

Does your family have enough food?

It is scary when you don't think there is enough food for your family. If you are worried about having enough food, you are not alone. Many families in Central Texas struggle to make ends meet. Many depend on SNAP, WIC, school meals and food pantries.

Healthy food is important for growing bodies and minds

- Not having enough food as a child can lead to poor health, slower growth, mental health problems, and difficulty learning.
- It is also important for adults to have enough healthy food, so they can take care of themselves and their families.

Help is available for your family

- Central Texas Food Bank: Visit www.centraltexasfoodbank.org/food-assistance/get-food-now or call 512-282-2111 to find food resources near you.
- Call 2-1-1 or go to www.211.org to connect to local resources.
- Type in your zip code on the Aunt Bertha website www.auntbertha.com to find free or low cost services close to you.

Long-Term Food Support

- **SNAP (Supplemental Nutrition Assistance Program)** lets you to buy the food you want. To enroll or learn more visit yourtexasbenefits.hhsc.texas.gov/ or call 2-1-1.
- **WIC (Women, Infants and Children)** helps women and children, up to age 5, with free healthy food, nutrition education, and referrals to other health, welfare, and social services. Visit texaswic.dshs.state.tx.us/wiclessons/english/splash or call 1-800-942-3678.
- **Fresh and healthy food:** Find farmers markets that accept SNAP or WIC, healthy corner stores, mobile markets, and farm stands at <http://austintexas.gov/freshforless> or <http://sustainablefoodcenter.org/programs/sfc-farmers-market>.
- **Discover classes on healthy eating and breastfeeding** near you at <https://www.centraltexasfoodbank.org/get-help/eat-healthy> and <https://sustainablefoodcenter.org/programs/the-happy-kitchen>
- **Summer Meals** for children and teenagers: Visit <http://bit.ly/summerfeedingrocks> or call 1-866-3-HUNGRY.
- **School meals:** Check your local public school for free or reduced-price breakfast and lunch.