

Food Resources for New Hampshire Residents

In addition to your local food pantry or soup kitchen, there are other programs available to assist families and individuals who have limited food resources.

- **SNAP** – SNAP is the Supplemental Nutrition Assistance Program and in New Hampshire called Food Stamps/EBT. SNAP allows you the flexibility to choose healthy foods and in many communities you can use your Food Stamp EBT card at a farmers market or farm stand. You can apply for the benefit directly online through [NH Easy](#). *If you need assistance with your application, please contact the NH Food Bank SNAP Outreach Coordinator at 603.669.9725 ext. 1124.*
- **WIC** – WIC is the Supplemental Nutrition Program for **Women, Infants and Children**. WIC is an excellent program for Pregnant and Breastfeeding Women and Children under the age of 5 years old. They provide both health services and food vouchers for healthy food. Consider breastfeeding as a strategy to save hundreds of dollars from your food budget and give you baby the best start in life.
Link: <http://www.dhhs.stateh.us/dphs/nhp/wic/index.htm>
- **School meals** - CREST; Collaborative for Regional Educational Services and Training, participates in the National School Lunch and School Breakfast Programs called the Community Eligibility Provision (CEP) for the current school year. All enrolled students of CREST are eligible to receive a healthy breakfast and lunch at school at **no charge** to your household each day of this school year through this program. No applications are required.
- **Does your community have a summer food program?** Explore potential options to have a program sponsored in your town. *Contact our Recipe for Success Program Manager, Helen Costello, to find out more, 603.669.9725 ext. 1145.*
- **Do you know a senior who cannot get out to shop or make meals for themselves?** Look into Meals on Wheels in your community. For seniors who want to get out and meet others, look for the nearest senior congregate meal program in your community.
- **If you have trouble finding these programs in your community – call 211 and they can direct you to food program resources.**

Callers anywhere in the state who dial 2-1-1 are connected, at no charge, to a trained information and referral specialist who can provide them with the information they need to get help.