

## **Food Insecurity Resources**

If your family is struggling with food insecurity, or regularly having enough food for everyone to eat, there is help available. Listed below are a few resources on federal and local levels that are available to help fill the gap.

**Women, Infants, and Children (WIC)** is a federally funded program for women, infants, and children. They provide the following at no cost: healthy foods, breastfeeding support, and referrals for healthcare and community resources.

Florida WIC Program Phone: 1-800-342-3556

Website: <https://www.floridahealth.gov/programs-and-services/wic/index.html>

**Supplemental Nutrition Assistance Program (SNAP)** provides nutritional support for individuals and families who meet income guidelines. You can apply for benefits online, or at a Department of Children and Families customer service center.

Florida SNAP Customer Call Center: 850-300-4323

Website: <https://myaccess.myflfamilies.com>

**Bread of The Mighty Food Bank** is a local non-profit organization that serves Alachua, Gilchrist, Levy, and Union Counties. They have many different pick-up locations available throughout these counties. You can use their online tool to find a location convenient to you.

Phone: 352-336-0839

Website: <https://www.breadofthemighty.org>

**Second Harvest Food Bank of Central Florida** is a non-profit organization that distributes food to seven Central Florida Counties: Brevard, Lake, Marion, Orange, Osceola, Seminole, and Volusia. To find a pick-up location near you, you can visit their website.

Phone: 407-295-1066

Website: <https://www.feedhopenow.org>

**Feeding America** is a nationwide non-profit dedicated to reducing hunger throughout the United States. If you live in a county not listed above, they can provide you with additional federal and local resources to help access healthy food.

Phone: 1-800-771-2303

Website: <http://www.feedingamerica.org>