

# Emergency Food Assistance Guide

*Immediate Help for Families in Crisis*

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## If You Need Food TODAY

### Quick Access to Emergency Meals & Groceries

#### 1. 24/7 Emergency Resources

**Call 211** (United Way's Free Helpline)

- Connects you to local food pantries, shelters, and financial aid.
- **Available nationwide** | [211.org](https://211.org)

#### Salvation Army & Rescue Missions

- Hot meals and overnight shelters.

**Find locations:** [salvationarmyusa.org](https://salvationarmyusa.org)

#### No-Cost Grocery Programs

- **Feeding America Network:** Enter your ZIP at [feedingamerica.org/find-your-local-foodbank](https://feedingamerica.org/find-your-local-foodbank).

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## 2. Same-Day Food Pickup

### Walk-In Pantries (No Appointment Needed)

#### [Emergency Pantry Name]

- **Address:** [123 Crisis Ave, Your City]
- **Hours:** Open daily 8AM–6PM
- **What's Provided:** Pre-packed boxes (no ID required).

#### Drive-Thru Pantries

- **Location:** [456 Quickhelp Rd]
- **Hours:** Mon/Wed/Fri 10AM–2PM
- **Bring:** Proof of address (if available).

\*(List 2–3 local options with real-time updates) \*

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### 3. Free Meal Programs

#### Soup Kitchens & Community Meals

- **St. Vincent's Kitchen:** Daily hot lunches at [789 Compassion St].
- **School Districts:** Many offer free grab-and-go meals for kids. Call your local school.

#### Weekend Backpacks for Kids

- **Program:** [Backpack Buddies]
  - **How to Get It:** Ask at your child's school or [backpackprogram.org](https://backpackprogram.org).
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### 4. Government Assistance

#### SNAP (Food Stamps) Emergency Approval

- **Apply online in 10 mins:** [benefits.gov/snap](https://benefits.gov/snap)
- **Expedited SNAP:** Get benefits in **1–3 days** if eligible.

#### WIC (Women, Infants & Children)

- Free formula, milk, and baby food.
  - **Call now:** 1-800-555-1234 or visit [wic.gov](https://wic.gov).
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### 5. Mobile & Delivery Help

#### Mobile Food Pantries

- **Schedule:** [foodbank.org/mobile](https://foodbank.org/mobile)
- **Next Stop:** [Parking Lot of Hope Church] – Tomorrow 9AM.

#### Home Delivery for Seniors/Disabled

- **Meals on Wheels:** Sign up at [mow.org](https://mow.org).
  - **COVID-19 Isolation?** Call [Local Health Dept] for emergency drop-offs.
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## 6. Pet Food Assistance

### Don't Forget Furry Family!

- **Pet Pantry:** [Paws for Food] at [123 Animal Lane].
  - **National Hotline:** 1-800-555-PETS.
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## 7. What to Bring (If Anything)

**Most places require NO documentation**, but some may ask for:

- **Proof of address** (mail, ID).
- **ID for adults** (not always required).
- **Kids' birth certificates** (for WIC/school programs).