

# Save Money + Eat Healthier

A guide to Food Resources in West and SW Phila. that can help



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## SNAP Hotline: 215-430-0556

Call for help with SNAP (food stamps) and find pantries or other food programs in your area  
[www.phillyfoodfinder.org](http://www.phillyfoodfinder.org)

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### FOR FAMILIES WITH CHILDREN

**WIC:** 1-800-743-3300

Vouchers for milk, cereal & other nutritious foods for pregnant or new moms and kids under 5

**MOMobile** 215-972-0700

Provides formula and other services at eight locations throughout the city.

**Summer Meals** 1-855-252-MEAL (6325), text "FOOD" or COMIDA to 877877, or visit: [www.phillysummermeals.org](http://www.phillysummermeals.org) to find sites for free breakfast, lunch & snacks for kids under 19, June –August.

### FOR SENIORS

**Philadelphia Corporation for Aging**

215-765-9040, [www.pcaphl.org](http://www.pcaphl.org)

Home-delivered & senior center meals, farmers' market vouchers and other services.

**Aid for Friends:** 215-464-2224, [www.aidforfriends.org](http://www.aidforfriends.org). Delivers healthy meals to isolated, home-bound seniors.

### Homelink Meals on Wheels

267-682-1026, [www.homelinkinc.org](http://www.homelinkinc.org)

Home-delivered, \$5/meal, accepts SNAP.

### FOR PEOPLE WITH ILLNESS

**MANNA** 215-496-2662, [www.mannapa.org](http://www.mannapa.org).

Delivers healthy meals to those at nutritional risk due to illness.

### LOW COST GROCERIES

**\*SHARE Food Program** 215-223-2220

[www.sharefoodprogram.org](http://www.sharefoodprogram.org)

Discount packages for \$20 + 2 hrs of comm. service. Accepts SNAP & Philly Food Bucks.

### FRUITS AND VEGETABLES

**\*Philly Food Bucks** (The Food Trust)

[www.thefoodtrust.org](http://www.thefoodtrust.org)

Earn \$2 vouchers for produce for every \$5 spent with SNAP/ACCESS/food stamps at 27 farmers' markets including those marked with an \*asterisk below:

**\*Clark Park**, 43rd St. & Baltimore Ave.

Thu 3-7pm June-Nov

Sat 10am-2pm year-round

**\*58th & Chester**, 58th & Chester Streets

Wed 2pm-6pm, June -Nov.

**\*Urban Tree Connection**, 42nd & Girard Ave.

11am-3pm, 2nd & 4th Mondays. Seasonal

**Greensgrow West**, 5123 Baltimore Ave.

267-496-0148, [www.greengrow.org](http://www.greengrow.org)

Seasonal farmers' market, CSA, nursery, and SNAP Box program \$6.50/week July-Oct.

**\*The Enterprise Center** 46th & Market Sts.

Thu 4-7pm (seasonal)

**Bartram's Garden**, 54th & Lindbergh Ave.

Thu 3:30-7pm, Jun-Nov.

Accepts SNAP & WIC vouchers.

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**FOOD PANTRIES & SOUP KITCHENS**

Provide free groceries or meals. Call to confirm location, hours and requirements. Bring ID, proof of current address and bags. \*\* Require Photo-ID

**Zip 19104 University City Hospitality Coalition**

www.uchc.phillycharities.org  
6pm Meals served each day at different locations.

**University Lutheran Church**  
215-387-2885  
3637 Chestnut St.  
Meal served Tue. 5pm-6pm

**Zip 19139 Holy Temple of the Lord**  
215-474-7656  
5116 Market St.  
Sat: 12pm-2pm

**Church of the Holy Apostles**  
267-908-2099  
2601 S. 51st St.  
Wed: 11:30am-1pm, 4th Wed.

**Zip 19142 Divine Mercy Parish**  
215-727-8300  
6667 Chester Avenue, 19142  
Tues & Fri, 8:30am-11:30am

**\*\*SW Phila Family Service Center**  
215-724-8550  
6214 Grays Avenue, 19142  
Mon & Fri, 10am – 12pm  
Proof of address

**Zip 19143**

**Friends of the Kingsessing Library**  
267-315-9428  
1201 S. 51st St.  
Mon: 2:30pm-4:30pm, 2nd Mon.

**Grace Tabernacle**  
215-724-8303  
1509 S. 52nd St.  
Wed: Meal 1-2pm and pantry 2-3pm

**Helping Hands for the Hungry**  
215-747-3250  
525 S. Cobbs Creek Parkway  
Pantry & meal last Sat of month  
11am-12:30pm

**Zip 19153 Eastwick United Methodist**  
215-365-6352  
8321 Lindbergh Blvd.  
Mon 12:30-1:30p, Wed 10a-1:30p

**SNAP FACTS:**  
*\*Supplemental Nutrition Assistance Program (SNAP) is now the name for food stamps*

- \*SNAP income limits can change each October.
- \*SNAP benefits range from \$16-194 per month, and average \$130 per month for a household with 1 person.
- \*SNAP benefits can be used to buy food-bearing seeds and plants, as well as grains, fruits, vegetables, meat, fish, dairy, and other food items.
- \*SNAP benefits can roll over up to 6 months. Save for a bigger purchase or stretch your benefits with other programs on this flier.

\*SNAP Benefits can be used at over 30 farmer's markets in Phila.

\*Receiving SNAP does not take benefits away from anybody else; anyone who is eligible and applies can participate.



July 2016

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