



# Where to Get Food Help

## WIC

WIC is a food, nutrition, breastfeeding support program for pregnant, post-partum and breastfeeding women; infants; and children up to age 5 years.

Visit: [bit.ly/ClermontWIC](http://bit.ly/ClermontWIC)

Call: 513.732.7329

Text: ccwappt to 85511

Pre Apply: [bit.ly/PreApplyWIC](http://bit.ly/PreApplyWIC)

## SNAP

Supplemental Nutrition Assistance Program (SNAP) gives funds on an EBT card to get foods at stores.

[bit.ly/ClermontSNAP](http://bit.ly/ClermontSNAP)

Call 513.732.7111

## FOOD PANTRIES

Food pantries give free food.

Visit: [bit.ly/FoodPantries1](http://bit.ly/FoodPantries1)

Call: 1-866-3-HUNGRY

General Help: [bit.ly/ClerHelp](http://bit.ly/ClerHelp)

## FOOD PROGRAMS

School Year: Free or reduced breakfast and/or lunch at local schools for school-aged children. Ask your local school district for more information.

Summer: Find places that offer free healthy foods for children and teens

Visit: [bit.ly/SummFood](http://bit.ly/SummFood)

## STRETCH YOUR FOOD DOLLAR

- Breastfeed - it is FREE and best for you and baby!
- Buy store brand or generic foods/formula. They are healthy too.
- Buy in season fruits & vegetables and bulk meats to freeze.
- Make freezer meals instead of buying pre-packaged meals.
- Change recipes to use foods and seasonings you have on hand.
- Eat leftover meals. Make larger meals to refrigerate or freeze leftovers.
- Use coupons and store rewards.
- Avoid convenience stores that have fewer choices and cost more.
- Limit junk food.
- Plant a garden.

