

Do you need help with food?

You may want to consider looking for your local food pantry or congregate meal option. Both a food pantry and a congregate meal may help you with your food needs. You may decide to use both or choose to use only one.

- **Food Pantry:** A food pantry helps meet the needs of hungry people in our community by supplying groceries to those in need. Often a food pantry provides a free, three to five day supply of emergency groceries for qualified individuals and families.
- **Congregate/Community:** Meals include soup kitchens and senior dining rooms. The congregate meal is a place where hot food is offered to the hungry for free or minimal cost. Senior dining rooms also offer social time with activities.

Additional food options:

- **Home delivered meals:** If you are a homebound senior or person with disabilities, you may be eligible for home delivered meals.
- **Emergency meals:** One time service for seniors just coming home from the hospital or those who suddenly find themselves in need of immediate assistance.
- **Grocery shopping:** Available to seniors who are able to pay for their own groceries but are unable to shop for themselves.



Florida WIC is the special supplemental nutrition program for Women, Infants, and Children. The program provides a combination of supplemental nutritious foods, nutrition education, breastfeeding promotion and support, and referrals for health care, immunizations, and community services to eligible participants.

Who is eligible for WIC?

- Pregnant and breastfeeding women, women who have recently been pregnant, infants and children under the age of 5 years who have a low or moderate income, are at nutrition risk, and who live in Florida. A person is considered income-eligible for WIC if the household income is less than or equal to those listed in the WIC Income Guidelines or if the person is currently receiving Medicaid, Temporary Cash Assistance (TCA) or Food Assistance. However a person DOES NOT have to be on a public assistance program to qualify for WIC.

