



Where to Get Food Assistance

WIC

WIC is a supplemental food and nutrition education program for pregnant, post-partum and breastfeeding women; infants; and children up to age five. Money for nutritious, supplemental food is loaded onto an EBT card.

Learn More: ccphohio.org/wic/
Call: (513) 732-7329
Apply: [Pre-application](#)

SNAP

The Supplemental Nutrition Assistance Program allows people who qualify to get free food at grocery stores. Money is loaded onto an EBT card.

Learn More: bit.ly/ClermontSNAP
To Apply: (513) 732-7111

FOOD PANTRIES

Food pantries give free food to families. To locate a food pantry close to your home, ask your local WIC office for a list.

To find a food pantry based on your zip code, call the USDA National Hunger Hotline at 1-866-3-HUNGRY.

Search Local Pantries:
bit.ly/LocalFoodPantries
Find Clermont County Resources:
bit.ly/CountyHelp

FOOD PROGRAMS

School Year: Free or reduced breakfast and/or lunch may be available at local schools for children. Contact your local school district for more information.

Summer: Free, nutritious meals are available for children and teens at many locations throughout the nation during the summer.

Find Summer Meals:
fns.usda.gov/summer/sitefinder

STRETCH YOUR FOOD DOLLAR

- Breastfeed your baby, if possible, to avoid formula costs.
- Buy store-brand or generic foods/formula.
- Buy in-season fruits, vegetables, and bulk meats to freeze.
- Make your own 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.

