Thousands of Hoosiers get help with food.

YOU CAN, TOO.

FOR EVERYONE
SNAP, or food stamps, help thousands in our state make ends meet by providing assistance for groceries. Maximum benefits may be available throughout the declaration of our national health emergency and are: $194 a month for a single person or $646 for a family of four. If you have lost or reduced your income (either temporarily or permanently), or don’t have any income at all you can apply easily online. www.FSSABenefits.IN.gov

FOR WOMEN, INFANTS AND CHILDREN
WIC provides support to income-eligible pregnant women, new moms and families with children under five. In addition to food assistance, WIC also provides nutrition education, breastfeeding promotion and support, and referrals to other Indiana health, family, and social services. Call your local WIC clinic to learn about eligibility and how to apply. Your WIC EBT card can be mailed to your home for immediate use. Visit wic.in.gov to find contact information for your local WIC clinic.

FOR FAMILIES WITH KIDS IN SCHOOL
School districts across the state are providing free breakfast and lunch for any child ages 0-18. These meals are available for any child, no ID required. Visit the IN Department of Education’s website for a full list of sites at http://ow.ly/t2aC50zlY3K or text “food” to 877-877.

FOR FOOD DISTRIBUTION SITES
Indiana FSSA’s website has a Food Assistance Availability Map for food pantries, meal distribution sites, and school meals sites. Check https://www.in.gov/fssa/dfr/5768.htm to search by your location.