Thousands of Coloradans get help with food.

YOU CAN, TOO.

FOR EVERYONE

SNAP, or food stamps, help thousands in our state make ends meet by providing cash for groceries. Maximum benefits may be available throughout the declaration of our national health emergency and are: $194 a month for a single person or $646 for a family of four. If you have lost or reduced your income (either temporarily or permanently), or don’t have any income at all you can qualify easily online. Colorado.gov/PEAK

WIC works for income-eligible pregnant women, new moms and families with children under five. In addition to food assistance, WIC also provides nutrition education, breastfeeding guidance and pumps, and the support you need to keep your family healthy. Call your local WIC office to learn about income qualifications and apply. Your benefit card can be mailed to your home for immediate use - or submit an appointment request online by visiting www.ColoradoWICsignup.com.

FOR FAMILIES WITH KIDS IN SCHOOL

School districts across the state are providing free breakfast and lunch for any child ages 0-18. These meals are available for any child, no ID required. Visit the Colorado Department of Education’s website for a full list of sites at t.ly/0bQi or text “food” to 877-877.

FOR OLDER ADULTS

Anyone over the age of 60 can call their Area Agency on Aging for help with food, including food delivery in many cases. These agencies can also help with things like transportation to the doctor’s office, and help navigating issues such as their long-term care facilities. You can call 1.844.265.2372.

Call 2-1-1 for additional information or resources related to unemployment, housing, medical, mental health, taxes or legal affairs.