



Español

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Food assistance

Learn how to get nutritious food for yourself and your family through SNAP (food stamps), WIC for women, infants, and children, and emergency food assistance.

[How to apply for food stamps \(SNAP benefits\) and check your balance](#)

The SNAP program (food stamps) can help you pay for food if you have a low income.

[Food assistance programs for older adults](#)

Learn about food assistance programs for people 60 and older and how to apply.

[Get food assistance with the WIC program](#)

WIC can help you and your young child get food, nutrition counseling, and social service referrals.

[How to get emergency food assistance](#)

You can get immediate food help from government and private organizations. If you are hungry now, learn where to find food in your area.

[School meals and food programs for children](#)

Your child may qualify for free or reduced-price meals at their school or childcare center. They can get food assistance throughout the school year and during summer break.

[Food assistance for Native Americans](#)

The Food Distribution Program on Indian Reservations (FDPIR) provides monthly packages of healthy food. You may be eligible based on income, tribal membership, and where you live.

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