

## **ACCESS TO NUTRITIOUS FOODS**

### **ON-CAMPUS SUPPORT**

#### **CWRU COMMUNITY PANTRY**

Provides free resources such as perishable and non-perishable food items. Open Mondays, Thursdays, and Fridays 4:30pm to 6:30pm and Saturdays 10am to 6pm. Located in Carlton Commons (11892 Carlton Road). Call 216.368.1633 or email [communitypantry@case.edu](mailto:communitypantry@case.edu). Check out the [CWRU Community Pantry website](#) for additional information. *\*Please note the Pantry is closed from December 16th to January 12th. It will reopen on January 13th.*



#### **FREE LITTLE FOOD PANTRY**

Open to all CWRU students. Open 24/7 on the Front Porch of Bellflower Hall (1427 Bellflower Road).

#### **OFFICE OF MULTICULTURAL AFFAIRS – SNACK STOP**

Open to all CWRU students for a snack stop. Open Monday through Friday 9am to 5pm. Located at Sears Hall Room 409 (2083 MLK Jr. Drive). Call 216.368.2904 with any questions.

#### **FEEDING SUCCESS - LUNCH BOX INITIATIVE**

Open to off-campus CWRU students. Located in the Thwing Center Room 083 (off-campus student lounge). Open Monday through Friday 11am to 2pm. Provides shelf-stable food items during lunchtime. Call 216.368.7564 with any questions.

#### **GARDEN@CASE**

A community garden located at the corner of Mistletoe and Magnolia Drive, near Mather Park. Open to the Case community at large and is open to everyone to access fresh foods.

#### **SWIPE OUT HUNGER**

Students who are struggling with food security or consistently accessing nutritious foods may [request up to three meal swipes per semester](#) that can be used at Leutner Commons or Fribley Commons. A member of the Dean of Students Office will review your request. If additional swipes are needed, must meet with a member of the Dean of Students Office for further case management and support. Swipes can only be used during Fall and Spring academic semesters and when Fribley and Leutner Commons are open.



#### **STUDENT EMERGENCY FUND**

Available to assist CWRU students who encounter an unforeseen financial emergency or event which would otherwise prevent them from continuing their education at CWRU. Can assist with rent, groceries, utilities, and other essential household expenses. To learn more about eligibility and to apply, [submit a Student Emergency Fund Application here](#).



## **OFF-CAMPUS SUPPORT – FOOD PANTRIES**

### **CHURCH OF THE COVENANT**

*From Tinkham Veale University Center: 1 min drive, 2 min walk*

Located at 11205 Euclid Avenue Cleveland OH 44106. The food pantry is open from 10am to 12pm on the last Wednesday and Friday of each month. Call 216.421.0482 or email [covenant@covenantweb.org](mailto:covenant@covenantweb.org) to learn more.

### **NORTH UNION FARMERS MARKET**

Has markets throughout Cleveland area including University Hospitals, Cleveland Clinic Main Campus, Crocker Park, Shaker Square, Chagrin Falls, Legacy Village, Sunset Market, and Van Aken District. University Hospitals Market is open on Thursdays from June 6<sup>th</sup> to October 17<sup>th</sup> from 10:30am to 1:30pm. Located at 2074 Adelbert Road Cleveland OH 44106 (directly across from Adelbert Hall). Cleveland Clinic Main Campus Market is open on Wednesdays from May 29<sup>th</sup> to October 23<sup>rd</sup> from 10:30am to 1:30pm. Located at the Crile Mall on the Cleveland Clinic campus. During the winter, the Crocker Park and Van Aken District markets remain open. To learn more about hours and locations, see the [North Union Farmers Market website here](#).



