



Federal Nutrition Programs Can Help You Stretch Your Dollars

FOR ALL HOUSEHOLDS

Food Supplement Program (FSP)

The **Food Supplement Program (FSP)**, formerly known as **Food Stamps** and known nationally as the **Supplemental Nutrition Assistance Program (SNAP)**, provides monthly assistance to eligible families to help them buy the food they need for good health. The program provides a monthly sum of money on an Electronic Benefit Transfer (EBT) card to be used, like a debit card, at most grocery stores and other food retailers. **FSP** benefits can be used at many farmers' markets, with some even matching funds to promote access to fresh, healthy produce.



- For more information on **Food Supplement Program**, contact the Department of Human Resources at 1-800-332-6347.

FOR HOUSEHOLDS WITH CHILDREN

Women, Infants, and Children (WIC)

WIC provides healthy food, nutrition education, and health information to help children get a healthy start. If you are pregnant or have a child under age five, a Maryland resident (U.S. citizenship is NOT required), and your family meets income eligibility guidelines, you may be eligible for WIC benefits.



- For more information on **WIC**, Contact the State WIC office at wic@dnhmh.state.md.us or 1-800-242-4942.

School Meals (Breakfast and Lunch)

The School Breakfast Program and the National School Lunch Program (NSLP) provide nutritionally balanced, low-cost or free meals to any child at eligible public and private schools. Some schools offer breakfast in the classroom, from grab-and-go carts in the schools, or other ways to make it easier for children to participate. Families can submit a meal benefit application at any time during the school year to see if their child(ren) qualifies for free or reduced-price school meals.

- For more information on **School Meals**, contact the Maryland State Department of Education School and Community Nutrition Programs Branch at 410-767-0214.



Summer Food Service Program (SFSP)

The Summer Food Service Program (SFSP) serves free summer meals at local recreation centers, schools, and churches to children age 18 and under during June, July, and August. This program helps families stretch food budgets during the summer and makes sure kids and teens go back to school ready to learn in the fall. No paperwork or enrollment is required to participate. Children and teens must simply go to a serving location during the site's hours of operation and eat the meal onsite.

- For more information on **SFSP**, contact the Maryland State Department of Education School and Community Nutrition Programs Branch at 410-767-0214. Find a SFSP site near you by visiting www.nokidhungrymd.org and clicking on 'summer meals'.



At-Risk Afterschool Meal Program

The At-Risk Afterschool Meal Program serves nutritious meals at afterschool programs to students 18 years and under in low income areas during the school year, including holidays and weekends. Organizations must provide educational or enrichment programming in a structured and supervised environment in order to be eligible. If your child's program is not serving food, call Maryland Hunger Solutions at 410-528-0021 to find out if the program can apply for funding to serve snacks or meals.

- For more information on the **Afterschool Meal Program**, contact the Maryland State Department of Education School and Community Nutrition Programs Branch at 410-767-0214.



Child and Adult Care Food Program (CACFP)

The Child and Adult Care Food Program (CACFP) provides nutritious meals and snacks to children and adults receiving child care at family child care homes, child care centers, and adult care centers. For children, CACFP promotes school-readiness by providing nutritious meals - programs may serve up to two meals and one snack per day - that aid cognitive and physical development. Studies show that CACFP meals are nutritionally superior to those served to children in child care settings that don't participate in the program. For adults 60 and over and those with development disabilities, CACFP meals give adults the nutrition they need as a routine part of their care program.

- For more information on **CACFP**, contact the Maryland State Department of Education School and Community Nutrition Programs Branch at 410-767-0214.



Maryland Hunger Solutions aims to end hunger, promote nutrition and improve well-being for Marylanders in need through education, advocacy, outreach and collaboration.

Want to learn more about these programs and how you can apply for them?
Contact **Maryland Hunger Solutions** at **410-528-0021**.