

Not All Heroes Wear Capes: Where to Start if Fighting Hunger isn't Your Everyday Job



Treba Shyers



HUNGRY FOR ACTION
OKLAHOMA'S ANTI-HUNGER
CONFERENCE

#HungryForActionOK



Not All Heroes Wear Capes

**Empowering Communities in
the Fight Against Hunger**



Captain Food Policy Protector

Alias: "The Legislative Shield"

Superpowers:

- Advocates for anti-hunger policy changes
- Contacts federal and state representatives
- Reads the HFO Monthly Newsletter
- Participates in Anti-Hunger Day at the Capitol

Fun Fact: Captain Food Policy Protector can recite every food security policy, and their shield deflects misinformation about hunger with pinpoint accuracy!



**YOU
can be a
SUPERHERO**



Sign up for the HFO Newsletter



<http://oklegislature.gov/>

The Food Resource Ranger

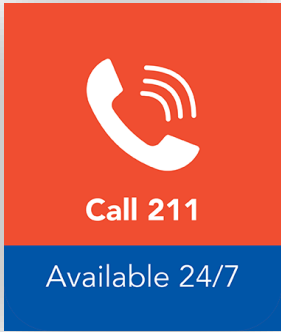
Alias: "The Pantry Pathfinder"

Superpowers:

- Identifies local pantries and resources
- Locates summer meal sites
- Armed with the food resource flyer
- Volunteers at summer meal sites
- Attends outreach events

Fun Fact: The Food Resource Ranger's utility belt contains an infinite list of pantries and resources for every town and city!





Dial 211
Pantries/Resources



Summer Meal Sites

OKLAHOMA FOOD RESOURCES

NEED URGENT FOOD HELP? CALL 2-1-1



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



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



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



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



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

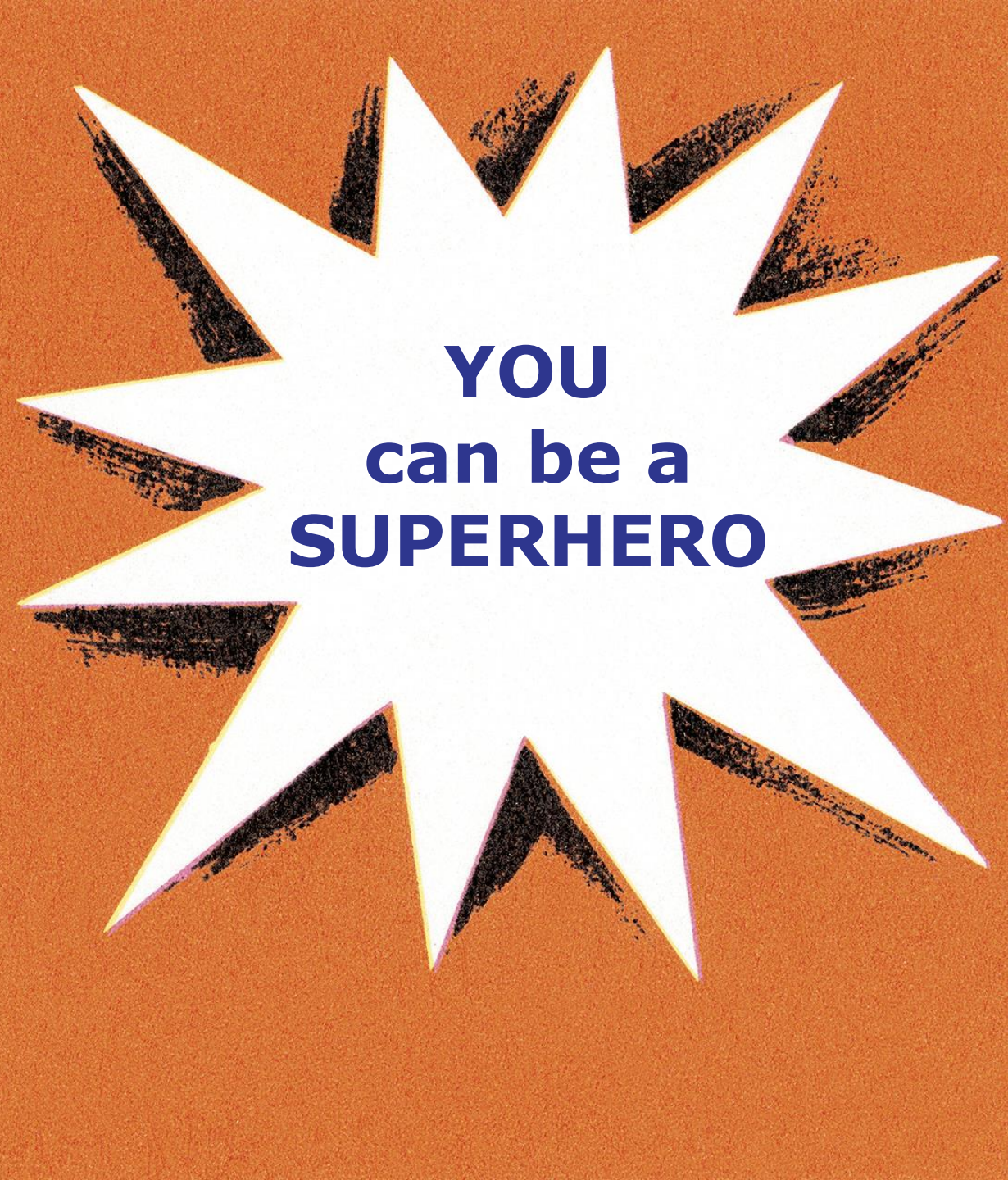
For digital access to this information, scan the QR code or use the link below:



