

FOOD ASSISTANCE

DID YOU KNOW?



- **Food assistance programs** can help individuals and families access healthy meals during difficult times
- Programs like **SNAP** and **local food distributions** are available to those who qualify and can help reduce food insecurity
- **Food banks** and **community pantries** provide free groceries, fresh produce, and other essential food items throughout counties
- Many food assistance services are available **year-round**, and locations are updated regularly to meet community needs

Have you explored whether your family qualifies for SNAP or other food assistance programs?



REFLECT ON THIS...

TIPS AND TRICKS

You probably have a community pantry near you!

Learn about food assistance programs and emergency food services available in South Florida:

- Miami-Dade
- Broward
- Palm Beach
- Monroe counties

Explore: [Calendar of Food Distribution](#)
Visit: [Feeding South Florida](#)



LET'S EXPLORE!