

Food Insecurity

Screening Questions:

USDA Questions: Often, sometimes or never:

1. Within the past 12 months, the food we bought just didn't last and we didn't have money to get more.
2. Within the past 12 months we worried whether our food would run out before we got money to buy more.

Bright Futures Anemia Screening: Do you ever struggle to put food on the table?

Resources:

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

- If the household includes a child under 5 and/or a pregnant woman, refer to WIC.
- WIC provides nutritional education, breast feeding support, and free healthy foods to pregnant women, new mothers, infants and children less than 5.
- Call 1-800-242-4WIC to be connected to the WIC office in your area. Patients must then call their local office to schedule an appointment to apply. Or, get the phone number of the local office on the WIC website: <http://phpa.dhmh.maryland.gov/wic/Pages/wic-apply.aspx>

SNAP (Supplemental Nutrition Assistance Program) / Food Supplement Program (FSP)

- Helps low income households buy food.
- Apply on-line at the DHR site, "MyDHR"
<https://mydhrbenefits.dhr.state.md.us/dashboardclient/#/register>
- **Or, complete the referral form on the toolkit main page and fax it to Maryland Hunger Solutions. They will call your patient to apply for SNAP over the phone.**
- Or, apply by visiting the local Department of Social Services office:
<http://dhr.maryland.gov/local-offices/>

Food Banks

- Typically provide a 3-5 day supply of free food to families once a month.
- Montgomery and Prince Georges Counties
- **The Capitol Area Food Bank** provides a range of services including links to food banks, free mobile food markets, and assistance applying for SNAP. Their website also locates other support services such as housing, job training education and transportation: <https://www.capitalareafoodbank.org/get-help/> or call Hunger Lifeline 202-644-9807
- Rest of the state is served by the **Maryland Food Bank**. Supports food banks, summer meals for children, supper clubs at afterschool activities, and SNAP outreach. Enter zip code to find closestfoodbank <https://mdfoodbank.org/need-food/>
- **See also www.211.org (or call 211) for a list of food banks in your community.**

Summer Food Service Program

- Provides free summer meals to children ages 18 and younger.
- To find sites by zip code: https://marswebprod.msde.state.md.us/mars_sitesearch/

School Meal Programs

- Low-income children can receive free or reduced-price school meals.
- At most schools, parents must complete an income verification form called a Meal Benefit Application or Free and Reduced-Price Meals Form (FARMs).
- Contact the Food and Nutrition Services Department of the local school system.

Senior Food Programs

- Many Senior Centers offer meals for senior citizens.
- Search www.211.org for sites offering “congregate meals” to find locations near you.

For Additional Assistance

- Call 211
- Call Maryland Hunger Solutions at 410-528-0021

