

## PREPARED MEALS

### Philadelphia Corporation

for Aging (PCA) 215-765-9040

PCA Senior Centers provide lunch. Meals delivered if eligible.

### Aid For Friends

215-464-2224

Meals delivered to homebound elderly.

### MANNA

215-496-2662

Nutrition education and delivered meals for people living with serious illnesses and HIV/AIDS.

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*Funded by DPW & PA Nutrition Education TRACKS, part of USDA's Supplemental Nutrition Assistance Program (SNAP) This institution is an equal opportunity provider and employer.*

## LEARN TO PLAN AND COOK HEALTHY FOODS

### Nutrition Links Classes

215-471-2200, then press 108

Penn State Outreach Center offers classes on cooking, nutrition, label reading, budgeting, and more!

### Pennsylvania Nutrition Education Network 1-717-233-1791

<http://www.panen.org>

Nutrition programs in Pennsylvania

Pennsylvania S.N.A.C. fruit and vegetable information and recipes

<http://panen.org/s.n.a.c.>

### Philabundance Community Kitchen

215-235-5052, then press 26

Hands-on cooking training and job placement

## FOOD RESOURCES AND PROGRAMS

*in the Philadelphia Area*

## NEED MONEY FOR FOOD?

**SNAP (Food Stamps)** provides low-income households with an ACCESS card to buy food. To find out how SNAP can help you buy healthy foods, contact **Department of Public Welfare's (DPW) Helpline toll-free: 1-800-692-7462**

Or call the **Coalition Against Hunger Hotline: 215-430-0556**

Or apply online using COMPASS website: <http://www.dpw.state.pa.us>

Or visit your local county assistance office.

If you get SNAP and need to report a change, call the DPW Change Center: **215-560-7226**

## **CHILD NUTRITION PROGRAMS**

**WIC Hotline:**

**1-800-WIC-WINS (942-9467)**

WIC provides nutrition services and WIC food checks for pregnant, postpartum and breastfeeding women, and infants and children under 5 years old.

**School Breakfast and Lunch Programs**

Contact your child's school

***Free Summer Meals for Kids***

**Nutritional Development**

**Services: 215-895-3470, press 1**

**Philadelphia Department of Recreation: 215-685-2727**

Or ask at your child's school

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## ***Commodity Supplemental Food Program***

**Philabundance Food Hotline:**

**1-800-319-FOOD (3663)**

Monthly food box for low-income pregnant or breastfeeding women, moms up to 1 year postpartum, infants, children up to 6th birthday, and low-income elderly over 60.

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## **FARMERS' MARKET CHECKS**

Checks for Pennsylvania-grown fruits and vegetables. Can be used at farmers' markets until November.

**WIC Farmers' Market Checks for WIC moms and kids:**

**1-800-743-3300**

***Senior Farmers' Market Checks***  
**215-765-9040, then press 0**

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## **DOUBLE YOUR FOOD DOLLAR!**

**SHARE Food Program**

**215-223-2220**

Buy a low cost food package if you do 2 hours of community service. Cash, Access Card, Farmers' Market checks accepted.

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## **EMERGENCY FOOD**

**Philabundance Food Hotline:**

**1-800-319-FOOD (3663)**

**<http://www.hungercoalition.org/need-food>**

Online list of food pantries and soup kitchens in Philadelphia and suburbs. Soup kitchens offer cooked meals. Food pantries offer free food.

Call sites to make sure they are open. Ask if you need a referral.