

Food Insecurity Resource List

KNOWLEDGE RESOURCES

USDA Definitions of Food Insecurity

<https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/definitions-of-food-security/>

Trends in Food Insecurity

<https://hungerandhealth.feedingamerica.org/2021/10/trends-in-food-insecurity-detailed-in-americas-health-rankings-health-disparities-report/>

Food Insecurity and the Military

<https://bluestarfam.org/food-insecurity-resources/>

https://bluestarfam.org/wp-content/uploads/2021/03/BSF_MFLS_CompReport_FINDING_12.pdf

U.S. DEPARTMENT OF AGRICULTURE (USDA) FOOD ASSISTANCE PROGRAMS

USDA National Hunger Hotline

Referrals for food banks and other social services. 1-866-348-6479 (TTY: 711)

Commodity Supplemental Food Program (CSFP)

Assistance for low-income persons at least 60 years of age. Provides a monthly food package.

<https://www.fns.usda.gov/csfp/commodity-supplemental-food-program>

School Breakfast and Lunch Programs for Children

Free or reduced cost for school breakfast and lunch. Income-based eligibility.

www.fns.usda.gov/sbp/school-breakfast-program

Seniors Farmers' Market Nutrition Program

Assistance for low-income seniors. Provides vouchers for seniors to access locally grown nutritious foods.

<https://www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program>

Summer Food Service Program (SFSP)

Free healthy meals and snacks for children 18 and under. State-administered.

www.fns.usda.gov/sfsp/summer-food-service-program

Call 1-866-348-6479 (TTY: 711) to find a local meal service site.

Supplemental Nutrition Assistance Program (SNAP)

Provides supplemental assistance for food. Commonly known as food stamps.

www.fns.usda.gov/snap

Women, Infants, and Children Program (WIC)

Provides supplemental assistance for nutritious foods for pregnant women, infants and children. Also

provides referrals for healthcare. www.fns.usda.gov/wic

NONPROFIT ORGANIZATIONS

Feeding America Network of Food Banks

Resources for local food banks and food programs. Resources and eligibility requirements vary by location. www.feedingamerica.org/find-your-local-foodbank

Meals on Wheels

Community-based nutrition program for seniors. Offers free or lost cost meals delivered to the home. www.mealsonwheelsamerica.org

The Helpline Center

Online database and support network that lists a broad range of services, including food and other basic supports. www.helplinecenter.org. Dial 211 from any phone.



Read more from our MFed Inform blog. Scan this QR Code!