### **BETHANY BAPTIST CHURCH**

*From Tinkham Veale University Center: 6 min drive, 27 min walk, 17 min transit*

Located at 1211 East 105<sup>th</sup> Street Cleveland OH 44108. Food Pantry is the 4<sup>th</sup> Saturday of every month (except for December when it is the 3<sup>rd</sup> Saturday) from 9am to 11am. Serves Zip Codes 44103, 44106, 44108, and 44110. Call 216.791.2673 with any questions.

### **EAST MOUNT ZION BAPTIST CHURCH**

*From Tinkham Veale University Center: 7 min drive, 20 min walk, 10 min transit*

Located at 9990 Euclid Avenue Cleveland OH 44106. Open every fourth Saturday of each month from 8:45am to 10:45am. To be eligible for the current month, call 216.231.0284 the second Monday of each month between 9:00am to 11:30am. Calling in puts your name on the list to receive food.

### **FR. MIKE WITTMAN OZANAM CENTER**

*From Tinkham Veale University Center: 7 min drive, 39 min walk, 15 min transit*

Located at the Chambers Community Empowerment Center, 14305 Shaw Avenue, East Cleveland, OH 44112. Operates every Saturday from 10am to 12pm (excluding holidays) serving free food and clothing.

### **ST. MARTIN DE PORRES FAMILY CENTER**

*From Tinkham Veale University Center: 7 min drive, 29 min walk, 25 min transit*

Located at 1264 East 123<sup>rd</sup> Street Cleveland OH 44108. Food Pantry is held every 3<sup>rd</sup> Tuesday and Wednesday of each month from 9:00am to 12:00pm. Serves residents of 44106, 44108, 44110, and 44112. Clients must show proof of residency and can register the day of and receive food. Call 216.268.3909 with any questions.

### **FAMICOS FOUNDATION**

*From Tinkham Veale University Center: 8 min drive, 24 min walk, 15 min transit*

Located at 8555 Hough Avenue Cleveland OH 44106. Open very fourth Thursday of the

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month from 10:00am to 1:00pm.

### **ST. MARTIN DE PORRES FAMILY CENTER**

*From Tinkham Veale University Center: 8 min drive, 24 min walk, 15 min transit*

Located at 1264 E 123<sup>rd</sup> St Cleveland OH 44108. Open the third Tuesday and Wednesday from 9am to 12pm. Call 216.268.3909 for more information.

### **ABUNDANCE FOOD PANTRY**

*From Tinkham Veale University Center: 8 min drive, 52 min walk, 20 min transit*

Located at 3031 Monticello Blvd Cleveland Heights OH 44118. Open every Tuesday from 10:30am to 1:00pm. Call 216.321.2660 with any questions. Serves residents in Zip Codes 44106, 44108, 44110, 44112, 44118, 44120, and 44121.

### **MANNA HOUSE RECOVERY & RESOURCE CENTER**

*From Tinkham Veale University Center: 9 min drive, 34 min walk, 23 min transit*

Located at 8021 Cedar Ave Cleveland OH 44103. Open the third Friday from 5pm to 8pm and the third Saturday 2pm to 4pm. Call 216.432.2598 with any questions.

### **ST. JAMES FOOD CLOSET**

*From Tinkham Veale University Center: 9 min drive, 35 min walk, 20 min transit*

Located at 8401 Cedar Avenue Cleveland OH 44103. Food pantry is open the third Friday each month from 12pm to 2:30pm. Call 216.231.3562 with any questions.

### **MT. NEBO MISSIONARY BAPTIST**

*From Tinkham Veale University Center: 9 min drive, 35 min walk, 20 min transit*

Located at 12701 Superior Ave East Cleveland OH 44112. Food pantry is open the fourth Friday of the month from 8am to 12pm. Call 216.761.3133 for more information.

