



Families: food help is available while school meals are on summer break!

SUMMER MEALS

During the summer, **all kids and teens** can get free meals at nearby parks, community centers, libraries, and other locations. Many sites offer fun activities, and in rural areas, some locations offer grab-and-go meals. Find a spot near you at **SummerMealsNY.org**

SUMMER EBT

Summer EBT helps families with school-aged children buy groceries when school is out. Eligible children receive a \$120 food benefit on an EBT card that can be used at grocery stores, farmers markets, and other retailers. Many children are automatically enrolled, but some will have to apply.

- Children automatically enrolled will receive a letter from the NYS Office of Temporary and Disability Assistance (NYSOTDA) with the date their benefits will be issued and the payment method. Families may also receive email and text message communication from NYSOTDA about their benefits.
- If your child is eligible but you have not received any communication from NYSOTDA by mid-June, apply by September 8, 2026.
- For more information, visit **otda.ny.gov/summerebt**

SNAP

SNAP provides monthly benefits to buy food at grocery stores and farmers markets. To see if your family may be eligible, visit **SNAPHelpNY.org** or text SNAPNY to 844-366-3435 and answer a few questions. In less than five minutes, you will learn if you may be eligible and how to apply. Free and confidential assistance is available to help you submit your SNAP application.

WIC

If you are pregnant or raising kids under age five, WIC offers healthy food, breastfeeding support, and other resources for your family. You may qualify if your income meets program limits or if you participate in Medicaid, SNAP, Head Start, Early Head Start, the Essential Plan, or TANF. Virtual appointments and expanded food options make it easier than ever to participate. Chat with Wanda, WIC's bilingual virtual assistant, at **WICHelpNY.org** to get connected with a WIC office.

FOOD PANTRIES & OTHER RESOURCES

The Food Pantries Food Connect Map: Find local food pantries, community meals, mobile food resources, and more at **map.thefoodpantries.org**

Find food resources by phone:

- Call the USDA National Hunger Hotline at 1-866-3-HUNGRY or 1-877-8-HAMBRE (Spanish)
- Call 211 for New York State residents, or 311 in New York City
- Text "food" to 914-342-7744



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