 **Federal Nutrition/Food Assistance Programs and  
Emergency Food Referral Chart—North Carolina**

This interactive document was adapted with permission from [Addressing Food Insecurity: A Toolkit for Pediatricians](http://frac.org/aaptoolkit) produced by the American Academy of Pediatrics (AAP) and the Food Research & Action Center (FRAC).

It was personalized for North Carolina by the North Carolina Department of Health & Human Services, Division of Public Health, Children & Youth Branch in cooperation with every program listed. It includes information at a state level and can be tailored at a county/local level.

**Tips on localizing content**

Federal Nutrition and Food Assistance Programs are available in every state and county (although programs will vary). While this chart includes state program phone numbers and active website hyperlinks, taking the time to localize and update referral information will help people in your community more readily connect to these critical services.

Contact your local anti-hunger group(s) or nutrition assistance programs listed in this chart to request assistance in reviewing it and adding any local information in terms of eligibility and referrals.

**Directions**

This is an interactive Microsoft Word document for you to download, save on your computer and then edit within Word to easily tailor information on resources in your **local community** (under the *Learn More—****Local resources***column within the chart and in the **Add in Additional Resources below not listed in the previous pages** section at the end of this document).

To edit this document in Word:

* simply save it on your computer then edit it through the ***Click or Tap here to enter text*** section under each **Local Resources header**.
* If you are adding website or email hyperlinks into this document:
  + Cut and paste or type in the entire website address or email address and then hit the Enter key (the font should turn blue and show that a hyperlink has been created).
  + Hit the Enter key again to type in more text or website/email addresses.
* If you are not adding in any text under **Local Resources,** then click inside the **Click or Tap here to enter text box** and hit the Tab key to remove that text so that when you print the document that text will not show.
* Be sure to save the document after updating it and consider saving it as a pdf.

If you do not have Word, please print out the resource and write in local resources.

If you will be publishing this and posting on a website, be sure to save it as a pdf and ensure that the hyperlinks remain active.

**Federal Nutrition Programs and Emergency Food Referral Chart—North Carolina**

# United States Department of Agriculture (USDA) National Hunger Hotline

## 1-866-3-HUNGER/866-348-6479 **or** 1-877-8-HAMBRE/877-842-6273

Monday through Friday (8 a.m. to 8 p.m. ET)

**US Administration on Aging – Eldercare Locator**

1-800-677-1116 • Monday through Friday (9 a.m. to 8 p.m. ET)