hlt.tv/FoodResourcesGBP

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HUNGER * FREE OKLAHOMA @HungerFreeOK | HungerFreeOK.org





The Grocery Savings Superslinger

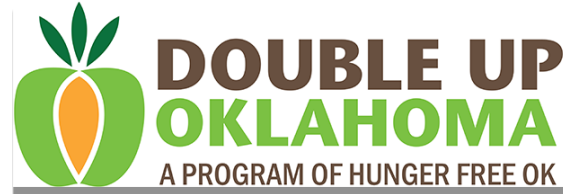
Alias: "The Budget Balancer"

Superpowers:

- Helps stretch grocery dollars through tips, tricks, and tools (DUO)
- Locates DUO stores and Farmers Market near you
- Knows where local WIC offices are located
- Promotes senior hunger programs
- Can locate the closest food pantries

Fun Fact: The Grocery Savings Superslinger can stretch a dollar so far, it feels like magic!

**YOU
can be a
SUPERHERO**



[Order free
outreach materials](#)



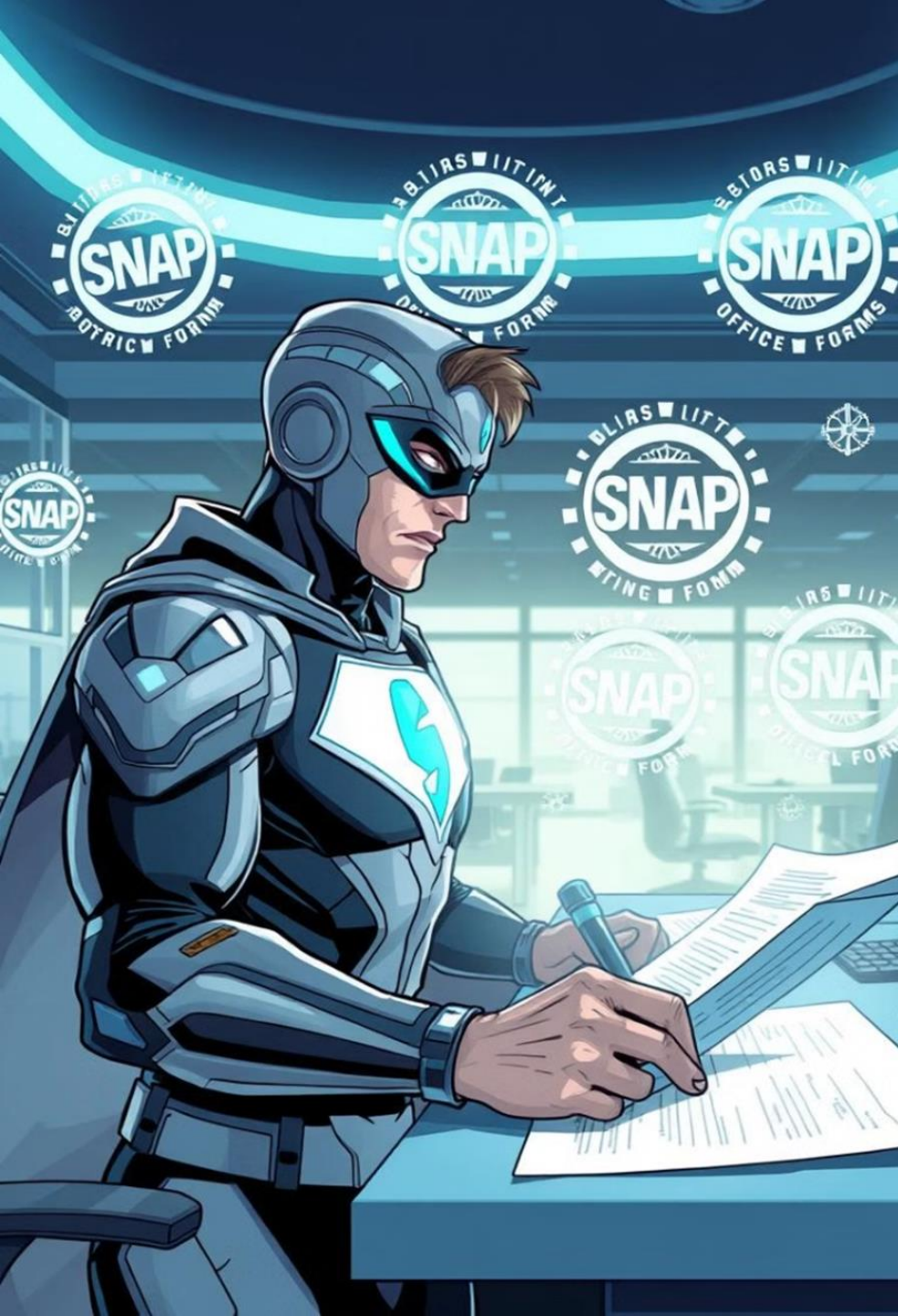
The Super SNAP Gap Destroyer

Alias: "The Benefit Booster"

Superpowers:

- Refers and promotes the HFO SNAP Assistance Hotline
- Identifies areas with the greatest need in their community
- Orders free outreach materials to display throughout communities
- Carries a SNAP palm card

Fun Fact: The Super SNAP Gap Destroyer can fill out a SNAP application in less time than it takes to make a sandwich!



**YOU
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SUPERHERO**



[Order free
outreach materials](#)

Ask me about



USDA
Supplemental
Nutrition
Assistance
Program

Putting Healthy Food
Within Reach



FIND FOOD RESOURCES


FOR URGENT FOOD ASSISTANCE CALL 2-1-1







bit.ly/FoodResourcesCPP

