

GET FOOD HELP:

Federal Nutrition Programs and Emergency Food Referral Chart for Grandfamilies and Kinship Families

QUICK LINKS

PROGRAMS FOR ALL AGES

**PROGRAMS FOR CHILDREN, YOUTH, INFANTS,
AND EXPECTANT AND POSTPARTUM PARENTS**

PROGRAMS FOR OLDER ADULTS (AGE 60+)

Grandfamilies and kinship families are families in which grandparents, other relatives, or close family friends are raising children because their parents cannot. Across the U.S., more than 2.5 million children are being raised in these families.

This chart provides a look at the range of federal nutrition programs available to grandfamilies and kinship families with low incomes. Most of these programs are available to anyone who is eligible without waitlists or participation caps. Additionally, the programs in this chart are especially important resources for grandfamilies and kinship families, since a caregiver does not need to have legal custody or guardianship, or be related to the child living with them, to receive help.



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PROGRAM NAME	HOW IT WORKS	WHO CAN APPLY	LEARN MORE
 <p>Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps)</p> <p>Program may be called something else in your area (such as CalFresh in California, 3SquaresVT in Vermont, or Food Assistance Program in Kansas) or referred to as EBT.</p>	<ul style="list-style-type: none"> Participants receive monthly benefits (loaded on an EBT card that's like a debit card) to buy food at grocery stores, farmers' markets, and other food retail outlets across the country that accept SNAP. SNAP participants have the choice of what food items to buy with SNAP, meaning they can buy the foods that are right for them. SNAP participants can use their SNAP benefits to shop online for groceries at <u>participating retailers</u>. Special SNAP rules apply when there is a natural disaster. SNAP benefits are available to anyone who meets the eligibility criteria. There are no caps on the number of people who can participate (<u>different rules apply</u> in Puerto Rico, American Samoa, and the Northern Mariana Islands). SNAP participation can also help people more easily access other supports, such as programs to help with home utility costs, free school meals, and Head Start for children in the household. 	<ul style="list-style-type: none"> For households with low incomes (program rules vary, please check your area's <u>SNAP eligibility information</u>). For SNAP, a household is individuals who live together and purchase and prepare food together. Members of a SNAP household do not need to be legally related. Certain people (e.g., <u>college students</u>, <u>eligible non-citizens</u>, <u>some unemployed adults without dependents</u>) in the household may be subject to additional eligibility or other SNAP rules. There are special rules to ease access for households with eligible <u>older adults</u> and people with disabilities. People <u>experiencing homelessness</u> (e.g., living in non-permanent housing, outdoors, or in a shelter) can be eligible. <u>Veterans/military families</u> can be eligible. SNAP operates in every state, the District of Columbia, Guam, and the U.S. Virgin Islands. Puerto Rico, American Samoa, and the Commonwealth of the Northern Mariana Islands operate the <u>Nutrition Assistance Program</u> instead of SNAP, and different program rules apply. 	<p>NATIONAL RESOURCES:</p> <ul style="list-style-type: none"> Call the SNAP information line at 1-800-221-5689 for information on how to apply in your area. Check this <u>SNAP prescreening tool</u> to see if you might be eligible. Many SNAP agencies allow you to <u>apply for SNAP online</u>. You must apply for SNAP in the state or territory where you live. People who live on Tribal lands should apply through the SNAP agency in the relevant state. For more information, see <u>Supplemental Nutrition Assistance Program (SNAP) for Kinship/ Grandfamilies</u>. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