| **Age of Participant/ Applicant** | **Name of Program** | **How It Works** | **Who Might Be Eligible to Receive** | **Learn More** |
| --- | --- | --- | --- | --- |
| All ages | **Supplemental Nutrition Assistance Program**  (Also known as SNAP, formerly known as Food Stamps)  In NC it is called the **Food & Nutrition Services (FNS)** program | Monthly benefits to purchase food at grocery stores, farmers’ markets, and food retail outlets across the country that accept SNAP  Benefits loaded onto an Electronic Benefit Transfer (EBT) card (much like a debit card)  FNS helps low-income people buy the food they need for good health. | Gross income typically at 130% of the federal poverty level but can be higher depending on other factors  Asset tests may apply  Many low-income employed individuals  Working for low wages or working part-time  Unemployed  Receiving welfare or other  public assistance payments  Elderly or disabled and are  low-income  Homeless | NC EBT call center 1-866-719-0141  Apply online <http://epass.nc.gov>  Apply at [local county Departments of Social Services](https://www2.ncdhhs.gov/dss/local/index.htm)  To learn more: <https://www2.ncdhhs.gov/dss/foodstamp/index.htm>  **Local resources:**  Click or tap here to enter text. |
| Pregnant and postpartum breastfeeding women and infants/children until age five | **The Special Supplemental Nutrition Program for Women, Infants, and Children more commonly known as WIC**  and  **WIC Farmers Market Nutrition Program (WIC FMNP)** | The WIC program is designed to provide food and nutrition education to low-income pregnant and postpartum breastfeeding women and infants/children until age five.  The foods available through WIC are foods containing nutrients determined to be beneficial for the eligible participants.  (In North Carolina the food delivery system permits electronic access to WIC foods benefits using a card to purchase food at WIC-authorized vendors).  The WIC Farmers’ Market Nutrition Program (WIC FMNP) is a USDA program that provides some participants with coupons to purchase fresh fruit and vegetables at their local farmers markets. | Applicant(s) must meet four eligibility criteria:   1. Live in North Carolina. 2. Be categorically eligible: must be a pregnant woman, a non-breastfeeding woman up to six months postpartum, a breastfeeding woman up to one year postpartum, an infant, or a child up to the fifth birthday. 3. Have a gross annual income at or below 185% of the federal poverty line.    * All Medicaid, Temporary Assistance for Needy Families (known in NC as Work First), and Food and Nutrition Services recipients are automatically income-eligible for WIC. 4. Have an identified medical/nutritional risk problem. | WIC County Directory: Includes WIC services in each county, physical location and clinic phone.   * <https://www.nutritionnc.com/wic/directory.htm>   WIC Income Guidelines – Income Eligibility Chart:   * <https://www.nutritionnc.com/wic/index.htm>   Screen patients (or your family) for WIC eligibility with a customized tool:  <https://wic.fns.usda.gov/wps/pages/preScreenTool.xhtml>  **Local resources:**  Click or tap here to enter text. |
| Age requirement varies depending on the type of facility can include:   * children from birth to 18 years of age (or older) * adults 60 years of age and over, as well as functionally impaired, nonresident adults   S:\WCH\Breastfeeding Coordination Team--DPH\Images\Images for FNP from FRAC\Food-Bank-and-Senior-Center__0001s_0015_Layer-17.png | **Child and Adult Care Food Program (CACFP)** | The purpose of the program is to ensure that eligible children (and adults) who attend qualifying non-residential care facilities receive nutritious meals.  CACFP provides reimbursement to qualified caregivers for meals and supplements (snacks) served to participants. | Children from birth to 18 years of age who attend the following facilities: Child Care Centers, Family Day Care Homes, Homeless Shelters, At-Risk Afterschool Programs, Outside-School-Hours Care Centers  Adults 60 years of age and over, as well as functionally impaired, nonresident adults who attend an Adult Day Care Center | Contact child’s Early Care and Education (ECE) program or the adult’s Adult Day Care Center (ADCC) to see if they are participating in CACFP.  ECE and Adult Day Care Centers can learn more about CACFP and how to apply here:  <https://www.nutritionnc.com/snp/index.htm>    **Local resources:**  Click or tap here to enter text. |
| Children PreK-12  S:\WCH\Breastfeeding Coordination Team--DPH\Images\Images for FNP from FRAC\School-Lunch-Tray-Image__0009_School-Lunch-Tray.png | **National School Lunch Program (NSLP)**  and  **School Breakfast Program (SBP)** | Healthy and appealing breakfast and lunch meals that meet federal nutrition standards are available for all students at all public schools in NC.  Students may participate in the NSLP and SBP based on eligibility criteria of free, reduced-priced, or paid school meals in participating schools.  Updated meal patterns feature more whole grains, vegetable subgroups, more fruit, appropriate calories by age, zero grams of trans fat per portion, and reduction of sodium. | Socio-economically disadvantaged children of households qualify for meal benefits (0%-185% of poverty income guidelines).  The Community Eligibility Provision is offered at some schools, a grouping of schools or a school district based on the percentage of Identified Student Percentage (ISP), which allows students to participate in the NSLP, SBP and the After School Snack Program (ASSP) at no cost to the student and without collecting school meal applications. | All NC Public Schools are required by law to participate in the NSLP; Charter, Non-Public and RCCI’s may participate. Contact your child’s school for more information and a Free and Reduced Price School Meals Household application.  Visit the North Carolina Child Nutrition office at NC Department of Public Instruction (DPI) to learn more about the programs: [https://childnutrition.ncpublicschools](https://childnutrition.ncpublicschools.gov/programs/)  **Local resources:**  Click or tap here to enter text. |
