



Help with Food

HERE ARE WAYS YOU CAN GET EXTRA HELP WITH FOOD IN RHODE ISLAND

There is nothing wrong with needing extra help, many of us do. Use as many of these programs as you can to get the most help, you do not have to pick just one.

DO YOU NEED HELP WITH FOOD THIS WEEK?



Start Here

Find a **Food Pantry** near you. Once you find a pantry, call and ask what information you need to bring, and what hours they are open.

Find a nearby pantry at rifoedbank.org/find-food or call 2-1-1.



FINANCIAL ASSISTANCE



Apply for SNAP

SNAP provides extra money for food that you can use online or in-person at participating grocery stores and farmers markets.

Apply online at dhs.ri.gov/apply-now or call 2-1-1 for help.

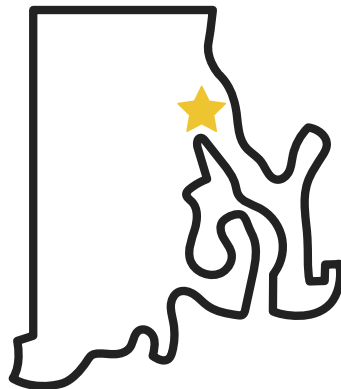


For recipes & information about preparing healthy foods, visit web.uri.edu/SnapEd or call us at 1-877-366-3874.

 Community Nutrition Education RI

 RISNPEd

 URI_Nutrition_Ed



Find more help on the reverse side



Help with Food

HERE ARE MORE WAYS YOU CAN GET EXTRA HELP WITH FOOD IN RHODE ISLAND

DO YOU HAVE CHILDREN UNDER 6 YEARS OLD? (OR ARE YOU PREGNANT OR BREASTFEEDING?)



Apply for WIC

WIC provides extra money for *some foods* and *infant formula* through an "E-WIC card" that you can use at WIC retailers. They also provide helpful information.

Find a WIC office at www.health.ri.gov/find/services/detail.php?id=44 or call 2-1-1 for help.



FIND MEALS FOR CHILDREN

School and Summer Meals



RIDE Child Nutrition Programs

Find free or low-cost meals for children at schools, parks, and community centers.

During the school year: many schools can provide free or low-cost breakfast and lunch to students.

During the summer: kids under 18 can get free meals at open summer meal sites.

Find more information at ride.ri.gov/cnp or call 2-1-1 for help.



GET MORE INFORMATION ABOUT ASSISTANCE PROGRAMS

Call 2-1-1 United Way



2-1-1/United Way helps connect Rhode Islanders to assistance programs for housing, food, utilities, childcare, and much more. It is available 24 hours a day, and translation services are available in many languages.

Visit www.211ri.org or call 2-1-1 for help.

