

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.pccares.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:

- *Thursday 10:30-11:30am, Houseman Recreation Center, Summerdale & Godfrey Avenues, Northeast Philly*
- *Friday 1:30-2:30pm, at the lot under the I-95 overpass at Front and Tasker Streets, South Philly*

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.

Double Dollars, Fair Food Farmstand, www.fairfoodphilly.org

Receive a Double Dollars coupon, matching your SNAP (food stamp) purchase, up to \$10 per week.

Double Dollars can be spent on more fresh produce, poultry and other local products.

Reading Terminal Market (12th and Arch streets), 215-386-5211

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. Pick up at various locations in North Philadelphia. To find one near you call St. Christopher's Hospital for Children: 215-910-2901.

Greensgrow Farms SNAP Box Program, <http://www.greengrow.org/life/snapbox/>

July-Sep, Pay \$6.50/week on your ACCESS card for a box of local produce, and earn Philly Food Bucks.

Sign up online or call 267-496-0148.

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.

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

Join a **FOOD CO-OP**

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

Find a nearby **HEALTHY CORNER STORE**

<http://www.foodfitphilly.org/eat-healthy-near-you/>

PARTICIPATE IN A COMMUNITY SUPPORTED

AGRICULTURE (CSA) program:

<http://www.phillymag.com/be-well-philly/2016/03/06/spring-csa-program-philadelphia/>



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