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PROGRAM NAME	HOW IT WORKS	WHO CAN APPLY	LEARN MORE
 Emergency Food (e.g., food banks, food pantries/food shelves, and soup kitchens)	<ul style="list-style-type: none"> ▶ Food distributed (e.g., grocery bags or boxes) via food bank partners, including pantries, senior centers, and faith-based groups. ▶ Hours and days of operation vary, so contact your local pantry before going. ▶ Types of foods offered vary. ▶ Many food banks use The Emergency Food Assistance Program, a means-tested federal program that provides food commodities at no cost to individuals and families in need of short-term hunger relief. 	<ul style="list-style-type: none"> ▶ For people/households with low incomes, but requirements vary depending on the site. ▶ Some sites require referrals. 	RESOURCES: <ul style="list-style-type: none"> ▶ Check out Feeding America for information on food banks and emergency food sites. ▶ Eldercare.acl.gov LOCAL RESOURCES: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
 Food Distribution Program on Indian Reservations (FDPIR)	<ul style="list-style-type: none"> ▶ Provides a monthly package of foods to participants. ▶ Administered by more than 107 Indian Tribal Organizations and three state agencies that store and distribute USDA foods, determine applicant eligibility, and provide nutrition education to participants. 	<ul style="list-style-type: none"> ▶ For households with low incomes living on Indian reservations and Native American households residing in designated areas near reservations or in Oklahoma. ▶ There are caps on the number of people who can participate. ▶ Households cannot participate in FDPIR and SNAP in the same month. 	RESOURCES: <ul style="list-style-type: none"> ▶ See USDA's website for more information. LOCAL RESOURCES: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

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 Ryan White Food and Nutrition Services (FNS) Category	<ul style="list-style-type: none"> Provides medically tailored food and nutrition services (FNS), such as home-delivered meals, congregate meals, grocery bags, food pantries, and vouchers that complement and are necessary to the fulfillment of medical nutritional therapy (MNT). 	<ul style="list-style-type: none"> For people with HIV. There are caps on the number of people who can participate. 	<p>RESOURCES:</p> <ul style="list-style-type: none"> Contact the <u>Food is Medicine Coalition</u> for information on participating organizations. People with HIV can apply for services by contacting agencies that provide FNS and MNT through the Ryan White Treatment and Modernization Act. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/>
 Medicaid, Medicare, PACE, and other Affordable Care Act Innovations (sometimes called medically tailored meals)	<ul style="list-style-type: none"> In most cases, these benefits cover home-delivered meals for adults meeting certain illness criteria, often through the intermediary of a managed care plan. Meal plans are tailored to the medical needs of the participant to improve health. In certain instances, medically tailored food and nutrition services may be an insurance benefit or a reimbursable service for people with severe and/or chronic illness. 	<ul style="list-style-type: none"> For people with severe and/or chronic illness referred by a medical professional or health care plan. 	<p>RESOURCES:</p> <ul style="list-style-type: none"> Contact the <u>Food is Medicine Coalition</u> for information on participating organizations. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/>



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PROGRAM NAME	HOW IT WORKS	WHO CAN APPLY	LEARN MORE
 School Breakfast and Lunch Programs	<ul style="list-style-type: none"> ▶ Free, reduced-priced, or paid school meals (breakfast and lunch) in participating schools. ▶ Meals meet federal nutrition standards, which require schools to serve whole grains, fruits, and vegetables. ▶ Some schools (those that participate in the community eligibility provision) provide free meals to all students without collecting school meal applications. 	<ul style="list-style-type: none"> ▶ For children and youth at participating schools. ▶ Children and youth from families at low or moderate income levels can qualify for free or reduced-price meals. ▶ Children in households participating in SNAP, Temporary Assistance for Needy Families (TANF), or FDPIR, as well as children who are in foster care, migrant youth, children who are experiencing homelessness, runaway youth, and Head Start participants are automatically eligible and can be certified without submitting a school meal application. 	RESOURCES: <ul style="list-style-type: none"> ▶ Contact your local school districts to see about availability of free breakfast and lunch and the application process. ▶ For more information, see <u>School Breakfast and Lunch Programs for Grandfamilies and Kinship Families</u>. LOCAL RESOURCES: <hr/> <hr/> <hr/> <hr/>
 Afterschool Nutrition Programs	<ul style="list-style-type: none"> ▶ A free, healthy snack and/or meal meeting federal nutrition standards in structured or unstructured educational or enrichment programs running afterschool, on weekends, or during school holidays. 	<ul style="list-style-type: none"> ▶ For children and youth 18 and under who participate in programs at participating community sites, including schools, parks and recreation centers, libraries, faith-based organizations, or community centers. 	RESOURCES: <ul style="list-style-type: none"> ▶ Contact your <u>state agency</u> for participating sites. LOCAL RESOURCES: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>



