



# Where to Get Help with Foods

## WIC

WIC is a supplemental food and nutrition education program for pregnant, post-partum and breastfeeding women; infants; and children up to age five.

WIC provides nutritious supplemental foods loaded on an EBT card. Call 513.732.7329 or Text ccwappt to 85511

## SNAP

Supplemental Nutrition Assistance Program allows people who qualify to get free food at grocery stores. Money is loaded on an EBT card.

To apply call 513.732.7111 or visit

<http://publicassistance.clermontcountyohio.gov>

## SUMMER FOOD SERVICE PROGRAM

Free nutritious meals are available for children and teens at many locations throughout the nation during the summer.

For more information visit:

<https://www.fns.usda.gov/summerfoodrocks>

## FOOD PANTRIES

Food Pantries give free food to families. To locate a food pantry closest to your home, ask someone at WIC for a list.

To find a food pantry based on your zip code, call the USDA National Hunger Hotline at 1-866-3-HUNGRY.

Or search for food pantries online at

<https://freestorefoodbank.org/connection-support/>

## OSU EXTENSION OFFICE

Programs teach people how to prepare healthy, low-cost meals and plan a food budget.

For more information call 513.732.7070 or visit <http://clermont.osu.edu>

## SCHOOL BREAKFAST LUNCH PROGRAM

This program gives free or reduced breakfast and/or lunch at local schools for school-aged children.

Contact your local school district for more information.



# Stretching Your Food Dollar

- 1** Breastfeed-it's completely FREE and best for baby, too!
- 2** Buy generic (store brand) formula when you run out. Generic brands have the same nutrition as name brand formula.
- 3** Buy seeds and plant a garden. Seeds are inexpensive and they can produce a lot of food!
- 4** Buy in-season fruit and vegetables and meats in bulk to freeze.
- 5** Avoid pre-packaged meals. Making your own is cheaper and healthier.
- 6** Be flexible when making meals. If you don't have an ingredient, use one that you have on hand instead.
- 7** Limit junk food.
- 8** Eat your leftovers. Create new new recipes that use your leftovers instead of throwing them away.
- 9** Use coupons, store reward cards and store brand foods.
- 10** Avoid convenience stores. They have limited choices and prices are higher.

