

Thousands of Hoosiers get help with food.

A collage of photos showing diverse people at grocery stores and in their homes. The photos include a man in a grocery store, a woman with a child, a woman holding a tomato, a man in a hard hat, a woman with a child, a woman with a baby, a man with a child, a woman with a child, and a woman with a child.

**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/t2aC50zIY3K> 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.