| Elementary school age students | **Fresh Fruit and Vegetable**  **Program (FFVP)** | The FFVP provides federal funding to schools that apply annually and are selected to participate. Annual grant funding awarded gives schools the opportunity to serve fresh fruit and vegetable snacks to the enrolled students during the instructional school day with the goal of: creating a healthier school environment and increasing students’ fruit and vegetable consumption to help make a difference in their diet to impact their present and future health.  Limited federal funding for this permanent program is available in all 50 states, the District of Columbia, and 3 US Territories. | Elementary schools that are currently approved to participate in the National School Lunch Program and represent a high percentage of economically disadvantaged students | Contact child’s school to learn if eligible to apply to participate in the FFVP, or if school applied and was selected to participate.  Visit the NC Department of Public Instruction School Nutrition Services website to learn more about the FFVP: [https://childnutrition.ncpublicschools](https://childnutrition.ncpublicschools.gov/programs/)  Contact NC’s FFVP Coordinator: 919-807-3517  **Local resources:**  Click or tap here to enter text. |
| Children 18 and under | **Afterschool Nutrition Programs**  (available through CACFP or the National School Lunch Program), and the After School Snack Program (ASSP) | ASSP offers healthy snacks to children based on eligibility or at no cost to the student if in an area eligible school.  The CACFP offers free, healthy snacks and/or meals meeting federal nutrition standards in enrichment programs running afterschool, on weekends, or during school holidays. | Children can access free meals at participating enrichment programs offered at community sites, including schools, park and recreation centers, libraries, faith-based organizations, or community centers. | Contact child’s school to check participation in afterschool meals or knowledge of local participating organizations.  Visit the North Carolina Child Nutrition office at NC Department of Public Instruction (DPI) to learn more about the Afterschool Snack (ASSP) program:  <https://childnutrition.ncpublicschools.gov/programs/assp>  Contact the Special Nutrition Programs Unit (within the Nutrition Services Branch; which also houses WIC) in the Division of Public Health, NC Department of Health and Human Services for information about CACFP and participating child care centers, homes and afterschool programs.  For more info: <https://www.nutritionnc.com/snp/index.htm>  **Local resources:**  Click or tap here to enter text. |
| Children 18 and under | **Summer Nutrition Programs** | Up to two free meals at approved school and community sites during summer vacation.  Meals must meet approved federal nutrition standards. | Children can access meals at participating community sites, which can include schools, parks and recreation centers, libraries, faith- based organizations, or community centers.  No need to show identification. | Visit the North Carolina Child Nutrition office at NC Department of Public Instruction (DPI) to learn more about the Summer Food Service Program and the Seamless Summer Option (SSO) Program:  <https://childnutrition.ncpublicschools.gov/programs/assp>  To find a site near you:   * [www.FNS.USDA.gov/SummerFoodRocks](http://www.FNS.USDA.gov/SummerFoodRocks%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20) * Text FoodNC to 877-877 or Summer Meals  to 97779 * Call toll free to 1-866-3HUNGRY or  1-866-348-6479 * Call toll free to 1-877-8HAMBRE which is  1-877-842-6273   **Local resources:**  Click or tap here to enter text. |
| All - varies | **Emergency  Food Programs** (Food Pantries, Soup Kitchens, etc.) | Free food accessible to generally anyone who needs it. | Most donation programs do not have an application process. | The Homeless Shelter Directory website provides a searchable list of NC Emergency Food Programs by city name. <http://www.homelessshelterdirectory.org/foodbanks/NCfoodbanks.html>  NC-2-1-1 is an information and referral service provided by the United Way of North Carolina in all 100 NC counties with the support of 53 local United Ways throughout the State.  NC 2-1-1 call specialists are available 24 hours a day, 7 days a week by dialing 2-1-1 or 888-892-1162 from any phone. They also provide a searchable list of NC food pantries by county, city and/or zip code. <https://www.nc211.org/food-pantries>  **Local resources:**  Click or tap here to enter text. |
