Food Resources in Douglas County

By: Cheryl Barnes and Cierra Smallwood
Who We Are: SNAP-Ed

- SNAP-Ed supports low-income Kansans in making the healthy choice the easy choice
- We teach nutrition classes to youth, adults, families, and older adults.
  - Class Topics:
    - Easy meal planning according to MyPlate
    - Stretching limited food dollars
    - Increasing physical activity
    - Improving skills for safe food handling and preparation
- Visit [https://www.hhs.k-state.edu/ks-snaped/free-classes.html](https://www.hhs.k-state.edu/ks-snaped/free-classes.html) for upcoming SNAP-Ed classes
- We implement Policy, Systems, and Environmental Changes (PSE) to support health behaviors
Douglas County Food Resources List

- List of food resources in Douglas County to access
- Google Doc that is ongoing and updated frequently
- Featured food resources
  - Government Assistance
  - Food Pantries
  - Mobile Food Distribution Sites
- Community Meals
  - General, youth, and seniors

https://tinyurl.com/ycsbso5h

Resources are subject to change

For additions or edits, contact:
K-State Research and Extension - Douglas County
cierras@ksu.edu or 785-643-7058
Douglas County Food Resource List

English Food Resource List
Link: https://tinyurl.com/ycsbso5h

Spanish Food Resource List
Link: https://tinyurl.com/ycmfty3e
SNAP

SNAP (formerly known as "Food Stamps")

Provides qualifying low-income households with food benefits, access to a healthy diet and education on food preparation and nutrition

How to Apply

Online Application: https://cssp.kees.ks.gov/apspssp/sspNonMed.portal

Paper Application:

Found outside of the Kansas Department of Children and Families (DCF) office

There is a box to turn in completed applications outside of the DCF office

DCF Address: 1901 Delaware St, Lawrence, KS 66046

Need help with the application?

Contact the Harvesters SNAP Hotline

SNAP hotline at 877.653.9522 or email at SNAP@harvesters.org
Double Up Food Bucks

- Double your SNAP $ (EBT) up to $25/day at participating farmers markets and grocery stores
  - [https://www.doubleupheartland.org/](https://www.doubleupheartland.org/)
- Participating locations in Douglas County
  - Lawrence Famers’ Market: 824 NEW HAMPSHIRE ST
    - Saturday Market 7:30-11:30AM
      - MAY 30th - NOVEMBER 21st, 2020
    - Tuesday Market: 1100 MASS ST. (NORTHWEST CORNER IN SOUTH PARK)
      - 4:00-6:00PM June 16th - October 27th.
  - Website: [https://www.lawrencefarmersmarket.org/](https://www.lawrencefarmersmarket.org/)
- Cottin’s Hardware Famers Market
  - Thursdays (4 pm to 6 pm)
  - 1832 Massachusetts St Lawrence, KS 66044
  - Website: [https://www.facebook.com/cottinsfarmersmarket/](https://www.facebook.com/cottinsfarmersmarket/)
National School Lunch Program

- Federally assisted meal program operating in public and nonprofit private schools and residential child care institutions

- Provides nutritionally balanced, low-cost or free lunches to children each school day

- Check out the Douglas County Food Resource List for applications for free and reduced lunch applications for Baldwin City, Eudora, and Lawrence school districts

- Contact your local school district for more information
Commodity Supplemental Food Program

- (CSFP) works to improve the health of low-income persons at least 60 years of age by supplementing their diets with nutritious USDA Foods.
- States establish income limits for the elderly that are at or below 130 percent of the Federal Poverty Income Guidelines.
- Food packages include a variety of foods, such as nonfat dry and ultra high-temperature fluid milk, juice, farina, oats, ready-to-eat cereal, rice, pasta, peanut butter, dry beans, canned meat, poultry, or fish, and canned fruits and vegetables.
- For more information about this program, contact your CSFP State agency: https://www.fns.usda.gov/contacts
WIC

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

WIC is for pregnant and postpartum women, infants and children up to age 5 who are determined to be at nutritional risk and meet income guidelines.

How to Apply

- Call 785-856-5350 to schedule an appointment to sign up for WIC
- Visit [https://ldchealth.org/176/WIC-Nutrition](https://ldchealth.org/176/WIC-Nutrition) for more information

Income Guidelines

The income guidelines (PDF), which are 185% of the Federal Poverty Guidelines, are:
- $30,451 annually for a household of 2
- $38,443 annually for a household of 3
- $46,435 annually for a household of 4
- $54,427 annually for a household of 5

Income guidelines: [http://www.kansaswic.org/manual/CRT_06_01_00_Income_Eligibility_Chart.pdf](http://www.kansaswic.org/manual/CRT_06_01_00_Income_Eligibility_Chart.pdf)
Food Pantries

- Douglas County has access to 2 food banks for food distribution (Just Food and Harvesters)
- There are 9 food pantries in Lawrence to supplement your nutrition and food needs, 14 throughout the county
- Visit pantries as often as you can
- Each pantry has their own procedures in response to COVID-19
  - Check procedures on Douglas County Food Resource List
Harvesters Mobile Food Distributions

- A variety of fresh food/grocery items are distributed in a drive-thru model
- Volunteers load the food into your trunk, so make sure your trunk is empty
- First-come, first-served
- Some sites allow you to go through the line twice
- Visit Harvesters Food Locator Tool or Douglas County Food Resources List (Spanish) for full list of sites
Community Meals

- Currently, 7 free or discounted meals sites are available in Douglas County for adults, youth, and seniors.
- Availability can change from season to season.
  - (e.g. more youth meals sites during summer months)
- Grab-and-go style meals common.

Lunch @ L.I.N.K
https://www.linklawrence.org/
Douglas County Food Resource List

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Spanish Food Resource List
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Questions?

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  Office of the Assistant Secretary for Civil Rights
  1400 Independence Avenue, SW
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  fax: (833) 256-1665 or (202) 690-7442;
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