



Food Resources in Douglas County

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Smallwood

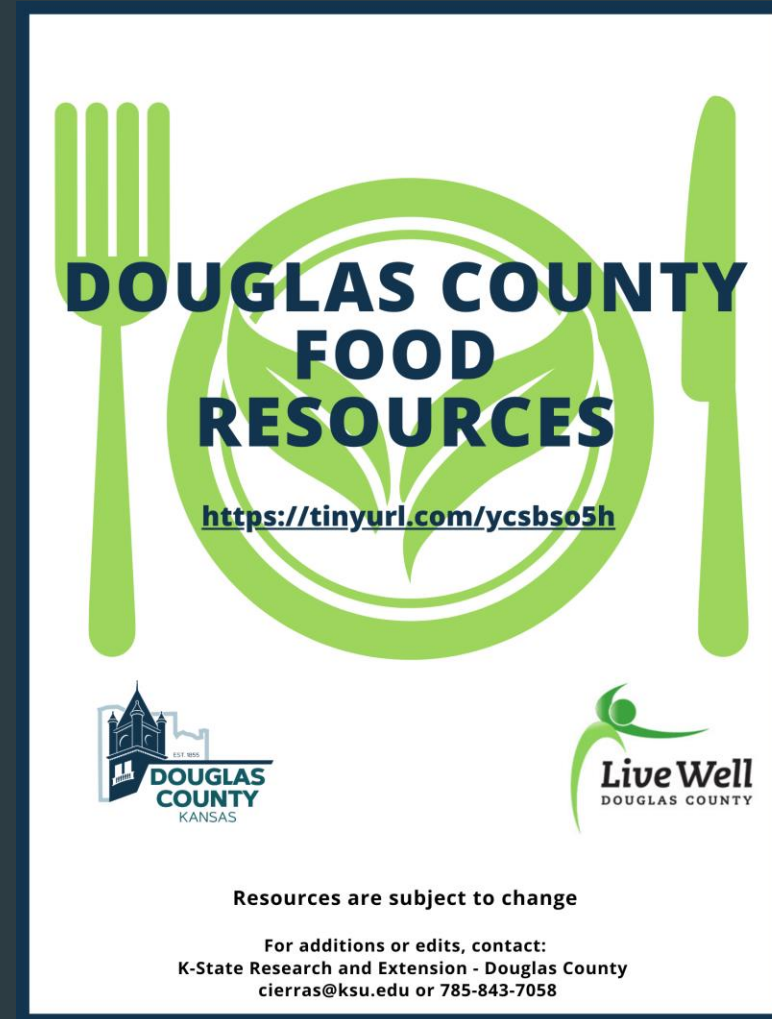
Who We Are: SNAP-Ed

- ▶ 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> 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



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/>
- ▶ 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/>
 - ▶ Cottin's Hardware Famers Market
 - ▶ Thursdays (4 pm to 6 pm)
 - ▶ [1832 Massachusetts St Lawrence, KS 66044](https://www.facebook.com/cottinsfarmersmarket/)
 - ▶ Website: <https://www.facebook.com/cottinsfarmersmarket/>



The graphic features a top banner with fresh produce (radishes, basil, melons, oranges) and the Double Up Food Bucks logo. Below this, the text 'DOUBLE YOUR FOOD DOLLARS' is prominently displayed in orange and white. Underneath, the locations are listed: 'Lawrence Farmers' Markets and Cottin's Hardware Farmers Market'. The main body of the graphic is a white box with a green border containing three numbered steps: 1. SWIPE YOUR EBT CARD. (with an illustration of a woman swiping a card), 2. GET YOUR TOKENS. (with 'EBT / SNAP No CHANGE GIVEN' and 'DOUBLE UP FOOD BUCKS' logos), and 3. BUY YOUR FOOD. (with two rows of food icons: one for SNAP items like apples, pears, carrots, meat, and cheese; the other for Double Up Food Bucks items like corn, peppers, onions, carrots, tomatoes, watermelon, and grapes).

DOUBLE YOUR FOOD DOLLARS

Locations: Lawrence Farmers' Markets and Cottin's Hardware Farmers Market

- 1 SWIPE YOUR EBT CARD.** 
- 2 GET YOUR TOKENS.**  
- 3 BUY YOUR FOOD.**

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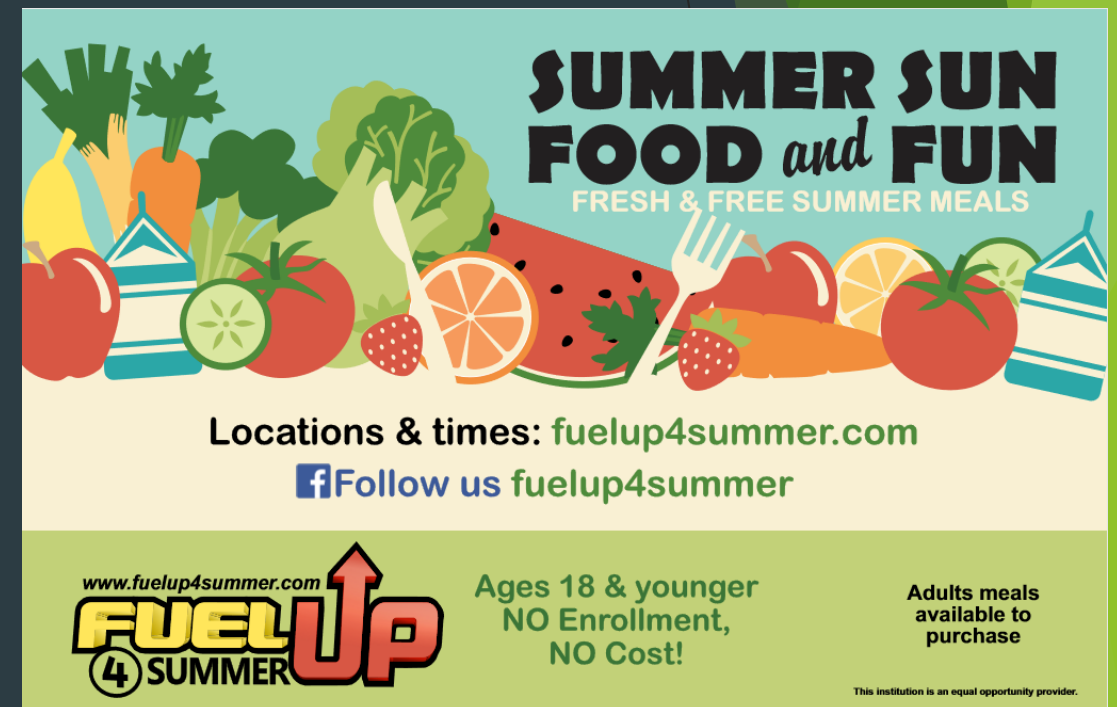
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National School Lunch Program

- ▶ 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



NATIONAL
SCHOOL LUNCH
PROGRAM



**SUMMER SUN
FOOD and FUN**
FRESH & FREE SUMMER MEALS

Locations & times: fuelup4summer.com
Follow us [fuelup4summer](https://www.facebook.com/fuelup4summer)

www.fuelup4summer.com
FUEL UP
4 SUMMER

Ages 18 & younger
NO Enrollment,
NO Cost!

Adults meals
available to
purchase

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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> for more information
 - ▶ Income guidelines: http://www.kansaswic.org/manual/CRT_06_01_00_Income_Eligibility_Chart.pdf



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

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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Questions?

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