



Food Referral Guide



Today

- **Find a food pantry** or congregate meal nearby by calling United Way's Help Link at 2-1-1
- **To find The Foodbank, Inc. resources** (i.e. mobile food pantry, emergency services, drive-thru food assistance, and partner food agencies) visit www.thefoodbankdayton.org and click on the *Need Food* button. You can also find this information on The Foodbank's facebook page, [@thefoodbankinc](https://www.facebook.com/thefoodbankinc). The Foodbank's emergency phone line, **937-235-5132**, can be used after hours when looking for assistance
- **Visit the House of Bread** at 9 Orth Avenue in Dayton every day for a free, hot lunch between 11 AM – 1 PM
- To find resources based on location, download Montgomery County's GetHelpNow app or check out the food map at www.hallhunger.org



This Week

- **Visit www.AuntBertha.com** to find a comprehensive list of food resources
- **Produce Perks** provides a \$1 for \$1 match on fresh, healthy foods for SNAP families, visit www.produceperks.org to find the nearest location
- **Get FREE produce** with Access to Excess. Contact Jen at **937-931-3278** to find out more



This Month

- **Apply for SNAP Assistance** from your home computer or from your local library by going to the self-service portal at ssp.benefits.ohio.gov/apspssp/index.jsp. **You can also apply for Cash Assistance and Medicaid** at the self-service portal
- **The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)** serves families by providing nutrition education, supplemental foods, breastfeeding education & support, and referrals. WIC participation is based on income eligibility (185% of the federal poverty level) and nutrition risk. Pregnant women, new mothers, breastfeeding mothers, and infants and children up to age five are eligible. WIC is open on Monday – Thursday from 8:15 am to 3:00 pm and on Friday from 8:15 am to 11:00 am

WIC Locations:

Sunrise Center WIC

1320 E. Fifth St. Dayton, OH 45402
937-225-6166

West Carrollton WIC

113 Central Ave. West Carrollton, OH 45449
937-859-7974

Dr. Charles R. Drew Health Center WIC

1323 W. Third Street Dayton, OH 45402
937-225-4491

- **FREE Nutrition Education Classes**
The Ohio State University Extension in Montgomery County provides nutrition education classes (virtual during COVID-19) for adults and youth. Call **937-224-9654** for more information. Central State University Extension hosts Eating Smart Being Active, a virtual nutrition education class. Small kitchen appliances awarded to participants who complete 6 of 9 classes. Email Donna Kuykendall at dkuykendall@centralstate.edu for more information
- **The Seniors Farmers Market Nutrition Program** services low income seniors, age 60 and older, who are at or below 185% of the Federal Poverty Line. Approved seniors will receive \$50 in coupons to spend on fresh fruits and vegetables. Please go to <http://www.homefull.org/food-2/senior-farmers-market-nutrition-program/> to fill out an application and email to alicer@homefull.org, or mail to Attn: Roddy Patterson 2003 Springboro W. Road Moraine, OH 45439
- **Senior Resource Connection's Meals on Wheels** provides nutritionally balanced nutritious hot home-delivered meals on a daily basis, Monday – Friday delivered between 10:30 AM and 2 PM. Generally, a person who is 60 years of age or older and unable to prepare their own meals on a regular basis, due to physical or neurological impairments, is eligible for the program. Call Senior Resource Connection at **937-228-3663** (food) or **1-855-854-8778**. *You may also contact the Senior Resource Connection online at: www.seniorresourceconnection.com/contact-us/meals-on-wheels*

For More Information Contact:

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