

Food and Home Energy

Program	Description	Contact Information
Food Stamps	<p>Eligible, low-income families can qualify to receive assistance to purchase nutritious food if they meet income and asset requirements set by the program.</p> <p>For more information about food stamps, go to this AARP Article.</p>	<p>To apply, contact your local Department of Social Services, or</p> <p>Call 1-800-221-5689 to locate your food stamp agency, or</p> <p>Visit www.fns.usda.gov/fsp.</p>
School Breakfast and Lunch Program	<p>Children can receive meals at school and pay little or nothing for them. In some states, children can receive meals even when school is not in session.</p>	<p>Contact your school for an application.</p>
The Special Supplemental Food Program for Women, Infants, and Children (WIC)	<p>WIC offers food assistance and nutritional screening to low-income pregnant women, women with infants 11 months or younger, and children under the age of 5 who suffer from a nutritional problem such as anemia or growth problems.</p> <p>Grandparents and other relatives can apply for WIC if they or the children they raise meet the eligibility criteria.</p>	<p>Visit www.fns.usda.gov/wic/howtoapply/ and click on “Toll-Free Numbers for State Agencies” to find your state’s toll-free phone number.</p>
Low Income Home Energy Assistance Program (LIHEAP)	<p>LIHEAP helps low-income people pay heating and cooling bills. It also pays for energy-related home repairs.</p> <p>To qualify for help, you must meet certain income requirements.</p>	<p>Apply for help at your state’s LIHEAP agency, or</p> <p>Call the National Energy Assistance Referral Project at 1-866-674-6327.</p> <p>This AARP Bulletin article describes the program and gives state-specific contact information.</p>

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