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Help stretch your grocery budget.
APPLYING IS FAST AND EASY!




If your household size or income has changed, you might be eligible for SNAP.

STEP 1:  Complete an application	STEP 2: Talk to OKDHS 
STEP 3:  Send support documents	STEP 4: If eligible, receive EBT & shop 

**CALL TOLL-FREE TO APPLY
1 (877) 760-0114**

To learn more visit:
www.hungerfreeok.org/groceries

@HungerFreeOK
www.HungerFreeOK.org



This institution is an equal opportunity provider.



**NO COST MEALS
FOR KIDS AGES 1 TO 18!**

For serving locations visit Meals4KidsOK.org

[#Food4ThoughtOK](#)



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The Food Security Enhancer

Alias: “The Nutrition Navigator”

Superpowers:

- Attends Childhood Food Security Coalitions
- Has QR code ready to request a call from the SNAP Hotline
- Promotes every child complete the free/reduced lunch forms
- Promotes SNAP in Schools throughout the state

Fun Fact: The Food Security Enhancer’s network grows every time they shake hands with someone new!



SNAP Hotline Call Request Form



Zomi



Spanish



English

SNAP USDA Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

STATEWIDE APPLICATION ASSISTANCE HOTLINE

(877)760-0114

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SNAP IS AN Essential SCHOOL SUPPLY

WHAT IS SNAP?
The Supplemental Nutrition Assistance Program (SNAP) helps Oklahomans stretch their grocery budget.