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PROGRAM NAME	HOW IT WORKS	WHO CAN APPLY	LEARN MORE
 Summer Nutrition Programs	<ul style="list-style-type: none"> ▶ Up to two free meals a day at school or community sites during summer vacation. ▶ Meals meet approved federal nutrition standards. 	<ul style="list-style-type: none"> ▶ Children 18 and under can access meals at participating community sites, including schools, parks and recreation centers, libraries, faith-based organizations, or community centers. ▶ There is no need to show identification. 	<p>RESOURCES:</p> <ul style="list-style-type: none"> ▶ Contact your local school district/state Department of Education to ask about participation in summer meals and find out about local sites and organizations that are participating. ▶ For more information, see <u>Summer Nutrition Programs for Kinship/Grandfamilies</u>. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/>
 Summer EBT	<ul style="list-style-type: none"> ▶ Up to \$120 (\$40/month) in benefits per eligible child. 	<ul style="list-style-type: none"> ▶ Eligible children will automatically receive Summer EBT benefits if their households receive SNAP, Medicaid, or other means-tested programs. Eligible children who do not qualify for automatic issuance are still able to receive benefits through an application. 	<p>RESOURCES:</p> <ul style="list-style-type: none"> ▶ <u>List of participating states</u>. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/>


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PROGRAM NAME	HOW IT WORKS	WHO CAN APPLY	LEARN MORE
 <p>Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)</p>	<ul style="list-style-type: none"> ▶ Provides nutritionally tailored monthly food packages that families redeem in grocery and food stores that accept WIC. ▶ WIC also provides breastfeeding/chestfeeding support, nutrition services, and screening and referrals for health, welfare, and social services. ▶ WIC recently increased the value of fruit and vegetable benefits provided in the food package. 	<ul style="list-style-type: none"> ▶ For people who are deemed nutritionally at risk by a health care professional, are income-eligible (household income at or below 185% of the federal poverty level), or are: <ul style="list-style-type: none"> » Pregnant (during pregnancy and up to six weeks after the birth of an infant or the end of the pregnancy); » Postpartum (up to six months after the birth of the infant or the end of the pregnancy; and up to the infant's first birthday if breastfeeding); » An infant; or » A child up to age five. ▶ Parents, grandparents, and other caregivers can access WIC for eligible infants and children up to age 5 in their care. ▶ Families on Medicaid, SNAP, or TANF are automatically income-eligible. 	<p>RESOURCES:</p> <ul style="list-style-type: none"> ▶ Contact your state's WIC agency for information on local WIC service sites and how to apply. ▶ Check this WIC prescreening tool to see if you might be eligible. ▶ For more information, see <i>Kinship/Grandfamilies and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)</i>. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>



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PROGRAM NAME	HOW IT WORKS	WHO CAN APPLY	LEARN MORE
 Child and Adult Care Food Program (CACFP) – Child Care	<ul style="list-style-type: none"> Provides up to two free meals and a snack to infants and young children in child care centers and homes, Head Start, and Early Head Start. Updated nutrition standards provide healthy meals. 	<ul style="list-style-type: none"> Typically for children attending eligible child care centers and homes, Head Start, and Early Head Start. 	RESOURCES: <ul style="list-style-type: none"> Contact your <u>state agency</u> for participating child care centers and homes. Contact your child care provider to see if they are participating in CACFP. LOCAL RESOURCES: <hr/> <hr/> <hr/> <hr/>
 Child and Adult Care Food Program – Emergency Shelters	<ul style="list-style-type: none"> Provides food services to children 18 and under experiencing homelessness who are at emergency shelters. 	<ul style="list-style-type: none"> For children 18 and under experiencing homelessness at emergency shelters. There are no application forms for families to fill out. All reimbursable meals are served in group settings, at no cost to the child or to the child's family. 	RESOURCES: <ul style="list-style-type: none"> Contact your <u>state CACFP agency</u> for information. USDA information on <u>CACFP in shelters</u>. LOCAL RESOURCES: <hr/> <hr/> <hr/> <hr/>

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ELDERCARE LOCATOR 1-800-677-1116

