

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 www.extension.iastate.edu/efnep/



Feed Your Family's Future

Fruits, vegetables, and other healthy foods help you and your family be who you want to be.

Sometimes these healthy foods are expensive. This booklet lists places you can call or visit that may help you and your family.

Many of the places have income guidelines. Even if you work full-time, you may qualify. Call to find out if you and your family can get help.

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
www.idph.state.ia.us/wic/families.asp



Pick a better snack™



Funded by USDA's Food Stamp Program, an equal opportunity provider and employer, through the Iowa Depts. of Public Health and Human Services.

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We can help.



Commodity Supplemental Food Program (CSFP)

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

Qualifications:

- Meet income guidelines
- Be six years or younger, a pregnant, postpartum or breastfeeding woman, or over the age of 60
- Foster children six years or younger are automatically eligible for this program
- Cannot also be enrolled in the WIC program

To apply:

- Apply in person at your local CSFP office.
- Bring proof of age, income, birth of baby or doctor's note that provides due date of baby.
- If applying for your foster child, bring legal documentation of foster care status, child's birth certificate or Title XIX document, and proof that you are the foster parent.

Contact Information:

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



Summer Food Service Program

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

Qualifications:

- Be 18 years old or younger

To apply:

- No application process

Contact Information:

Bureau of Nutrition, Health, and Transportation Services
515-281-5356

Emergency Food Assistance

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

To apply:

- Dial 211 or your local food bank to find out more information about places for help near you.

Contact Information:

Dial 211 or go to
www.iowalegalaid.com for food pantry information

School Food Programs

School Breakfast Program

The School Breakfast program provides healthy breakfasts in school. Children can receive free or reduced price school breakfasts.

National School Lunch Program

The National School Lunch Program provides healthy lunches. Children can receive free or reduced price lunches.

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.



Food Assistance Program

The Food Assistance Program provides EBT (Electronic Benefit Transfer) cards that can be used to buy groceries at supermarkets, grocery stores and some Farmer's 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-YES-FOOD to apply or apply online at www.yesfood.iowa.gov

Contact Information:

1-877-YES-FOOD

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