

How To Get Healthy Food for Your Family

These are extraordinary times. Due to the challenges of COVID-19, every Madison family needs a little extra support. Our How To series provides a list of community resources that can help.

To find nearby emergency food options use United Way of Dane County 2-1-1, which also has information to meet other basic needs. You can reach them three ways:



- » Dial 2-1-1 from any phone to identify the nearby emergency food options.
- » Text your zip code to 898-211.
- » Follow this link: tinyurl.com/United211.

Individuals with limited income may qualify for Supplemental Nutrition Assistance Program (SNAP). This program gives you a benefit that can be spent like cash at grocery stores. The amount you receive is dependent on family size. A family of 3 could qualify for up to \$509 each month in SNAP benefits.



- » You can apply for SNAP benefits, known as FoodShare in Wisconsin, at this link: tinyurl.com/foodshr.
- » The Capital Consortium Call Center has case managers that can assist Dane County residents to apply for FoodShare over the phone or with general eligibility questions at 1-888-794-5556.

Women, Infants, and Children (WIC) benefits for pregnant or postpartum women and children under age 5. This program also gives you a benefit that can be spent like cash at grocery stores.



- » Apply for Women, Infants, and Children benefits at this link: tinyurl.com/wicbenefit.

Free healthy meals for kids are available through Madison Metropolitan School District (MMSD).



- » MMSD food delivery sites with locations, map, and daily schedules at this link: tinyurl.com/MMSDfood.
- » Numerous pantries across Dane County are offering free groceries. List of local food pantries at this link: tinyurl.com/DanePantry. More information on obtaining food including eligibility at the Pantries with Free Groceries section of this COVID-19 resource guide – follow this link tinyurl.com/FoodDetails.



For seniors, the community service provider NewBridge is coordinating meals for individuals 60+ at five sites around Madison. Call (608) 512-0000. Seniors may also want to contact their local Aging and Disability Resource Center at (608) 240-7400 or at this link: tinyurl.com/DaneADRC.

Find us on the web: cityofmadison.com/covid19help



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MADISON

United Way of Dane County:
☎ 2-1-1