

Healthy Eating in Tough Times for Arizona Households

When times are tough, sometimes circumstances change for households and they need help to make sure their family has the food they need. If you know of someone who is struggling and needs some help, make sure they know about these basic nutrition assistance programs and encourage them to find out more about them and apply.

Supplemental Nutrition Assistance Program (SNAP/Food Stamps) is the national program to make sure people who meet income guidelines get the food they need. SNAP helps put healthy food within reach of eligible households using an electronic benefits card and monthly benefits so they can buy food at participating grocery stores.

Rules have changed for this program so people who did not formerly qualify or only qualified for a small amount of SNAP, may very well qualify for these important benefits now. To download an application or to have an application mailed to a person go to www.azdes.gov/faa or call the Interactive Voice numbers for DES at (602) 542-9935 (for Phoenix area codes 602, 623, or 480) or 1-800-352-8401 for all other area codes in Arizona. You can also apply online at www.healthearizona.org.

Women Infants and Children (WIC) provides critical foods, breastfeeding support and education, and referrals to health care and other social services for low income women and children. Other related programs to WIC can also help young qualified families with their food needs. To apply call 1-800-252-5942 or go to: www.azwic.gov.

National School Lunch Program (NSLP) provides nutritious meals to school age children so they are healthy and ready to learn. If a family's income situation has changed since August, they can apply for benefits at any time during the school year. To apply for the program, contact your local School Office for a household application.

Your hungry neighbors, friends or family members have everything to gain by you helping pass on this information. Do it today. Thank you.

Prepared by the Association of Arizona Food Banks
1-800-445-1914 or find additional resources at www.azfoodbanks.org
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