



## Food and Nutrition Resources

Online version with active resource links at: <http://cancer-help.me/food>

### Keeping your body well fed is important to your health.

Keeping your body well fed is important to your health. If you are having difficulty paying for food there are several options that may be useful to you and/or your family. Ask your care team providers if they have any food resources; some institutions partner with outside food pantries. There are websites and phone numbers below for local resources of food and financial help. If you qualify as low income, there are several resources described in the list below that you may qualify for.

#### Greater Chicago Food Depository -

more than 700 partners across Cook County ensure that nutritious food is available all year to neighbors in need. Find a food pantry, soup kitchen, shelter or mobile program in your community by going to their website and click on "Find Food" ([www.chicagosfoodbank.org](http://www.chicagosfoodbank.org)) or calling them at 773.247.3663.

Content adapted from websites below.

**Government programs that help with food or food costs for low income** - The programs listed below are from the US Department of Agriculture (although some are run by states) for different groups of people and offer food help in different ways. You may qualify for more than one program.

**For more information about these programs, call the National Hunger Hotline at 1-866-348-6479 (1-866-3-HUNGRY); for Spanish, call 1-877-842-6273. Or visit [www.networks.whyyunger.org/](http://www.networks.whyyunger.org/).**

- **Supplemental Nutrition Assistance Program or SNAP**- allows people to shop for food in grocery stores using a special Electronic Benefits Transfer card, much like a bank card. To ask about SNAP by phone, call your state or local health department, social services department, or call 1-800-221-5689 for a local number.
- **Food distribution programs (these programs distribute food directly to needy families):**
  - Commodity Supplemental Food Program (CSFP)
  - The Emergency Food Assistance Program (TEFAP)
- **Voucher and coupon programs such as Women, Infants and Children (WIC, for pregnant women, infants, and children) include access to fresh foods for families and senior citizens:**
  - Farmers' Market Nutrition Program
  - Senior Farmers' Market Nutrition Program

**School meals (served to children only in schools)** such as the National School Lunch Program or School Breakfast Program. Summer Food Service Program are meals for kids at community sites when school's out and may be available in your community.

#### Meals on Wheels

For people who are disabled, homebound, or elderly. Volunteers deliver ready-to-eat meals to your home. Costs or fees vary depending on your age and where you live. Contact Meals on Wheels at 888-998-6325 or visit their website at [www.mealsonwheelsamerica.org](http://www.mealsonwheelsamerica.org).

### Food Resources

- [Greater Chicago Food Depository \(food banks\)](#) (773) 247-3663
- [Illinois Department of Human Services, Cash, SNAP & Medical Assistance](#) (800) 843-6154
- [City of Chicago, Human Services, Community Service Center Location](#) (312) 743-0300
- [City of Chicago, Family & Support Services, Home Delivered Meals](#) (312) 743-0300

### Resources for Additional Information:

- [American Cancer Society, Programs and Resources to Help With Cancer-related Expenses](#) Ph: 800-227-2345
- [Livestrong, Navigate Your Cancer Journey](#)
- [Supplemental Nutrition Assistance Program \(SNAP\)](#)
- [Social Security Disability](#)
- [Cancer.Net, Financial Resources](#)
- [PAF, Patient Advocate Foundation, National Finance Resource Directory](#)

### Información Española

- [American Cancer Society, Programas y recursos para ayudar con los gastos relacionados con el cáncer](#)