

## Community food resources



These resources may be able to help your family with food needs and costs. Start by calling 2-1-1. Talk to your healthcare team if you have any questions.

Resource	Contact Information	Details
<b>2-1-1</b>	<ul style="list-style-type: none"> <li>• Call 2-1-1 or 877-947-2211</li> <li>• Text your zip code to 898211.</li> <li>• Go to <a href="http://www.211.org/">http://www.211.org/</a></li> </ul>	<ul style="list-style-type: none"> <li>• This line provides information and referral services.</li> <li>• You can learn about food pantries, summer food service programs, and meal sites.</li> <li>• 2-1-1 is free. It is available 24 hours per day every day.</li> <li>• They can help in many languages.</li> <li>• 2-1-1 also helps with housing, utilities and jobs.</li> </ul>
<b>FoodShare Helpline</b>	<ul style="list-style-type: none"> <li>• Call 1-877-366-3635 or go to <a href="http://www.GetAQuestCard.org">www.GetAQuestCard.org</a></li> <li>• Outside of Wisconsin, call SNAP free information line 1-800-221-5689.</li> </ul>	<ul style="list-style-type: none"> <li>• FoodShare Wisconsin is a program that gives money for groceries on a Quest (EBT) card.</li> <li>• Feeding Wisconsin's FoodShare Helpline can help you get benefits. They have free appointments and can help you apply.</li> </ul>
<b>WIC (Women, Infants and Children)</b>	<ul style="list-style-type: none"> <li>• Call 1-800-722-2295 or go to <a href="https://www.dhs.wisconsin.gov/wic/wic-offices.htm">https://www.dhs.wisconsin.gov/wic/wic-offices.htm</a> to find the WIC office in your area.</li> <li>• Outside of Wisconsin, visit <a href="https://www.fns.usda.gov/wic/to-ll-free-numbers-wic-state-agencies">https://www.fns.usda.gov/wic/to-ll-free-numbers-wic-state-agencies</a> to find toll-free numbers for WIC State Agencies.</li> </ul>	<ul style="list-style-type: none"> <li>• WIC supports pregnant and breastfeeding women</li> <li>• The program also supports babies and children until 5 years old.</li> <li>• WIC gives: <ul style="list-style-type: none"> <li>• nutrition education.</li> <li>• breastfeeding education and support.</li> <li>• infant formulas.</li> <li>• healthy foods for your family.</li> </ul> </li> </ul>
<b>Child Nutrition Programs</b>	<ul style="list-style-type: none"> <li>• Contact your child's school to see if these programs are offered.</li> <li>• Encourage your child to have the meals.</li> </ul>	<ul style="list-style-type: none"> <li>• The National School Lunch Program and School Breakfast Program provide breakfast and lunch to school children.</li> <li>• These meals are healthy and low-cost or free.</li> </ul>

### Other helpful teaching sheets

- #1290 Going Further with Food
- #1555 Healthy Food Shopping

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**