

Food Resources During COVID-19 Pandemic

Find food assistance programs in your area

The following resources are for individuals and families seeking food assistance during the COVID-19 pandemic.

Children

- Food preparation and meal service for [child care programs](#).
- Meals while schools are closed:
 - [Ensuring students have meals](#).
 - Interactive map for finding [meals for kids](#).
 - State guidance on pandemic electronic benefits transfers (P-EBT) for [student meals](#).
- Women, Infants and Children (WIC) [physical presence waiver](#).

Individual and Families

- **Hunger hotline** from the US Department of Agriculture (USDA) for information on meal sites, food banks, and other services near you. Call **1-866-3-HUNGRY (1-866-348-6479)** or **1-877-8-HAMBRE (1-877-842-6273)** for Spanish. Hours are 7 a.m. to 10 p.m. Eastern Time Monday through Friday.
- Hunger hotline text option. Text 97779 with a question that contains a keyword such as “food” or “meals”. The automated response will include resources located near an address and/or zip code.
- [Food finder](#) for free food assistance programs for children and families.
- Meals on Wheels for individuals with diminished mobility who are generally aged 60 and older, although age requirements can vary. Find a provider [online](#).
- Tips for [grocery shopping](#) during the coronavirus pandemic.
- [Start simple](#) food planning during the pandemic with MyPlate.
- Using the updated [nutrition facts label](#).
- [Healthy eating](#) tips.

Hunger Hotline

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The hotline is managed by the US Department of Agriculture (USDA).

Food Assistance Programs

- [Farmers to Families](#) food box program from USDA’s Agriculture Marketing Service.
 - USDA’s Food and Nutrition Service [COVID-19 response](#).
 - [Immigrant eligibility](#) for public programs during COVID-19.
 - State flexibilities in [The Emergency Food Assistance Program](#) (TEFAP).
 - USDA Supplemental Nutrition Assistance Program ([SNAP](#)) [emergency allotments](#) guidance.
 - Sustaining nutritional needs for [at-risk individuals pdf](#) [PDF-370KB].
 - State waivers in [child nutrition programs](#).
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Download FoodFinder App

Get started now!



Source: [CDC - Centers for Disease Control and Prevention](#)

COVID-19 ALERT! During the Coronavirus (COVID-19) pandemic. Follow the CDC's guidelines on social distancing and your federal, state, and local government's rules and regulations.