



Food Insecurity Resource Guide:

Losing access to SNAP benefits can be stressful, but there are many community resources and programs that can help ensure individuals and families continue to have access to nutritious food. Below are key steps and resources to consider:

- **Understand Your Immediate Needs**

- Assess Your Situation: Determine how many days of food you currently have and identify
- your most urgent needs (meals for children, perishable items, special dietary requirements).
- Prioritize Essentials: Focus on shelf-stable foods (rice, beans, pasta, canned vegetables, and proteins) and plan simple, low-cost meals.
- Locate Nearby Assistance: Identify nearby food pantries, soup kitchens, or community centers that provide immediate aid.

- **Local and Community Food Resources**

- Food Banks and Pantries Locator: Visit Feeding America's Food Bank Locator (<https://www.feedingamerica.org/find-your-local-foodbank>) to find a local food bank.
- Contact United Way's 2-1-1 hotline for information on nearby food pantries, meal programs, and distribution events.
- Community Meal Programs: Many churches, mosques, and community centers offer free meals or grocery distributions.
- School Meal Programs: Schools may continue to provide free or reduced-price meals during closures or shutdowns — contact your local district for schedules and pickup locations.

- **Emotional and Mental Well-being**

- 988 Suicide & Crisis Lifeline – call or text 988 for free, confidential help.
- NAMI Helpline: Call 1-800-950-NAMI (6264) or text "HelpLine" to 62640.
- Local Faith or Community Counseling Services – often provide free or low-cost mental health support.



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• **Government and Nonprofit Alternatives**

- WIC (Women, Infants, and Children): If eligible, WIC may continue operating with available funds. Contact your local health department or WIC office for updates.
- Food Assistance through Local Governments: Some states and counties maintain emergency food programs independent of SNAP. Check your state's Department of Social Services or Department of Human Services website.
- Nonprofits and Community Coalitions: Organizations
 - The Salvation Army: [800-725-2769](tel:800-725-2769)
 - Catholic Charities, [Find a Local Agency - Catholic Charities USA](#)
 - Meals on Wheels, [Find Meals and Services Near You | Local Provider Search](#)

• **Budgeting and Meal Planning**

- Stretch Your Groceries: Plan meals that use overlapping ingredients to reduce waste.
- Community Kitchens: Some nonprofits offer cooking classes or meal prep support for low-cost nutrition.
- Digital Tools: Use free apps such as Mealime, Yummly, or Budget Bytes for affordable meal ideas.

• **Health and Nutrition Considerations**

- Balanced Nutrition: Prioritize affordable sources of protein (beans, eggs, canned fish) and fiber (whole grains, lentils, vegetables).
- Medical Needs: If you have dietary restrictions or health conditions, ask local food pantries about specialty boxes or medical nutrition options.
- Safe Storage: Keep track of expiration dates and proper food storage, especially for perishable donations.

• **Emergency and Crisis Assistance**

- United Way 2-1-1: [Dial 2-1-1](#) for immediate help finding food, shelter, or financial assistance.
- Local Community Action Agencies: Provide support with rent, utilities, and food vouchers.
- Feeding America & No Kid Hungry: Offer online maps and text lines to find nearby free meal locations. Text “[FOOD](#)” or “[COMIDA](#)” to [304-304](#) to find child meal sites via No Kid Hungry

The resource listings provided are for informational purposes only and are not intended as endorsements, referrals, or recommendations of any programs, providers, or services. Carelon Behavioral Health makes no representations or warranties regarding the quality, suitability, or outcomes of the listed resources. It is the sole responsibility of the individual to evaluate and select any providers or programs based on their own judgment and due diligence.