# Save Money + Eat Healthier

A guide to Food Resources in Northeast Philadelphia



# **SNAP Hotline: 215-430-0556**

Call to apply or for help with SNAP (food stamps)
For more food programs visit: www.phillyfoodfinder.org

## FOR FAMILIES WITH CHILDREN

Free Summer Meals June-August Call 1-855-252-6325, text "FOOD" or "COMIDA" to 877877 or visit www.phillysummermeals.org for nearby sites for free breakfast, lunch & snacks for kids 18 & under.

**WIC** 1-800-743-3300 Vouchers for nutritious foods for moms and kids under 5, and pregnant women.

**MOMobile** 215-972-0700 Provides formula and other services at eight locations throughout the city.

# SENIOR PROGRAMS

Philadelphia Corp. for Aging 215-765-9040, www.pcaphl.org Learn about senior meals, farmers' market vouchers and other services.

**Aid for Friends:** 215-464-2224, www.aidforfriends.org. Delivers healthy meals to isolated, home-bound seniors.

# FOR PEOPLE WITH ILLNESS

#### MANNA

215-496-2662, www.mannapa.org. Delivers healthy meals to those at nutritional risk due to illness.

**FOOD PANTRIES** Call to confirm. Bring ID, proof of address & bags.

Living Waters United Church of Christ 267-388-6081 6250 Loretto Ave., 19111 3nd Tue: 6-7p; every other Sat 12-1:30p

Klein Life 215-832-0625 10100 Jamison Ave., 19116 Mon 11a-1p Call for appointment on other days.

Somerton Interfaith 215-673-1117 510 Somerton Ave., 19116 Mon, Wed & Fri 9:30am-12:30pm Referral required.

**FAWN** 267-236-1558 4346 Frankford Ave., 19124 Tues, Thurs, & Fri 12p-4p Wed 10pm- 4pm Serves 19124, 19135, 19137 & 19149.

**Feast of Justice** 215-268-3510 3101 Tyson Ave., 19149 Tue & Fri 9-11:30a; Wed 5p-7:30p, Sat: 2-4:30p

Northeast Family Social Services 215-624-5920 7340 Jackson St., 19136 Wed & Fri 9-11:30a Requires ID (SS cards for children). (continued on other side) **Bethel Phila. Mills** 215-824-3000 903 Franklin Mills Circle, 19154 Tue & Thu 10a-1p Choice pantry, can visit every 2 wks

Holy Redeemer Nazareth 215-856-1370 12265 Townsend Rd., 19154 Tue-Thu 9:30-11a. Call for appt.

# FREE & LOW-COST GROCERIES

Jewish Relief Agency (JRA):

610-660-0190 www.jewishrelief.org Delivers a free box of kosher foods each month.

#### SHARE FOOD PROGRAM

215-223-2220 www.sharefoodprogram.org

Food packages \$20 + 2 hrs comm. svc. Farm stand. Accepts SNAP & FMNP.

## FRUITS AND VEGETABLES

# Fresh for All (Philabundance)

www.philabundance.org
Free produce, open to all year-round,
weather-permitting. Bring bags. Thursday
10:30am. Houseman Recreation Center,
Summerdale & Godfrey Aves., 19124

Double Dollars: Fair Food Farmstand Reading Terminal Market 12th & Arch Streets, 215-386-5211 Matches SNAP purchases up to \$10 per week, in \$5 increments.

Mayfair Farmers' Market
Cottman and Frankford Aves
1st and 3rd Thursday, 5pm-9pm



Philly Food Bucks (The Food Trust) www.thefoodtrust.org/farmers-markets Earn \$2 in Philly Food Bucks to spend on produce for every \$5 spent with SNAP/ food stamps at 27 participating farmers' markets including the following:

Frankford Transportation Center Bustleton & Frankford Aves., 19124 Tue 2-6p June—Nov.

Oxford Circle Farmers' Market 900 E. Howell St., 19111 Thu 2-6p June-Nov.

#### **SNAP FACTS:**

\*SNAP is now the name for food stamps.

- \*Income guidelines can change each October.
- \* Seniors and disabled households may be eligible for a 2-page application that approves benefits for 3 years.
- \*The current benefit range for one person is \$16 to \$194.
- \*The average benefit amount in Philadelphia is \$130.
- \*For adults 60+, medical expenses over \$35 can be counted and can increase your SNAP benefit.
- \*SNAP benefits can be used to buy groceries, seeds, and food-bearing plants.
- \*Benefits can roll over up to 6 months.
- \*Benefits can be used at <u>over 30 farmer's</u> <u>markets</u> across the city.
- \*Receiving SNAP does not take benefits away from anybody else; anyone who is eligible and applies can participate.

Call to see if you qualify: 215-430-0556