### **TWO FISH FIVE LOAVES**

*From Tinkham Veale University Center: 9 min drive, 50 min walk, 16 min transit*

Food pantry operates every third Monday of the month from 10:00am to 12:00pm. Located at 2490 Lee Blvd Suite 219 Cleveland Heights OH 44118. [Pantry registration can be found here.](#)



### **SALVATION ARMY – EAST CLEVELAND CORPS**

*From Tinkham Veale University Center: 9 min drive, 54 min walk, 26 min transit*

Located at 1507 Doan Ave East Cleveland OH 44112. Those in need can get nutritious groceries from the Salvation Army. Food is free and we never turn anyone away. Pantry hours are Monday to Friday 9am to 11:30am.

### **LIBERTY HILL BAPTIST CHURCH**

*From Tinkham Veale University Center: 10 min drive, 34 min walk, 16 min transit*

Located at 8206 Euclid Ave Cleveland OH 44103. Mobile Food Pantry is every first Wednesday of the month from 10:30am to 1:00pm. Call 216.791.5841 for more information.

### **ST. TIMOTHY MISSIONARY BAPTIST CHURCH**

*From Tinkham Veale University Center: 10 min drive, 46 min walk, 20 min transit*

Located at 7101 Carnegie Avenue Cleveland OH 44103. Open the last Thursday and Friday

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9:30am to 1:30pm. Closed in August. Call 216.391.0064 for more information.

### **GOD'S HOUSE OF PRAYER**

*From Tinkham Veale University Center: 10 min drive, 48 min walk, 20 min transit*

Located at 2632 Woodhill Road Cleveland OH 44104. Open on the third Saturday 8:30am to 12:00pm. Call 216.229.5606 for more information.

### **FATIMA FAMILY CENTER**

*From Tinkham Veale University Center: 10 min drive, 45 min walk, 22 min transit*

Located at 6600 Lexington Ave Cleveland OH 44103. Open the last Tuesday of each month. Call 216.391.0505 with any questions.

### **MT. SINAI BAPTIST CHURCH**

*From Tinkham Veale University Center: 10 min drive, 54 min walk, 24 min transit*

Located at 7510 Woodland Ave Cleveland OH 44104. Open the Fourth Friday from 10am to 1pm and the third Friday in November and December. Call 216.431.1361 with any questions.

### **NORA FOOD PANTRY**

*From Tinkham Veale University Center: 10 min drive, 1 hour 12 min walk, 26 min transit*

Located at 1400 E. 55<sup>th</sup> Street Cleveland OH 44103. Open every third Monday of the month from 10:00am to 12:00pm.

### **OPEN DOOR MISSIONARY BAPTIST**

*From Tinkham Veale University Center: 12 min drive, 47 min walk, 24 min transit*

Located 8215 Woodland Ave Cleveland OH 44104. Open the last Friday of the month 7:30am to 11:00am. Call 216.721.0177 for more information.

### **OLIVET INSTITUTIONAL BAPTIST CHURCH**

*From Tinkham Veale University Center: 12 min drive, 38 min walk, 20 min transit*

Located at 8712 Quincy Ave Cleveland OH 44106. Open 10am to 12pm every 3<sup>rd</sup> Saturday of the month thru November 2024. Call 216.862.7350 with any questions.

### **NEW LIFE GOSPEL CHURCH**

*From Tinkham Veale University Center: 12 min drive, 56 min walk, 30 min transit*

Located at 2856 Martin Luther King Jr. Dr. Cleveland OH 44104. Open the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Thursday (except for major holidays) 11:30am to 1:00pm. For any questions or more information, contact 216.791.6800.

### **THEA BOWMAN CENTER**

*From Tinkham Veale University Center: 15 min drive, 1 hr 22 min walk, 28 min transit*

Located at 11901 Oakfield Ave Cleveland OH 44105. Open Saturdays 9:30am to 10:30am. Call 216.491.0699 with any questions.

### **ST. CATHERINE CHURCH/ST. BASIL TG**

*From Tinkham Veale University Center: 15 min drive, 1 hr 27 min walk, 28 min transit*

Located at 9412 Heath Ave Cleveland OH 44104. Open Tuesdays 9:30am to 11:00am and Thursdays 9:30am to 11:00am. Call 440.526.1686 with any questions.

