





## Toolkit Purpose

This Toolkit is designed to help people find information and resources on food assistance programs in the District, including how to qualify and apply. This Toolkit is not a complete list of food resources or eligibility criteria. More information can be found by calling the phone number or visiting the listed websites under each program.



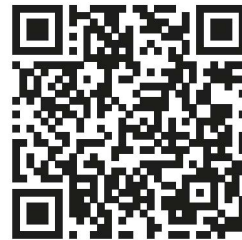
## How to Use

This document outlines potential programs a person may be eligible for by age. To understand your potential program eligibility:

-  Choose the brochure that matches the age of the person needing food assistance.
-  Review the programs listed in the brochure to see what programs may match your needs.
-  Find more information on a program by visiting the website listed under each program description.
-  Visit the online **Eligibility Estimator** to see what programs you may qualify for by going to the back of this brochure and scanning the QR code.

## Eligibility Estimator

The DC Federal Nutrition Programs Eligibility Estimator Tool can help find programs you may be eligible to receive. To use the Tool, visit the website or QR code listed below. After you answer the 10-question Tool, the Tool will create a list of programs you may be eligible to receive with a link to more information on each program. All answers are kept completely confidential.



For additional food, health, and housing resources, visit: [linkudmv.org](http://linkudmv.org)




# INFANTS BIRTH TO 1 YEAR

These Institutions are equal opportunity providers:

## TEFAP: The Emergency Food Assistance Program

TEFAP provides residents groceries at food pantries and prepared meals at soup kitchens and shelters.

 Eligibility is determined by household size and income.


### Contact Information (202) 644-980

Email: [osse.nutritionprogram@dc.gov](mailto:osse.nutritionprogram@dc.gov)  
(include "TEFAP" in subject line)

Visit: [osse.dc.gov/service/emergency-food-assistance-programtefap](https://osse.dc.gov/service/emergency-food-assistance-programtefap)

## WIC: Special Supplemental Nutrition Assistance Program for Women, Infants, & Children

WIC provides pregnant women, new mothers, infants, and children up to age 5 in the District breastfeeding support, nutrition education, and benefits to buy groceries at WIC-accepting grocery stores, corner stores, pharmacies, Commissary, and farmers' markets.


 Eligibility is determined by age, pregnancy status, household size and income.

### Contact Information (202) 442-9397

Email: [info.wic@dc.gov](mailto:info.wic@dc.gov)  
Visit: [dcwic.org](https://dcwic.org)  
Instagram: [@dcwic](https://www.instagram.com/dcwic)

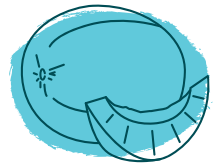
## WIC FMNP: WIC Farmers Market Nutrition Program

WIC FMNP provides pregnant women, new mothers, infants, and children up to age 5 in the District benefits to buy fresh fruit, vegetables, and herbs at participating farmers' markets.

 Eligibility is determined by age, pregnancy status, household size and income.


### Contact Information (202) 442-9397

Email: [info.wic@dc.gov](mailto:info.wic@dc.gov)  
Visit: [dcwic.org](https://dcwic.org)  
Instagram: [@dcwic](https://www.instagram.com/dcwic)



## CACFP: Child and Adult Care Food Program

CACFP reimburses approved child development facilities, adult day care centers, sponsored day care homes, afterschool programs, and emergency shelters in the District for the meals and snacks they serve.


 Eligibility is determined by age and disability status.

### Contact Information

Call your child or adult care facility to see if they participate. To find a CACFP center or home provider, visit:  
[childcareconnections.osse.dc.gov/MyChildCare/home](https://childcareconnections.osse.dc.gov/MyChildCare/home)

## SFSP: Summer Food Service Program

SFSP serves no-cost healthy meals and snacks to help youth 18 and younger in the District during the summer months when they are out of school.

 Eligibility is determined by age and disability status. There is no sign-up required.

### Contact Information

TEXT Food to **877-877**  
Call: **1-866-3-HUNGRY**  
Visit: [fns.usda.gov/meals4kids](https://fns.usda.gov/meals4kids)  
or [coronavirus.dc.gov/food](https://coronavirus.dc.gov/food) to find a SFSP site.