



Food Assistance

1 in 5 children

children in Ohio are affected by hunger.

IF YOU NEED HELP WITH FOOD, THERE ARE SEVERAL PLACES YOU CAN GO.

Ohio has two programs to help you get healthy food.

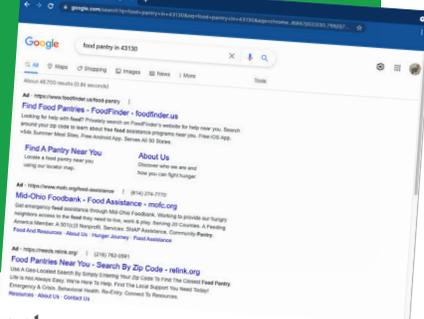
1. Woman, Infants, Children (WIC)

- For pregnant women or mothers of infants and/or children 5 and younger
- 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
- Referrals to healthcare and other health and human services 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.odh.ohio.gov and search for WIC and the WIC Clinic Directory.

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.



2. Ohio's Supplemental Nutrition Assistance Program (SNAP)

- A program to help eligible families stretch their food budgets and buy healthy food.
- Benefits 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 at (866) 244-0071 or visit jfs.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.

Ohio AAP PMP Mobile App

Search Parenting at Meal and Playtime on Apple Store or Google Play



App Highlights...

- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more





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**It can be hard to stretch your food dollars each month.
Try these budget-friendly tips:**

- Buy canned or frozen vegetables, fruit, and protein.
- When you can, buy large amounts of items like rice, noodles, and beans. These items are cheaper in bulk.
- 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?

For more information about food assistance, check out the **Ohio Chapter, American Academy of Pediatrics** at **ohioaap.org**.

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