

# FOOD RESOURCES

NEED URGENT FOOD HELP? CALL 2-1-1

## FOOD RESOURCES



hfok.org/food-library



## RECURSOS ALIMENTARIOS



hfok.org/esp-lib

### SNAP | Supplemental Nutrition Assistance Program

- Grocery assistance available to all ages
- Call toll-free (877) 760-0114 to apply or
- Request a call by scanning QR code
- Apply in about 20 minutes
- Learn more:  
[HungerFreeOK.org/Groceries](https://HungerFreeOK.org/Groceries)



### DUO | Double Up Oklahoma

- Match SNAP dollars for free produce, up to \$20 daily
- Available to SNAP households at select farmers markets and grocery stores
- Find a site or learn more: [DoubleUpOklahoma.org](https://DoubleUpOklahoma.org)

### WIC | Special Supplemental Nutrition Program for Women, Infants, and Children

- Grocery assistance available to pregnant, postpartum, breastfeeding people and households with children under 5 years
- Citizenship status is not required
- Learn more:  
[HungerFreeOK.org/WIC](https://HungerFreeOK.org/WIC)



### Summer Meals

- Free meals for all children and teens 18 years and under during summer
- No registration or ID required
- Find a summer site or learn more:  
[Meals4KidsOK.org](https://Meals4KidsOK.org)



### Free and Reduced-Price School Meals

- Applications determine eligibility for free or reduced-price school meals and other benefits
- Students can apply at their school at any time