

Food Resources

Scan with your camera app to view these resources & more on Cap4Kids.org

Free Nutritious food in Philly* FREE meals to students, seniors, and individuals. No ID or proof of income needed!

Farm to Families Order fresh vegetables/fruits one week in advance for \$10-\$15 on site at St. Christopher's Hospital for Children.



Philabundance* FREE year-round fresh fruits and veggies for those who need them.

WIC Food and nutrition education government funded program to make nutritious foods available to women, infants, and children. Women who are pregnant, breastfeeding, or who have given birth within the past 6 months, or have children under 5 are eligible

Free Summer Meals Free meals and snacks for children 18 and under at community sites.

**This site allows you to search for resources by zip code*

