

Is Your Plate Empty?



We May Be Able To Help!
**Call the Food and Nutrition Helpline at
1-800-481-4989.**

M-F 9am-5pm Se habla español
www.foodstamphelp.org

We can answer these questions for you:

- Can I get a Food Assistance “Bridge” card (“food stamps”)?
- How much help with food may I be able to get?
- How do I apply for help with food?
- What other food and nutrition services may I be able to get?

***NOTE: The Helpline cannot give out food or benefits. We can tell you how and where to apply at the Department of Human Services in your county.**

You **MAY** be able to get Food Assistance even if:

- You own a house and/or a car
- You work or get other benefits such as WIC
- You do not live with any children
- You live with other people
- You or someone else is not a U.S. citizen

***Remember: Food Assistance Program**

F – Free call to Helpline at 1-800-481-4989

A – Apply at DHS

P – Put food on your plate

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