price to children from low-income families.

Contact: Your local school principal.

CHILD AND ADULT CARE FOOD PROGRAM

Provides nutritious meals and snacks to children enrolled in eligible day-care centers, family day-care homes, and outside-school-hours care centers; and to eligible enrollees in day-care centers for functionally impaired adults.

Contact: Your local social services agency or State educational agency.

SUMMER FOOD SERVICE PROGRAM

Provides free meals and snacks to children in needy areas during school vacation periods.

Contact: Your local school district, parks/recreation agency, or State educational agency.

SPECIAL SUPPLEMENTAL FOOD PROGRAM FOR WOMEN, INFANTS, AND CHILDREN (WIC)

Provides nutritious foods to add to the diets of pregnant and nursing women, infants, and children under 5 years of age.

Contact: Your local or State health department.

FOOD STAMP PROGRAM

Helps low-income households buy the foods they need for good health.

Contact: Your local social services or welfare department.

THE EMERGENCY FOOD ASSISTANCE PROGRAM

Provides nutritious foods for distribution to low-income households.

Contact: Your local social services or welfare department.