



# Save Money and Eat Healthier

HungerCoalition.org

215-430-0556



Use the SNAP Hotline To:

Apply for SNAP (Food Stamps) **over the phone**

**Navigate problems** with your benefits, or

Find a food pantry **in your neighborhood**

**Call 215-430-0556 for free, confidential service.**

## For Free Food and Meals

**City of Philadelphia Food Distribution Map:** Visit [www.phila.gov/food](http://www.phila.gov/food) for locations, dates, and information about City supported feeding sites. Includes:

1. Food Sites: Open to anyone. No ID or proof of income required.
2. Student sites: All children and youth are eligible. No ID required.
3. Senior Sites: Open to individuals 60+. Must call ahead to reserve meals

**Nutritional Development Services Food Map:** Visit

[www.nutritionaldevelopmentservices.org/covid19](http://www.nutritionaldevelopmentservices.org/covid19) for for a list of NDS supported meal sites including food cupboards and meal sites for children.

**Community Resource Connects:** Visit [www.communityresourceconnects.org](http://www.communityresourceconnects.org) to search by zip code for a variety of food resources including food pantries, food delivery, and community gardens, as well as information about medical care, transportation, housing, and more.

## Get Food Delivered for Vulnerable Populations

**Caring For Friends:** Delivers meals to isolated homebound individuals.

215-464-2224

[www.caringforfriends.org](http://www.caringforfriends.org)

**MANNA:** Delivers meals to people at nutritional risk due to illness. Dietitians provide free nutritional counseling.

215-496-2662 x 5 [www.mannapa.org](http://www.mannapa.org)

**Jewish Relief Agency:** Delivers a free box of kosher food once a month, regardless of religious affiliation. Only deliver to certain zip codes.

610-660-0190. [www.jewishrelief.org](http://www.jewishrelief.org)

## Discounted Produce

**Philly Food Bucks:** Earn \$2 of Philly Food Bucks for every \$5 you spend using SNAP at participating farmers markets or earn \$4 by attending a cooking demonstration.

[www.thefoodtrust.org](http://www.thefoodtrust.org)

**Farm to Families:** Buy a box of discounted, affordable farm-fresh produce. Eggs and meat also sold. Order one week in advance and pick up at one of 7 sites. 215-910-2901

[www.scfchildren.org/farm-to-families-initiative](http://www.scfchildren.org/farm-to-families-initiative)

**Hungry Harvest:** Order a box of rescued food. Choose between three sizes, cheaper than grocery store produce. [www.hungryharvest.net](http://www.hungryharvest.net)

## Programs for Kids

**School Breakfast & Lunch:** All Philadelphia district school students are eligible for a free school breakfast and lunch. No verification required, no paperwork needed.

Charter school students inquire individually. Please visit [www.phila.gov/food](http://www.phila.gov/food) to find a site to pick up grab & go meals for your child during virtual learning.

**WIC (Women, Infants and Children) Program:** Helps pregnant women and mothers with children under age 5 with food, health screenings, and nutritional information. Also offers seasonal farmers market vouchers.

215-978-6100. [www.northwic.org](http://www.northwic.org)

**Maternity Care Coalition:** Provides baby formula and other services. 215-972-0700.

[www.maternitycarecoalition.org](http://www.maternitycarecoalition.org)

\*Many childcare programs are eligible for reimbursements for healthy snacks. Inquire directly to your child's care program to see if they are taking full advantage of this program, called CACFP