CAN'T MAKE ENDS MEET?
Here Are Some Relief Programs That You May Be Eligible For:

**WIC - Supplemental Nutrition Program for Women, Infants, and Children**

WIC provides financial assistance for groceries, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

**WHO may be eligible?**
- Infants, children under 5, and women who are pregnant, recently gave birth, or are breastfeeding
- Must show low income, proof of address, & risk of poor nutrition or health concerns

**WHAT can you get?**
- A debit card (EBT) that can be used to purchase certain groceries

**HOW do you apply?**
- You can call your local County health department or WIC clinic or 1-800-DIAL-WIC (1-800-342-5942) to get an appointment

**IMMIGRATION status requirements**
- NONE! Even *undocumented* people are eligible!
- WIC does NOT trigger Public Charge concerns, regardless of immigration status

**SNAP - Supplemental Nutrition Assistance Program**

SNAP provides food assistance to low income children and families, the elderly, disabled people, and some low-income individuals without children.

**WHO may be eligible?**
- Children, families, elderly people, and disabled people, also some individuals without children may qualify short-term
- Must show low income, proof of address, & risk of poor nutrition or health concerns

**WHAT can you get?**
- A debit card (EBT) that can be used to purchase food at grocery stores

**HOW do you apply?**
- You can submit an application online or call your County’s Family Assistance Office.

**IMMIGRATION status requirements**
- "Qualified" non-citizens include: asylees, refugees, lawful permanent resident with at least 5 years in the U.S., and some others
- *Undocumented* parents can apply for children who are citizens or residents
- Could implicate public charge if the recipient is a non-citizen adult.
CAN'T MAKE ENDS MEET?

Here Are Some Relief Programs That You May Be Eligible For:

TANF - Temporary Assistance for Needy Families

TANF provides families with financial assistance and related work and employment-based support services.

| WHO may be eligible? | Households with a child under the age 18/19 or a pregnant woman  
|                     | Must show low income and willingness to work |
| WHAT can you get?   | A debit card (EBT) that can be used to buy anything from qualifying stores |
| HOW do you apply?   | You can submit an application online or call your County's Family Assistance Office. |
| IMMIGRATION status requirements | "Qualified" non-citizens include: asylees, refugees, lawful permanent resident with at least 5 years living in the U.S., and some others  
|                     | Everyone in the household must have an SSN, unless there's an infant < 6 months old  
|                     | Could implicate public charge if the recipient is non-citizen adult |

TANF EMERGENCY CASH

TANF Emergency Cash provides two monthly cash payments to families that were employed as of March 11, 2020 and have lost a job or lost at least half of their earned income due to the COVID-19 emergency.

| WHO may be eligible? | Households with at least one child under the age 18 or a pregnant woman  
|                     | Must show employed as of March 11, 2020 and then lost job or half of income due to COVID-19 pandemic. |
| WHAT can you get?   | Two cash payments (one per month) - amount depends on family size. These payments are loaded on to a debit card (EBT) that can be used to buy anything from qualifying stores  
|                     | $500 (1-2 people in family), $750 (3-4 people), or $1,000 (5 or more people) |
| HOW do you apply?   | The application for Emergency Cash Assistance can be found here. |
| IMMIGRATION status requirements | Must have a valid and current Social Security Number  
|                     | Could implicate public charge if the recipient is non-citizen adult |