PROGRAM NAME	HOW IT WORKS	WHO CAN APPLY	LEARN MORE
 Commodity Supplemental Food Program (CSFP) Program may be called something else in your state.	<ul style="list-style-type: none"> Provides a monthly food box with items like canned fruit and vegetables, cheese, shelf-stable milk, cereals, grains, peanut butter, and dried beans. Authorized to operate in every state, the District of Columbia, and Puerto Rico, and by several Indian Tribal Organizations. Administered by a State agency in conjunction with local food banks, nutrition programs, and community action organizations. 	<ul style="list-style-type: none"> For adults age 60 and older with low incomes (at or below 130% of the federal poverty level). There are caps on the number of people who can participate, and the program is not available in every area. 	RESOURCES: <ul style="list-style-type: none"> See USDA for more information on CSFP and how to apply. LOCAL RESOURCES: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
 Senior Farmers' Market Nutrition Program (SFMNP)	<ul style="list-style-type: none"> Annual vouchers (worth a total of \$20–\$50) to use for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at participating farmers' markets, roadside stands, and community-supported agriculture programs. 	<ul style="list-style-type: none"> For people age 60 and older with low incomes (at or below 185% of the federal poverty level), but states have the option to tie eligibility to participation in other programs like SNAP or CSFP. There are caps on the number of people who can participate, and the program is not available in every area. 	RESOURCES: <ul style="list-style-type: none"> See USDA for more information on participating states. LOCAL RESOURCES: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

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PROGRAM NAME	HOW IT WORKS	WHO CAN APPLY	LEARN MORE
 Child and Adult Care Food Program (CACFP) — Older Adult Day Centers	<ul style="list-style-type: none"> Two meals (breakfast, lunch, or supper) and one snack, or two snacks and one meal, to each eligible participant, each day. Meals are free, at a reduced-price, or paid, depending on the income of the participant. Must meet improved nutrition standards. 	<ul style="list-style-type: none"> For people age 60 and older, and/or individuals who are functionally impaired, at participating non-residential adult day care centers. Funding available to serve all eligible centers approved by the state. 	RESOURCES: <ul style="list-style-type: none"> Contact your state CACFP agency for information. LOCAL RESOURCES: <hr/> <hr/> <hr/> <hr/> <hr/>
 Congregate Meal Program Program may be called something else in your state, such as Meals with Friends.	<ul style="list-style-type: none"> Provides group meals at participating sites throughout the country, such as recreation centers, senior housing, places of worship, and other community spaces. Meals (typically lunch) served Mondays through Fridays and must provide at least one-third of the recommended daily dietary allowance. Meals are free but voluntary contributions are accepted. 	<ul style="list-style-type: none"> For adults age 60 and older (plus spouse, household member with a disability, or caregiver accompanying an older adult to site, as well as site volunteers). Preference is given to those with the greatest economic and social needs, with particular attention to: older individuals with low incomes, older adults from marginalized communities, older adults with limited English proficiency, older individuals residing in rural areas, and older adults at risk of institutional care. 	RESOURCES: <ul style="list-style-type: none"> Check out the Eldercare Locator to locate a participating site. Meals on Wheels provides a listing of sites. LOCAL RESOURCES: <hr/> <hr/> <hr/> <hr/> <hr/>


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PROGRAM NAME	HOW IT WORKS	WHO CAN APPLY	LEARN MORE
 <p>Home-Delivered Meals</p> <p>Program may be called something else in your state, such as Meals on Wheels.</p>	<ul style="list-style-type: none"> Meals are delivered to places of residence (number of meals and frequency vary). Meals must provide at least one-third of the recommended daily dietary allowance. Meals are free but voluntary contributions are accepted. Note: Meals on Wheels programs throughout the country offer home-delivered meals and may have different criteria for participation; some are funded with Title III of the Older Americans Act funding, while others rely in whole or in part on non-governmental funding. 	<ul style="list-style-type: none"> For adults age 60 and older (a participant's spouse and/or household member with a disability also may be eligible). There are caps on the number of people who can participate, and, while there is no means test for participation, preference is given to those with the greatest economic and social needs, with particular attention to: older individuals with low incomes, older adults from marginalized communities, older adults with limited English proficiency, older individuals residing in rural areas, and older adults at risk of institutional care. 	<p>RESOURCES:</p> <ul style="list-style-type: none"> Check out the Eldercare Locator for information on home-delivered meals in your area. Meals on Wheels provides a listing of sites as well as other home-delivered meal services. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

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