## **OFF-CAMPUS SUPPORT – HOT MEALS**

### **ANTIOCH BAPTIST CHURCH**

*From Tinkham Veale University Center: 11 min drive, 31 min walk, 16 min transit*  
Community Neighbors are served every Monday, Tuesday, and Thursday from 11:00am to 12:00pm. Located at 8869 Cedar Ave Cleveland OH 44106. Call 216.322.4842 with any questions.

### **LIBERTY HILL BAPTIST CHURCH**

*From Tinkham Veale University Center: 8 min drive, 28 min walk, 17 min transit*  
Hot meals are served the third Saturday of the month from 11:00am to 1:00pm. Located at 8206 Euclid Ave Cleveland OH 44103. Call 216.791.5841 with any questions.

### **ST. MATTHEW UNITED METHODIST**

*From Tinkham Veale University Center: 12 min drive, 58 min walk, 27 min transit*  
Held on Wednesdays from 3:00pm to 4:00pm (closed in August). Located at 10250 Shaker Blvd. Cleveland OH 44104. Call 216.721.7300 with any questions.

### **ST. TIMOTHY MISSIONARY BAPTIST CHURCH**

*From Tinkham Veale University Center: 10 min drive, 46 min walk, 20 min transit*  
Located at 7101 Carnegie Avenue Cleveland OH 44103. The fourth Wednesday of the month breakfast is ready at 10am and lunch begins at 12:00pm. Call 216.391.0064 with any questions.

### **SECOND NEW HOPE BAPTIST CHURCH**

*From Tinkham Veale University Center: 10 min drive, 49 min walk, 17 min transit*  
Held on Wednesdays from 3:00pm to 4:00pm (closed in August). Located at 10250 Shaker Blvd. Cleveland OH 44104. Call 216.721.7300 with any questions.

### **EMMANUEL BAPTIST CHURCH**

*From Tinkham Veale University Center: 11 min drive, 50 min walk, 18 min transit*  
Located at 7901 Quincy Ave Cleveland OH 44104. Hot meal is open Wednesdays 11:00am to 1:00pm.

### **CHRISTIAN FAMILY OUTREACH**

*From Tinkham Veale University Center: 11 min drive, 58 min walk, 21 min transit*  
Located at 711 E 105<sup>th</sup> Street Cleveland OH 44108. Open the second Monday, Tuesday, Wednesday, Thursday, and Friday from 3:00pm to 5:00pm.

### **ST. ALOYSIUS CHURCH**

*From Tinkham Veale University Center: 13 min drive, 58 min walk, 23 min transit*  
Located at 10932 Saint Clair Ave Cleveland OH 44108. Dine in only Tuesdays 5:00pm to 6:00pm. Call 216.451.3262 with any questions.

### **THEA BOWMAN CENTER**

*From Tinkham Veale University Center: 12 min drive, 1 hr 22 min walk, 26 min transit*  
Located at 11901 Oakfield Ave Cleveland OH 44105. Open Saturdays 11:00am to 12:30pm. Call 216.491.0699 with any questions.

### **CHANGING LIVES MINISTRIES**

*From Tinkham Veale University Center: 15 min drive, 1 hr 12 min walk, 26 min transit*  
Located at 12651 Saint Clair Ave Cleveland OH 44108. Open Thursdays 4:00pm to 5:00pm.  
Call 216.761.1421 with any questions.

### **MORNING STAR BAPTIST CHURCH**

*From Tinkham Veale University Center: 12 min drive, 58 min walk, 27 min transit*  
Held on Wednesdays from 3:00pm to 4:00pm (closed in August). Located at 10250 Shaker Blvd. Cleveland OH 44104. Call 216.721.7300 with any questions.

