

FOOD RESOURCES

NEED URGENT FOOD HELP? CALL 2-1-1

FOOD RESOURCES



hfok.org/food-library



RECURSOS ALIMENTARIOS



hfok.org/esp-lib

SNAP | Supplemental Nutrition Assistance Program



- Grocery assistance available to all ages
- Call toll-free (877) 760-0114 to apply or
- **Request a call** by scanning QR code
- Apply in about 20 minutes
- Learn more:
HungerFreeOK.org/Groceries



DUO | Double Up Oklahoma



- Match SNAP dollars for free produce, up to \$20 daily
- Available to SNAP households at select farmers markets and grocery stores
- Find a site or learn more:
DoubleUpOklahoma.org

WIC | Special Supplemental Nutrition Program for Women, Infants, and Children

- Grocery assistance available to pregnant, postpartum, breastfeeding people and households with children under 5 years
- Citizenship status is not required
- Learn more:
HungerFreeOK.org/WIC



Summer Meals



- Free meals for all children and teens 18 years and under during summer
- No registration or ID required
- Find a summer site or learn more:
Meals4KidsOK.org

Free and Reduced-Price School Meals

- Applications determine eligibility for free or reduced-price school meals and other benefits
- Students can apply at their school at any time