SNAP CAN:

- ✓ Fuel good nutrition and better health
- ✓ Improve student behavior and academic performance
- ✓ Eliminate school meal debt

APPLY FOR OR RENEW IN ABOUT 20 MINUTES

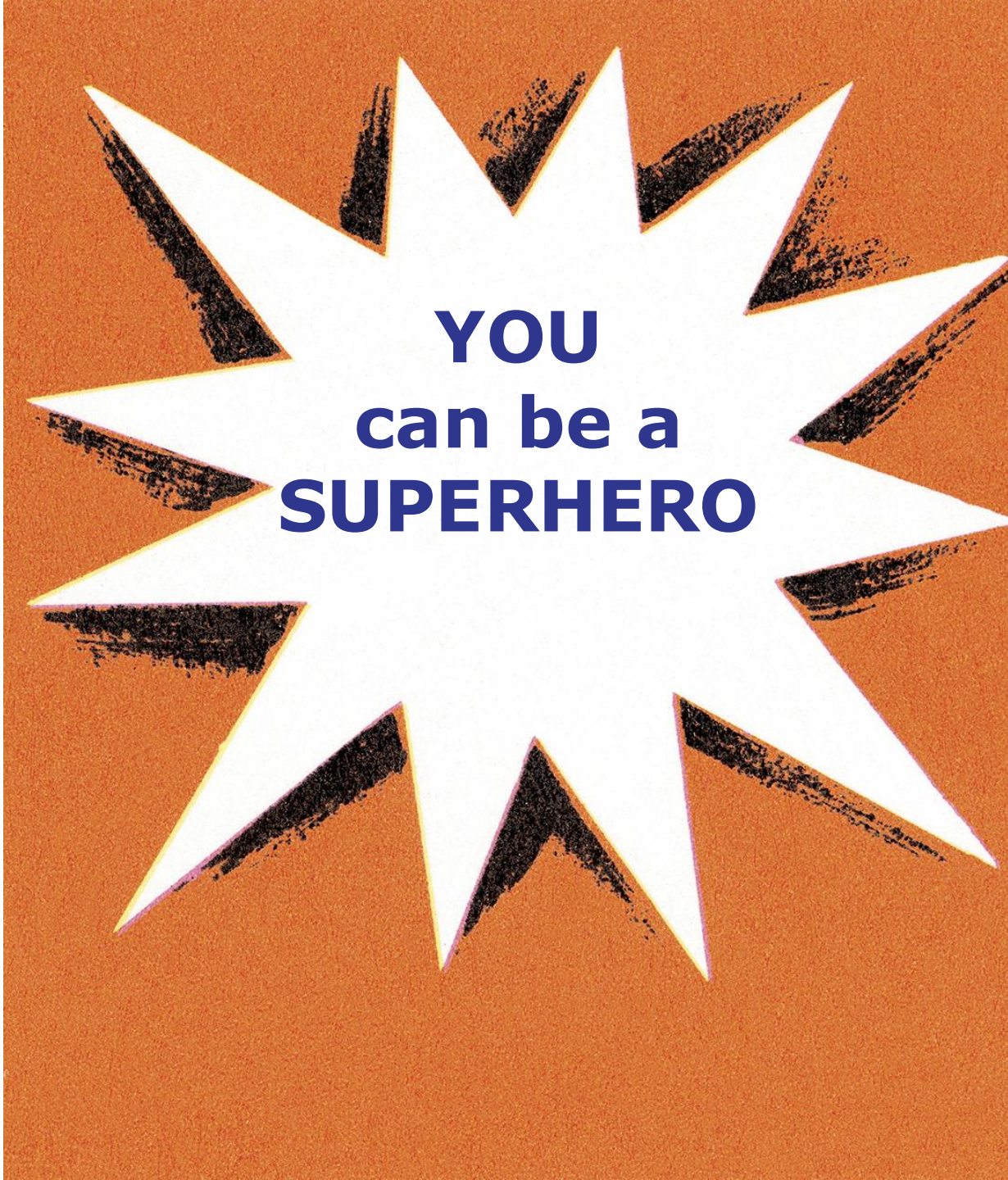
Call the OK SNAP Application Assistance Hotline toll-free at 1 (877) 760-0114. The Hotline is open 6 days a week and language assistance is available.

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Scan the QR code to ask a SNAP Specialist to call you.
HungerFreeOK.org/SNAP

GET MORE THAN MEALS

Turn in your School Meal Form today!



