

FOOD RESOURCES FOR FAMILIES

Grocery EBT and Produce Programs

Programs that offset the cost of groceries are available for eligible households to use like a debit card or coupon at checkout. They are discrete, easy to use, and can help stretch your food budget.



SNAP | Supplemental Nutrition Assistance Program

- Available to individuals and families
- Offers card to shop and can connect households to **free school meals**, DUO, and Summer P-EBT
- To apply in about 20 minutes, call toll-free (877) 760-0114 or [request a call](#)
- Learn more: www.HungerFreeOK.org/Groceries



DUO | Double Up Oklahoma Produce Program

- Available to SNAP users at select farmers markets & grocery stores
- Match SNAP dollars for **free produce**, up to \$20 daily
- To find a site or learn more: www.DoubleUpOklahoma.org

WIC | Special Supplemental Nutrition Program for Women, Infants, & Children

- Available to households with pregnant, postpartum, & breastfeeding people & children under 5 years
- **Citizenship status is not required**
- Can be used with SNAP or alone and has a higher income threshold
- Learn more: www.HungerFreeOK.org/WIC

S-EBT | Summer-EBT (Starting Summer 2024)

- May be available to families with students who receive free and reduced-price school meals
- Helps eligible **families buy groceries** when school is out for summer
- Learn more: www.HungerFreeOK.org/PEBT

For digital access to this information, scan this QR code or visit: bit.ly/Food4MyFamily



Meals for Kids

Youth meal programs are a good way to stretch your food budget all year.

School Meals: Breakfast and Lunch

- Free and reduced-priced options are available to students that meet income limits
- Students in SNAP households are eligible for free school meals
- Applications may connect students to other benefits like P-EBT
- **All families are encouraged to apply** at the start of each school year and any time household size or income changes



Summer Meals

- Free meals **available to all children & teens** ages 18 years and under
- Open sites have no registration or requirements around income, ID, immigration status, or school/resident details
- Find a site or learn more at www.Meals4KidsOK.org

NEED IMMEDIATE FOOD OPTIONS? CALL 2-1-1