



## *Where does hunger exist in Kansas?*

Hunger exists in both rural and urban areas of Kansas. Many people who could benefit from food assistance do not know how to get it. By sharing information in this guide, communities and individuals can help improve nutrition and reduce hunger in Kansas.



## *Where else can I find help?*

Communities, churches and non-profit organizations often provide other types of food assistance for ongoing and emergency needs. Contact community organizations for more information.



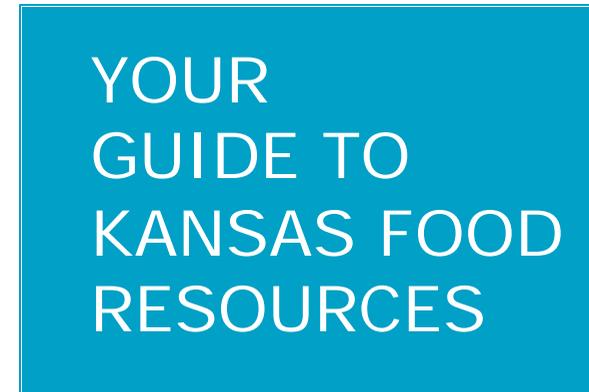
Kansas Hunger Reduction Network

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For more information on food resources and nutrition contact your Extension Office.



## *Food Resources for Kansans*

No one in Kansas should go hungry. This guide provides information to help Kansans learn about food and meals for people of all ages, and for those in specific groups, such as children or the elderly. This guide summarizes what is available, who is assisted and where to get more information.

## *Why is it important to learn about food assistance and share that information with others?*



Everyone can be healthier with improved nutrition. Good nutrition and eating habits have a positive effect on health, well-being, and ability to learn. However, many people are unable to purchase the variety of food needed for healthy nutrition.

## Your Guide to Kansas Food Resources

Resource	What Is Available?	Who Is Served?	Household Income Limit (FPL = Federal Poverty Level)	Other Requirements	Where Available	Where to Apply
<b>Food for Home Use</b> 						
<b>Commodity Supplemental Food Program (CSFP)</b>	Food for home use	Pregnant, postpartum, or breast-feeding women; children birth to 6; or people 60+	Income up to 185% of FPL for women, infants and children, or up to 130% of FPL for people 60+	May not receive WIC benefits when receiving CSFP benefits	21 counties surrounding Kansas City, Wichita and Topeka	(913) 281-3388 Kansas City area (316) 267-0511 Wichita area (785) 234-6208 Topeka area
<b>Food Assistance Program (Also known as Food Stamps)</b>	Food for home use, or to buy plants and seeds to grow food	Low income people of any age	Gross income of up to 130% of FPL and <i>net</i> income (after deductions) of up to 100% of FPL	Resources limited to: \$2,000 (excluding home and car), or \$3,000 if one person is elderly or disabled	Statewide	SRS Service Center or call toll free 1-888-369-4777 or visit <a href="http://www.srskansas.org">www.srskansas.org</a>
<b>Senior Farmers' Market Nutrition Program</b>	\$30 of locally grown fruits, vegetables and herbs at farmers' markets or roadside farm stands	Low income people 60+ who also participate in CSFP, TEFAP or ENP-CM	Income up to 130% of FPL for CSFP and TEFAP participants; up to 100% of FPL for ENP-CM participants	None	Atchison, Douglas, Johnson, Lyon, Reno, Riley, Saline, Sedgwick, Shawnee, Wyandotte counties	No application required - see "Who is Served" column
<b>The Emergency Food Assistance Program (TEFAP)</b>	Food for home use	Low income people of any age	Income up to 130% of FPL	Live in same county where food is provided	Statewide	A list of local agencies at: <a href="http://www.srskansas.org/ISD/ees/food_main.htm">www.srskansas.org/ISD/ees/food_main.htm</a>
<b>Women, Infants and Children Program (WIC)</b>	Nutrition education, breast-feeding support and food for home use	Pregnant, postpartum, or breast-feeding women and children birth to age 5	Income up to 185% of FPL	May not receive CSFP benefits when receiving WIC benefits	Statewide	Call your county health department for an appointment
<b>Prepared Meals for Groups and Home Delivery</b> 						
<b>Child Nutrition Programs</b>	Reduced price or free breakfasts, lunches, snacks and milk served to children in school and child care	Children in school or child care	Income up to 130% of FPL receive <i>free</i> meals; between 131% and 185% of FPL receive <i>reduced price</i> meals	None	Participating schools and child care providers	Schools and child care providers
<b>Elderly Nutrition Programs: Congregate (ENP-CM) and Home Delivered Meals</b>	Meals, nutrition education and nutrition counseling	People 60+ and their spouses	None	Delivered meals are for people who are homebound, have no support system <i>and</i> unable to prepare meals, <i>or</i> are isolated	Local meal sites are located in all counties except Brown, Greeley, Stanton, Stevens and Wallace	Local nutrition and/or meal sites or the Area Agency on Aging or call 1-800-432-3535
<b>Soup Kitchen Program</b>	Meals, mostly lunches	Anyone needing a meal	None	None	Local soup kitchens and homeless shelters	No application required