

Not Enough Food For Your Family?

Don't know how to cook/Shop for healthy food on a Budget?

You might qualify for SNAP

SNAP (the Supplemental Nutrition Assistance Program, formerly known as Food Stamps) helps families put food on their tables each month. If you qualify, SNAP benefits can be used at local grocery stores to purchase groceries.

For more information, or for help applying, contact the Benefits Assistance Coordinator at (979) 779-3663 ext. 105.

TO FIND SUMMER MEALS FOR CHILDREN

Visit

<http://www.fns.usda.gov/summerfoodrocks>

Or call 211*

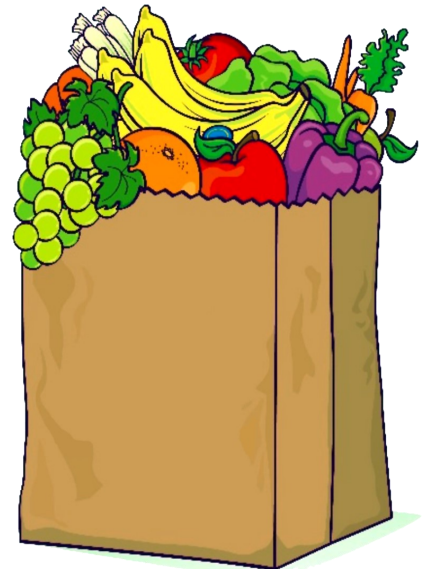
If you are pregnant or have children under five, you may qualify for WIC

(The Special Supplemental Nutrition Program for Women, Infants, and Children)

For more information, call the local WIC office at 979-260-2942

3400 S. Texas Ave. Suite I, Bryan, TX 77802

Go to www.211info.org or call 211*



Learn to cook healthy on a budget:

www.brazos.agrilife.org/contact or call (979) 775-3678

For more nutrition information and low cost healthy recipes, visit:

www.choosemyplate.gov
www.bvfb.org

There may be a food pantry in your neighborhood where you can get a box of food for free!

Food Pantries are places where people in need of food can go to get free groceries to take home.

To find pantries in your area:

Go to www.bvfb.org, click on Get Food, then on the map, click on the county in which you live

Or, call 211*

***What is 211?** 211 is a free multi-lingual phone or online service in most areas of the United States for the purpose of providing quick and easy access to information about health, human services and employment assistance. They constantly update local information. Professional Information and Referral Specialists work with callers to assess their needs, determine their options and provide appropriate programs/services, give support, intervene in crisis situations and advocate for the caller as needed.