

Section 17:

Food

Having healthy food options is one of the most effective ways to maintain good health for all individuals. For those who are needing additional assistance to help ensure they maintain a healthy diet, multiple options are available in our community to support each person to prevent hunger. Below you will find a breakdown of nutritional assistance programs, food pantries, and additional food resources available in our area.

Nutritional Assistance Programs (NAP)

NAP's have been put in place by the federal, state, and local government to support individuals and their families who are designated as low-income to ensure they have access to nutritional foods to maintain good health. There are a variety of programs available listed below.

- **Supplemental Nutritional Assistance Program (SNAP)** previously known as food stamps, is a program offered to individuals designated as low-income to buy food to ensure they maintain good health. Individuals on the program will receive an electronic card that operates like a debit card to purchase food from their local grocery store.
 - Applications for SNAP are available at the Social Security office. If you already receive Supplemental Security Income (SSI), your local Social Security office can assist you in completing an application to your local SNAP office. If you do not receive SSI, you can complete the application on your own and send it to your local SNAP office.
 - To check your SNAP eligibility, visit <https://dhsservices.iowa.gov/apspspp/spp.portal> for their pre-screening eligibility tool or call the Iowa's SNAP information line at 877-347-5678.
- **Special Supplemental Nutrition Assistance Program for Women, Infants, and Children (WIC)** is a federal grant program managed by each state to provide supplemental food, nutrition education, and health care referrals to low-income pregnant, breastfeeding, non-breastfeeding, or postpartum women, and infants and children to age five who are considered to have nutritional risk. In some locations WIC Farmers' Market Nutritional Program is available for WIC participants to receive coupons to purchase local, healthy produce (fruits, vegetables, herbs) from local farmer's markets or roadside farm stands.

- Eligibility requirements are based on income, state residency, determination of nutritional risk by a health care professional or trained health official.
- To check your WIC eligibility, visit: www.fns.usda.gov/wic/women-infants-and-children-wic.
- Other NAP's include Commodity Supplemental Food Program (CSFP), Children and Adult Care Food Program (CACFP), National School Lunch Program (NSLP), School Breakfast Program (SBP), Summer Food Service Program (SFSP), Senior Farmers' Market Nutrition Program (SFMNP), The Emergency Food Assistance Program (TEFAP). Visit www.socialsecurity.gov to see what programs you may qualify for.

Local Food Pantries

Utilize the below links for access to local food resources:

[Food Pantries](#) 2-1-1

[Free Meals](#) 2-1-1

[Food Vouchers](#) 2-1-1

