Food Assistance (EBT)

The Food Assistance Program provides EBT (Electronic Benefit Transfer) cards that can be used to buy groceries at supermarkets, grocery stores and some farmers' markets.

Qualifications:

- Meet income guidelines
- Be a citizen or legal immigrant
- All children who are born in the United States can apply even if their parents are not citizens.

To apply:

• Call 1-877-DHS-5678 for the location of the DHS office closest to you or to apply online go to http://www.dhs.state.ia.us/, then click on the online application.

Contact Information:

• 1-877-DHS-5678

School Food Programs

School Breakfast and Lunch Programs

These national programs provide healthy breakfasts and lunches in schools. Children can receive free or reduced price meals.

Qualifications:

- Meet income guidelines or get food assistance.
- Be a migrant, homeless or foster child.

To apply:

- Ask for an Iowa Eligibility Application at your child's school.
- Return the completed application to your child's school.

Contact Information:

Contact your child's school.

Summer Food Service Program

The Summer Food Service program provides free meals during the summer months to some communities and day camps.

Qualifications:

• Individuals 18 years old or younger or those over 18 who possess a physical or mental disability and participate in a school program during the school year

To apply:

• No application process

Contact Information:

• Bureau of Nutrition and Health Services 515-281-5356

WIC

WIC (Women, Infants, & Children) is a supplemental nutrition program for babies, children under the age of 5, pregnant women, breastfeeding women, and women who have had a baby in the last 6 months. WIC helps families by providing healthy foods, nutrition education, and referrals to other health care agencies.

Qualifications:

- Meet income guidelines
- Have an Iowa address
- Have a medical or nutritional need

To apply:

- Make an appointment at your local WIC office.
- Bring proof of address, identity and income.

Contact Information:

- 1-800-532-1579
- http://www.idph.state.ia.us/wic/Families.aspx

EFNEP AND FNP

EFNEP and FNP are free nutrition education programs for low-income families offered by Iowa State University Extension. They help parents provide nutritious food for their families, leading to healthy children and strong families. Nutrition coaches meet with participants one-on-one and in small groups. The lessons include hands on activities, worksheets, games, recipes and cooking.

Qualifications:

Meet income guidelines

To apply:

- 800-262-3804 or
- http://www.extension.iastate.edu/families/nutrition-education

Spend Smart Eat Smart

This website features tips for eating healthy while saving money. http://www.extension.iastate.edu/foodsavings/

Plan. Shop. Eat. Three easy steps to healthy

Commodity Supplemental Food Program (CSFP)

CSFP provides supplemental food and nutrition education for pregnant, postpartum and breastfeeding women, infants, children up to the age of 6 and elderly 60 years of age or older. Available foods include canned fruits and vegetables, hot and cold cereals, cheese, peanut butter and dry beans, pastas, canned and powdered milk, infant formula and infant cereal.

Qualifications:

- Meet income guidelines
- Be 6 years old or younger, pregnant, postpartum or breastfeeding woman, or 60 years of age or older
- Foster children under the age of 6 are automatically eligible
- Individuals cannot be enrolled in the WIC program and CSFP at the same time. You can have one household member on WIC and another household member on CSFP.
- Must live in Polk, Dallas, Jasper, Warren, Madison and Boone Counties

Contact Information:

- 1-877-288-3655 or
- www.polkcountyiowa.gov/CFYS/pages/SuppFoods.aspx

Emergency Food Assistance (Food Pantries)

Emergency Food Assistance provides free meals and food at places like food pantries and soup kitchens.

To Apply:

Call your local food bank to find out more information about places for help near you. To find the phone number for your local food bank:

- 1. Visit to http://feedingamerica.org/
- 2. Enter your zip code in the food bank locator.
- 3. Call the food bank serving your area and they will be able to put you in touch with a food pantry or other emergency food assistance near you.

SHARE

SHARE, also known as the Self-Help and Resource Exchange, is a program for anyone. SHARE Iowa offers tasty, nutritious grocery packages at half the retail cost in exchange for two hours of volunteer service in your community.

Contact Information:

- 1-800-344-1107
- www.shareiowa.com