

# DO YOU NEED FOOD ASSISTANCE?

more resources if you have federal assistance

other options if you do not qualify

If you receive **SNAP**  
(Supplemental Nutrition Assistance Program)

The following locations will match SNAP dollars up to \$20 (that means \$20 on a SNAP card = \$40 to spend at the location.)

Top Box Foods  
CCFM Market Box

Sankofa Fresh Stop Market

Crescent City Farmers Market

If you receive **WIC**  
(The Special Supplemental Nutrition Program for Women, Infants, and Children)

Sign up for the Market Mommas Club (a breastfeeding incentive program) and receive \$80 /month for 6 months to redeem at the Crescent City Farmer's Market. (Must be eligible for Medicaid to qualify.)

## Food Pantries and Free Meals

### Orleans Parish

- Call **2-1-1** toll-free to find a food pantry closest to you (Second Harvest Food Bank).

### Jefferson Parish

- Call **1-888-524-3578**.

### St. Bernard Parish

- [www.facebook.com/StBGov](http://www.facebook.com/StBGov)

### St. Tammany Parish

- Call (985) 893-3003

## Mutual Aid Groups

### New Orleans Mutual Aid Society

- Groceries and meals for Midcity residents
- Call or text at 504-535-4652

### Culture Aid NOLA

- Free food every Saturday 9-12 at 3500 St Claude (Holy Angels)

### Lower Nine

- Pantry in the Lower 9th Ward
- Call 504-344-4884
- Email [laura@lowernine.org](mailto:laura@lowernine.org)



**READY.NOLA.GOV**

**@NOLAREADY**

**OR TEXT COVIDNOLA TO 888-777**

Emergency alerts, Covid-19 resources and news, local calendars, disaster relief and assistance, hurricane evacuation plans and more.



# DO YOU NEED FOOD ASSISTANCE?

↪ *Here are some available resources*

## School Meals

### **CHANGES STARTING WITH NEW SCHOOL YEAR!**

- Schools will only be distributing meals to student *currently enrolled* at that location.
- Meal pickup days and deliveries will vary by school.
- Please contact your student's school for more info.

*For more information:*

<https://nolapublicschools.com/covid19/nutrition>

## Government Assistance

### What is **SNAP**?

- Supplemental Nutrition Assistance Program, or "food stamps"

### Who is eligible for SNAP?

- SNAP qualifications vary widely depending on household. Please visit [www.dcfs.la.gov/getSNAP](http://www.dcfs.la.gov/getSNAP) to see if you are eligible.

### What is **WIC**?

- The Special Supplemental Nutrition Program for Women, Infants, and Children

### Who is eligible for WIC?

- Women who are pregnant, breastfeeding, or have already delivered.
- Infants and children up to their 5th birthday may also receive benefits

*Please note: Crescent City Farmers Market offers assistance with signing up for SNAP. Please call 504.861.4485 for more information.*

## Seniors

### What is **Meals on Wheels**?

- A network of local home deliveries, meal distribution, and wellness checks serving seniors, particularly those in isolation.

### Who is eligible for Meals on Wheels?

- Must be 60 years or older and a resident of Orleans Parish.
- For more information: [www.mealsonwheelsamerica.org/find-meals](http://www.mealsonwheelsamerica.org/find-meals)

### What is the **Senior Farmers Market Nutrition Program**?

- Provides low-income seniors with coupons that can be exchanged for eligible foods
- For more information: [www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program](http://www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program)

### What is **LA CSFP**?

- Louisiana Commodity Supplemental Food Program

### Who is eligible for LA CSFP?

- Low income seniors (over 60 years of age)
- For more information: <http://ldh.la.gov/index.cfm/page/1506>

