

Save Money & Eat Healthier!



Greater Philadelphia Coalition Against Hunger

215-430-0556

www.hungercoalition.org



Call our Hotline 215-430-0556 for free, confidential service to:

- Check your eligibility for SNAP (food stamps) and apply by phone
- Get help with problems with your benefits
- Find pantries and other food programs in your area



FOR FAMILIES WITH CHILDREN

WIC (Women, Infants and Children) Program: Helps pregnant women and mothers with children under age 5 with food, health screenings and nutritional information. 1-800-743-3300, www.northwic.org

Maternity Care Coalition: Provides baby formula and other services. 215-972-0700, <http://momobile.org>

Free Summer Meals for Kids (June-August): Free meals & snacks for kids 18 & under. No registration required. To find a site, call 1-855-252-MEAL (6325), text "FOOD" to 877877, or visit www.phillysummermeals.org



FOR SENIORS or PEOPLE AT NUTRITIONAL RISK DUE TO ILLNESS

Philadelphia Corporation for the Aging: Provides meals at senior centers and delivers meals to eligible seniors. Gives out farmers' market vouchers at various locations. 215-765-9040, www.pcacares.org

Aid For Friends: Delivers free meals to isolated homebound individuals. 215-464-2224, www.aidforfriends.org

MANNA: Delivers meals to people at nutritional risk due to illness. Dietitians provide free nutritional counseling. A referral is required from a medical care provider. 215-496-2662 x5, www.mannapa.org



FREE OR DISCOUNTED FOOD OR PRODUCE

SHARE Food Program: Get \$50 in groceries for \$20-30 plus 2 hours of community service. Accepts SNAP (food stamps) and farmers' market vouchers. 215-223-2220, www.sharefoodprogram.org

Jewish Relief Agency (JRA): Delivers a free box of kosher food once a month, regardless of religious affiliation. Recipients must live within JRA's service area in Philadelphia and surrounding counties. 610-660-0190, www.jewishrelief.org

Fresh for All: Philabundance (www.philabundance.org) offers free produce year-round, weather permitting. No ID or registration is required, but you must bring your own bag, box or cart. Days and locations include:

- *Wednesday 12:30-1:30pm, Lillian Marrero Library, 601 W. Lehigh Avenue, 19133*
- *Thursday 10:00-11:00am, Einstein Medical Center, Tabor Road & Park Avenue, 19141*
- *Thursday 10:30-11:30am, Salvation Army, 5830 Rising Sun Avenue, 19120*
- *Friday 1:30-2:30pm, at the lot under the I-95 overpass at Front and Tasker Streets, 19147*

FARMERS' MARKETS

Find your closest farmers' market by visiting www.phillyfoodfinder.org

Philly Food Bucks, <http://thefoodtrust.org/farmers-markets>

Spend \$5 in SNAP at your farmers' market, and get a \$2 Philly Food Bucks coupon to buy more fruits and vegetables. Most markets open May/June through October/November.

Farmers' Market Nutrition Program (June-November)

Eligible WIC participants and qualifying seniors can receive \$20 in FMNP checks to buy vegetables and fruits at Philadelphia farmers' markets. Checks are distributed in the summer and must be used by Nov. 30.

WIC participants: contact WIC office. Seniors: contact Philadelphia Corporation for Aging 215-765-9040.

Farm to Families, <http://www.scfchildren.org/farm-to-families-initiative>

Buy a box of farm-fresh produce worth \$20-\$30 for just \$10-\$15. Eggs, meat and fish also sold.

Order one week in advance. Pay with cash, SNAP or credit card. Order and pick up from 8 locations in Philadelphia and Bucks County. Contact St. Christopher's Foundation: 215-568-1126

Greensgrow Farms SNAP Share, <http://www.greengrow.org/snap/> or call or call 215-427-2780 ext 2.

SNAP eligible households can choose from 3 options for a weekly or bi-weekly share of fresh, local produce June-November, for \$35-70 per month. Pick up in Kensington, West Philly, South Philly or Center City. Earn Philly Food Bucks if you pay with SNAP benefits.

GROW YOUR OWN!

Take a **CLASS** to learn how to grow, prepare, cook and preserve healthy food:

PHS Garden Tenders: 215-988-8846

<http://phsonline.org/greening/garden-tenders>

Greensgrow Farms: 215-427-2702

<http://www.greengrow.org/events/>

Central Library Culinary Literacy Center, 1901 Vine St.

<http://libwww.freelibrary.org/culinary/>

GRID Magazine calendar of events:

www.gridphilly.com/events

Do you know? SNAP Benefits can be used to buy seeds and food-bearing plants! Check at your local farm stand, co-op or grocery store.

Discover ways to **EAT HEALTHY ON A BUDGET**
<http://foodfitphilly.org/eat-healthy-on-a-budget/>

Join a **FOOD CO-OP**

<http://www.philadelphia.coop/phillycoops/>

PARTICIPATE IN A COMMUNITY SUPPORTED AGRICULTURE (CSA) program:

<https://www.phillymag.com/be-well-philly/2018/03/08/csa-farm-share-philadelphia/>

DONATE EXTRA PRODUCE to pantries through PHS' City Harvest program. Call 215-988-8800 or visit: <http://phsonline.org/programs/city-harvest>



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