### **FAITH COMMUNITY CENTER**

*From Tinkham Veale University Center: 14 min drive, 1 hr 9 min walk, 25 min transit*  
Located at 2355 East 55<sup>th</sup> Street Cleveland OH 44104. Hot meals on Wednesdays from 12pm to 1pm.

### **SALVATION ARMY – EAST CLEVELAND CORPS**

*From Tinkham Veale University Center: 12 min drive, 1 hr walk, 27 min transit*  
Located at 1507 Doan Ave Cleveland OH 44112. Hot meals are Tuesdays, Wednesdays, and Thursdays from 12:30pm to 1:30pm. Call 216.249.4334 with any questions.

## **OFF-CAMPUS SUPPORT – FINANCIAL SUPPORT**

### **CATHOLIC CHARITIES**

Offers financial assistance in the form of grocery gift cards to cover daily necessities. May offer budgeting and financial workshops and may assist those in applying to county and state benefit programs. For 44108, 44110, and 44119 residents, call St. Martin de Porres Family Center at 216.268.3909. For all other residents, call Bishop Cosgrove Center at 216.781.8262.

## **SNAP – Supplemental Nutrition Assistance Program**

### **Eligibility**

Those Eligible:

- Individual living alone or individual living with others but eating separately
- Parents, minor children, and adult children under 22 (must be included in their parents' assistance group) living in same household
- Income is under 130% Federal Poverty Level Guidelines
- Non-citizens who have lived in the US for more than 5 years

Not Eligible:

- Non-citizens who have lived in the US under 5 years
- Intentional program violators
- Social security failure
- Failure to cooperate with JOBS
- Parole violator or fleeing felony
- Children in foster care
- Individuals housed in public institutions
- Strikers
- Ineligible students

### **What SNAP Benefits Can Buy**

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Can Buy: Fruits and Vegetables, Meat, Poultry, Fish, Dairy Products, Breads, Cereals, other foods such as snack foods and non-alcoholic beverages, seeds and plants that will produce food for the household to eat

Cannot Buy: Alcoholic beverages, Tobacco, Vitamins, Medicine, Supplements, prepared foods for immediate consumption (such as ready to eat wrap, pre-made salad, warm rotisserie chicken), hot foods, nonfood items such as paper products, household supplies, hygiene items, cosmetics, and petfood

### **Income**

Individuals must be under the 130% Federal Poverty Level and then a budget is completed to determine the amount of SNAP allotted. (Gross monthly income of 130% of the federal poverty level)

130% Federal Poverty Level for:

Families of 1: \$1,580

Families of 2: \$2,137

Families of 3: \$2,694

Families of 4: \$3,250

Families of 5: \$3,807

Families of 6: \$4,364

Families of 7: \$4,921

Families of 8: \$5,478

Each additional over 8 is +\$557

### **Student Exemptions**

Individuals enrolled in an institution of higher learning at least half time are considered ineligible for SNAP benefits unless they meet one of the following Student Exemptions:

- Working and paid for a minimum of 20 hours per week
- Be participating in a State or federally financed work study program
- Age 17 or younger or age 50 or older
- Physically or mentally unable to work
- Receiving TANF
- Enrolled as a result of participation in the Job Opportunities and Basic Skills program
- Be participating in an on-the-job training program
- Be responsible for the care of a dependent household member under the age of 6
- Be responsible for the care of a dependent household member who has reached the age of 6 but is under age 12 and adequate childcare is not available
- Be a single parent and responsible for the care of a dependent child under the age of 12

For students who are participating in a State or federally financed work study program during the regular school year:

- To qualify under this provision, the student must be approved for work study at the time of application for SNAP benefits, the work study must be approved for the school term, and the student must anticipate actually working during that time. The exemption shall begin the month in which the school term begins or the month work study is approved, whichever is later. Once begun, the exemption shall continue until the end of the month in which the school term ends, or it becomes known that the student has refused an assignment.
- The exemption shall not continue between terms when there is a break of a full month or longer unless the student is participating in work study during the break or qualifies

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for SNAP in another way.