The Community Connector

Alias: “The Community Connector”

Superpowers:

- Brings community members together to address hunger collectively
- Organizes and facilitates meetings to ensure food security is a priority across community sectors
- Provides information about federal nutrition programs
- Attends Childhood Food Security Coalition

Fun Fact: The Community Connector can rally a room full of people with just one inspiring speech!



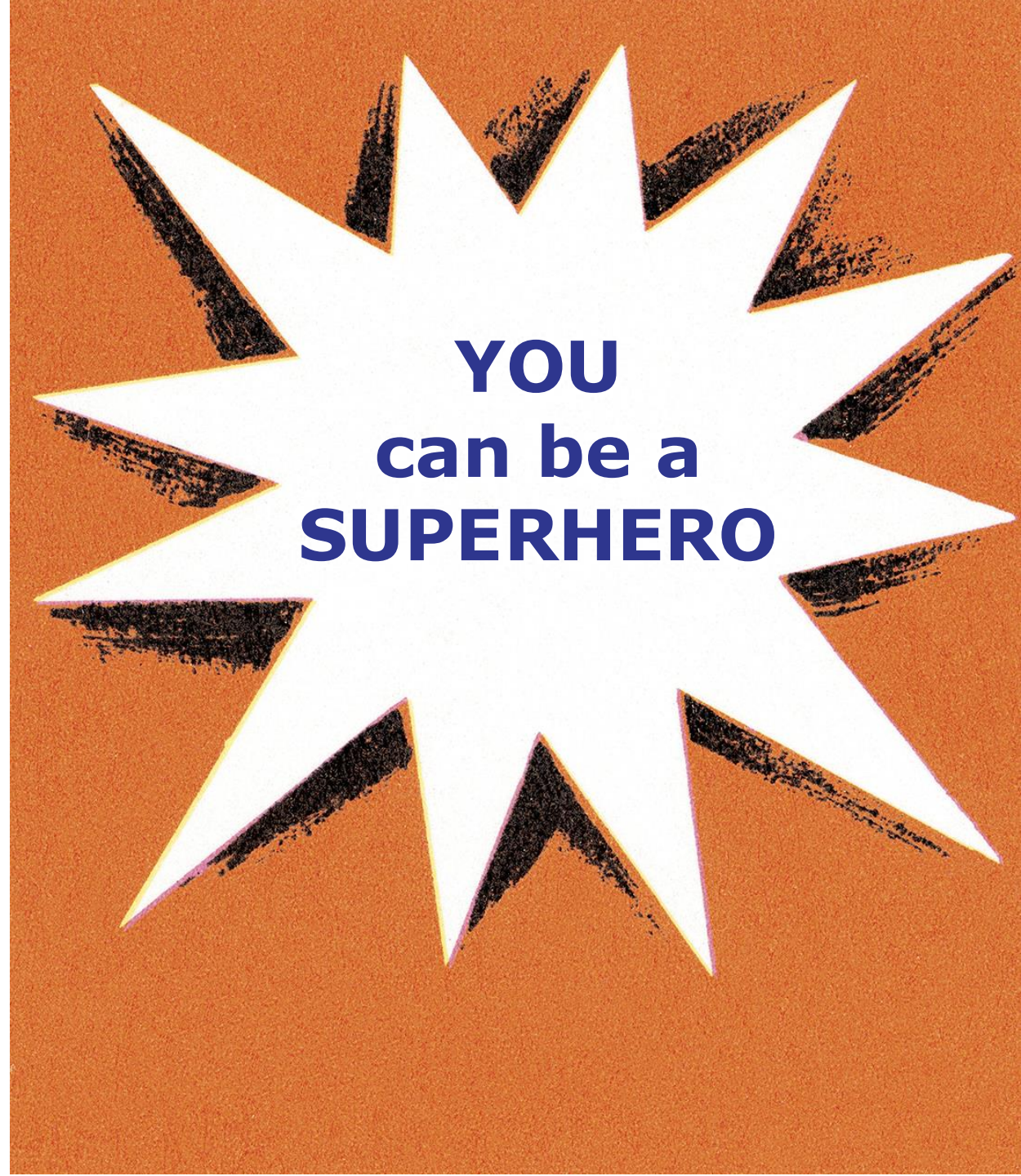


Interest Form

- Get more information
- Request a training/presentation
- Get involved



Childhood Food Security Coalition



What will be your SUPERPOWER?

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Scan to Give Session Feedback



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