Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

FOOD RESOURCES FOR OHIO FAMILIES

EATING ON A BUDGET

Eating on a budget may seem hard, but here are some tips for stretching your dollar.

1. Each month, decide how much money you have for food, divide that amount by four weeks.
2. Take a few minutes to plan out meals and snacks for the week. Make a list of what you need to buy—STICK to the list when shopping.
3. Look at the store's ads and specials.
4. Use coupons—these can be found in some Sunday newspapers, on stores' websites and on coupon websites.
5. Stock up on sale items and don't be afraid to use store or non-name brands.

SAVE MONEY:

Look for items on sale.

Buy fruits and vegetables when they are in season.

Canned and frozen items have the same nutrition as fresh items, at a lower cost.

Government-Funded Programs
WIC- Women, Infants and Children
Ohio Department of Health: (844) 601-6881
odh.ohio.gov/wps/portal/gov/odh/know-our-programs/women-infants-children/resources/women-infants-children-description

SNAP
(Supplemental Nutrition Assistance Program, formerly known as Food Stamps)
Apply for Ohio food benefits: (844) 640-6446
https://ohio.gov/residents/resources/food-assistance

School-Based Breakfast/Lunch, Preschool/Afterschool/Daycares
https://www.fns.usda.gov/nslp/factsheet

Summer Programs: EBT/Sun Bucks
https://sebt.ohio.gov/

Local Support/Emergency Food
Food Banks/Pantries
https://freshtrak.com/ (put in Ohio Zip Code)

Emergency
Dial #211 for essential community services, including needing assistance with food

For more information, please visit:
https://tinyurl.com/29ta2dhr