### How to Apply

Paper and electronic applications are screened, and appointments are scheduled for SNAP. The intake interviews are completed by phone.

*Paper Applications:* [JFS SNAP Form 7200](#). Print the application from the website. Complete all information. Submit completed application in mail to local JFS (For Cuyahoga County: 1641 Payne Ave Ste. 520 Cleveland OH 44114.)



*Phone Applications:* Call 844.640.6446 Monday to Friday 8am to 4pm.

*Web Portal Applications:* [benefits.ohio.gov](https://benefits.ohio.gov). Click Apply Now option.

The Greater Cleveland Food Bank Client Help Specialists can assist with over-the-phone applications for SNAP. Calls are free and confidential. Call 216.738.2067 to receive support.

### Verification Documentation

Criteria of Eligibility	How can it be verified?
<b>Proof of Social Security Number</b>	Social Security Card
<b>Proof of Income</b>	Last 30 days paycheck stubs, tax records, bank statements, employer statements, award letters, w2s, 1099s, or child support notices
<b>Identity</b>	State ID/Driver license, voter registration card, US Passport, military ID, or school ID for all household members
<b>Citizenship</b>	Birth certificate, citizenship/naturalization documents, green card, employment authorization card, U.S. passport, or military records
<b>Proof of residency</b>	Current rent receipt or lease with full legal name and address, letter from landlord verifying residence, a voter registration card, or mortgage records
<b>Medical Expenses</b>	For elderly or disabled household members, copies of medical, dental, or mental health care bills and statements. Can also include expenses for prescription drugs, prescription eyeglasses, hearing aids, service animals, prosthetics, or dentures
<b>Household Expenses</b>	Mortgage statements, copies of rental receipts, copies of payment for residential housing, proof of homeowner's insurance, or property tax records. Also include copies of basic utility bills – gas, electricity, water, sewer, and telephone bills



<b>Proof of any Disabilities</b>	Medical records, documentation of diagnosis, or a letter from your household member's physician outlining the specific disability
<b>Proof of School Attendance</b>	School schedule and letter from financial aid
<b>Any childcare or dependent care costs</b>	Receipts for payments for the actual costs for the care of children or other dependents when necessary for a household member to accept or continue employment, attend training, or pursue education which is preparatory to employment

**You were approved. What now?**

Benefit amounts are determined based on household size, expenses, and resources. Household size includes the number of people in your household who purchase and prepare food together. Household expenses include your rent or mortgage, gas, electric, water, sewer, phone, and medical expenses as well as any child support or childcare payments. Household resources include cash, savings, and stocks. The average monthly SNAP payment for a household size of 1 is approximately \$202.

**Maximum Food Assistance Allotments**

Families of 1: \$291	Families of 5: \$1155
Families of 2: \$535	Families of 6: \$1386
Families of 3: \$766	Families of 7: \$1532
Families of 4: \$973	Families of 8: \$1751
	Each additional over 8 is +\$219

Once you receive your Ohio Direction Card, you must activate it. Call 1.866.386.3071 to activate and create a PIN. You will need your 16-digit number from the front of your card, your social security number, and your date of birth to activate. You will receive your benefit monthly automatically to your card. It will be loaded onto your Ohio Direction Card on a regular assigned date sometime between the first and the 20<sup>th</sup> of the month.

You can use this card like a debit or credit card where SNAP/EBT is accepted. You can see how much is left on your card at the bottom of your receipt when you check-out or by calling 1.866.386.3071. The Oh SNAP app (free to download on the App Store or Google Play) provides information on SNAP Basics, Applying for SNAP, Keeping SNAP Benefits, Using your EBT Card, more food resources, and SNAP Smart Tips. You can also go to <https://www.joinproviders.com/> or download the free Providers mobile app to see nearby stores and farmers markets that take EBT and check your balance online.