| \\WV5DPHSIXFP01P.eads.ncads.net\Share_CY\WCH\Breastfeeding Coordination Team--DPH\Images\Images for FNP from FRAC\Forklift_with_boxes_image__0011_Layer 11.jpgN/A | **Food Banks** | Food banks are distribution hubs. They generally supply the food to soup kitchens, food pantries, shelters, etc.  Throughout the nation many food banks are under the umbrella of the Feeding America network, the nation's largest domestic hunger-relief organization.  In NC, *Feeding the Carolinas* is a strategic alliance of the nine food banks and one food recovery organization in North and South Carolina who also belong to Feeding America.  Feeding America and Feeding the Carolinas strive to end hunger in North Carolina by supporting 7 regional food banks spread across the state. | Consumers don't generally go to Food Banks to get emergency food directly), they go to food pantries, soup kitchens, etc. See Emergency Food Programs above. | Feeding the Carolinas has a state map showing county reach of each of the seven NC food banks.  <https://feedingthecarolinas.org/i-need-help/>  They also have a map of the state showing which counties are served by each food bank along with links to those food bank webpages.  <https://feedingthecarolinas.org/find-local-food-bank/>  Feeding America Food Banks that serve North Carolina. Access their website to see a list of those 7 food banks.  <https://www.feedingamerica.org/hunger-in-america/north-carolina>  Many food banks do have their own *search for food* feature on their website based on the city or county.  **Local resources:**  Click or tap here to enter text. |
| Older Adults (people 60 years or older) | **Senior Nutrition Program – Congregate or Group Meals** – also known as the Congregate Meal Program | This program provides older adults with at least one hot meal per day (typically lunch) five or more days a week, usually provided in a group setting in locations such as senior centers, schools, or churches. | People 60 years or older (who meet eligibility requirements) or if disabled and the person lives with older adults. | The Division of Aging and Adult Services (DAAS) within the NC Department of Health and Human Services (NCDHHS) publishes a directory which provides information about senior nutrition programs on a county by county basis and other home and community care block grant services on their website.  <https://www.ncdhhs.gov/congregate-nutrition-providers>  **Local resources:**  Click or tap here to enter text. |
| \\WV5DPHSIXFP01P.eads.ncads.net\Share_CY\WCH\Breastfeeding Coordination Team--DPH\Images\Images for FNP from FRAC\Food-Delivery-Blue-Image__0010_Layer-5.pngOlder Adults (people  60 years or older) | **Senior Nutrition Program - Home Delivered Meals** | This program provides a meal, typically lunch, to participants who are homebound. A formal evaluation based on need is required. | People 60 years or older (who meet eligibility requirements) or if disabled and the person lives with older adults. | The Division of Aging and Adult Services (DAAS) within the NC Department of Health and Human Services (NCDHHS) publishes a directory which provides information about senior nutrition programs on a county by county basis and other home and community care block grant services on their website.  <https://www.ncdhhs.gov/assistance/adult-services/nutrition-congregate-home-delivered-meals>  **Local resources:**  Click or tap here to enter text. |
| S:\WCH\Breastfeeding Coordination Team--DPH\Images\Images for FNP from FRAC\Crate of Vegs_2.pngOlder Adults (people 60 years or older) | **Senior Farmers' Market Nutrition Program (SFMNP)** | The Seniors Farmers’ Market Nutrition Program (SFMNP) is a USDA program that provides congregate nutrition site participants with coupons to purchase fresh fruit and vegetables at their local farmers markets. The program is designed to improve the nutrition of older adults and increase business for local farmers. | Older adults (60+) participating in the congregate nutrition program in the SFMNP program counties who are self-declared low income. | The Division of Aging and Adult Services (DAAS) within the NC Department of Health and Human Services (NCDHHS) publishes a directory which provides information about senior nutrition programs on a county by county basis and has information about the Senior Farmers’ Market Nutrition program.  <https://www.ncdhhs.gov/assistance/adult-services/nutrition-congregate-home-delivered-meals>  **Local resources:**  Click or tap here to enter text. |
| Older Adults (people 60 years or older)  S:\WCH\Breastfeeding Coordination Team--DPH\Images\Images for FNP from FRAC\Food-Delivery-Image__0004_Layer-2.png | **Commodity Supplemental Food Program (CFSP)** | USDA purchases food and makes it available to CSFP State agencies, along with funds for administrative costs. In NC the Department of Agriculture and Consumer Services (NCDA&CS) administers the program. NCDA&CS stores and distributes the food to the contracting agencies (Food Banks and public and non-profit private local agencies).  Local agencies determine the eligibility of applicants, distribute the foods and provide nutrition education. | Older adults (60 years of age or older who meet the program guidelines (generally lower income) and live in a county or community that offers the program.  Because food pantries and agencies that provide CSFP services can change every year, it is important that consumers contact those local agencies to see if they are participating or not. | For more information on the program, contact the NCDA&CS Food Distribution Division via the website listed.  <http://www.ncagr.gov/fooddist/Programs.htm>  <https://www.fns.usda.gov/csfp/csfp-contacts>  **Local resources:**  Click or tap here to enter text. |

| **Age of Participant/ Applicant** | **Name of Program** | **How It Works** | **Who Might Be Eligible to Receive** | **Learn More** |
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| **Add in Additional Local Resources below not listed in the previous pages** | | | | |
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