

FOOD ASSISTANCE RESOURCES AND TIPS

Millions of Americans are unable to access healthy foods because of finances, lack of nearby grocery stores and/or transportation. The following resources and tips can help you save money and access healthy foods.



Meal Planning and Grocery Shopping

Meal planning is one way to save time and money. By planning out each week's breakfast, lunch, and dinner, you can use foods you already have in your home, use leftovers, cut down food preparation time, make just one trip to the store, and more easily stick to a grocery list, which helps you keep to your budget. Here are some tips to prepare for your next grocery trip.

Before you leave for the store

- Create a grocery list based on your meal plan.
- Take note of what food is left in the refrigerator, freezer, and pantry. Foods that expire soon should be used first.
- Research for coupons and sales.

At the grocery store

- Stick to your grocery list.
- Do not shop while hungry.
- Buy foods in bulk that you eat often or have a longer shelf life. Visit www.foodsafety.gov to learn about safe food storage.
- Buy generic (store brands) and avoid buying convenience items, such as pre-cut fruits and vegetables or prepared meals.
- Choose fruits and vegetables that are in season as they are often less expensive. Canned and frozen fruits and vegetables are also good options.

After shopping

Make large portions and freeze leftovers to heat up for additional meals.

SEASONAL PRODUCE GUIDE

Spring: Apricots, Asparagus, Broccoli, Green Beans, Mangoes, Mushrooms, Peas, Radishes, Rhubarb, Spinach, Strawberries, Swiss Chard

Summer: Avocados, Bell Peppers, Berries, Cantaloupe, Cherries, Corn, Cucumbers, Eggplant, Green Beans, Honeydew Melons, Kiwis, Okra, Peaches, Plums, Summer Squash, Tomatoes, Watermelons

Fall: Apples, Beans, Broccoli, Cauliflower, Cranberries, Grapes, Kale, Mushrooms, Parsnips, Pears, Potatoes, Pumpkins, Rutabagas, Sweet Potatoes, Turnips, Winter Squash

Winter: Beets, Brussel Sprouts, Grapefruits, Kiwis, Leeks, Lemons, Oranges, Parsnips, Pears, Potatoes, Pumpkins, Rutabagas, Sweet Potatoes, Winter Squash

To find specific seasonal produce in your area, visit www.seasonalfoodguide.org

FEDERAL PROGRAMS

Supplemental Nutrition Assistance Program (SNAP)	<p>Provides eligible families with an Electronic Benefits Transfer card (EBT) card, similar to a debit card, to buy food. In many states, SNAP can be used to buy groceries online. Benefits do not cover the cost of pick up or delivery. Some retailers offer free delivery with minimum order.</p> <p>Call 1-800-221-5689 or visit www.fns.usda.gov/snap for more.</p>
Commodity Supplemental Food Program (CSFP)	<p>Provides food packages to eligible persons 60 years of age and older. This program may not be available in all areas.</p> <p>Visit www.fns.usda.gov/csfp for more.</p>
Women, Infants, and Children (WIC)	<p>Provides eligible pregnant and postpartum women, infants, and children up to age 5 years with services, including vouchers that can be redeemed for healthy foods at most major grocery stores, nutrition education, breastfeeding support, and referrals to other services.</p> <p>Visit www.fns.usda.gov/wic or ask your pediatrician for more information.</p>
Summer Food Service Program (SFSP)	<p>Provides nutritious meals to eligible children when school is not in session.</p> <p>Text “Summer Meals” to 1-914-342-7744 or call 1-866-348-6479 to find a site near you. Visit www.fns.usda.gov/sfsp for more.</p>

Most federal nutrition programs are administered at the state and local levels. Visit www.fns.usda.gov/contacts to find program contact information for your area.

Additional Resources:

- **USDA National Hunger Hotline:** Call 1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE (1-877-842-6273) for resources such as meal sites, food banks, and other local services or text a keyword or question to 1-914-342-7744.
- **United Way’s 211 Network:** Call 2-1-1 to find local resources including meal sites, soup kitchens and food banks or pantries.
- **Meals on Wheels:** Provides meal delivery to support seniors’ independence. Call 1-888-998-6325 or visit www.mealsonwheelsamerica.org/find-meals to find a local program.
- **Health Insurance:** Ask your health insurance provider if meal delivery or grocery vouchers are provided by your plan.
- **Full Cart®:** Visit www.fullcart.org to request assistance through a “virtual food bank” that delivers food to eligible households.

Speak to a registered dietitian who has experience in oncology nutrition and can provide information about healthy eating, side effect management and survivorship nutrition. Visit www.LLS.org/nutrition or call 1-877-467-1936 to schedule.



The mission of The Leukemia & Lymphoma Society (LLS) is to cure leukemia, lymphoma, Hodgkin’s disease and myeloma, and improve the quality of life of patients and their families. Find out more at www.LLS.org.