



Too little food can affect a child's:

emotions

behavior

sleep

school performance

PLEASE TELL US

if either of these statements apply to you:

1. Within the past 12 months, **we worried whether our food would run out** before we got money to buy more.

2. Within the past 12 months, **the food we bought just didn't last** and we didn't have money to get more.

If you agree with either of these statements, please mention this poster to your doctor. We have programs to support your family and we can connect you to resources that can help when it is hard to stretch your food dollars.

Food Assistance

1 in 5 children in Ohio are affected by hunger. Ohio has resources to support you and your family. Check out the different state and local resources that can help you.

If you need help with food, there are several places you can go. Ohio has two programs to help you buy healthy food.

First, are you **pregnant**? Do you have a **new baby**? Do you have a child who is **5 years old or younger**?

If you answered **YES**, you may be eligible for WIC. WIC provides nutrition education; breastfeeding education and support; highly nutritious foods such as cereal, eggs, milk, whole grain foods, fruits and vegetables, and iron-fortified infant formula; and referrals to health care and other health and human service programs. To find a WIC clinic near you, call the Ohio Department of Health Help Me Grow line at (800) 755-4769, or visit www.ohio.gov and search for WIC and the WIC Clinic Directory.

Whether you answered **YES** or **NO**, you may be able to get help from Ohio's Supplemental Nutrition Assistance Program (SNAP) – a program that helps eligible families stretch their food budgets and buy healthy food. Benefits are distributed monthly through the Ohio Direction Card, which is similar to a debit card. To apply, visit benefits.ohio.gov or contact your county Department of Job and Family Services. Call (866) 244-0071 or visit www.ohio.gov/county.

It takes time to get help from these programs. If you need food now, there are emergency food resources, like food banks or pantries, in most Ohio communities.

To find more resources in your community, try searching the Internet for these key words:

- Summer meals
- Food Pantry
- Community meals

Add your city name or zip code to the search for better results.

A good resource in our community is:

Organization: _____

Call them at: _____

Website: _____

Ohio Department of Health

<http://ohioaap.org/projectaPMP>

Ohio FIT BANK

It can be hard to stretch your food dollars each month.

Try these **budget friendly** tips:

- 1) Buy canned or frozen vegetables, fruit, and protein
- 2) When you can, buy large amounts of items like rice, noodles, and beans. These items are cheaper in bulk.
- 3) Do more with beans. Beans are great in soup, tacos, pasta, and as a snack. Try different types roasted or mashed.

Which of these ideas could you try this week? What other ideas do you have to save money on food?

about the Ohio Chapter, American Academy of Pediatrics: You will find a map linking you to ohioaap.org/EmergencyFoodInfo

For Parenting at Mealt ime and Playtime resources and ideas for how to stretch your food dollars, visit:

ohioaap.org/pmp-resources

