

Nutrition: Additional Resources

Finding Food Assistance

<u>Lowcountry Food Bank</u> (843) 747-8146 x1000 https://lowcountryfoodbank.org/givenow/	<u>Supplemental Nutrition Assistance Program</u> 1-800-221-5689 https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program
<u>USDA National Hunger Hotline and Clearing House (7:00 am-10:00 pm EST)</u> <ul style="list-style-type: none">• 1-866-3-HUNGRY (English)• 1-877-8-HAMBRE (Spanish)• By Text: 914-342-7744. https://www.fns.usda.gov/national-hunger-hotline	<u>WIC (Special Supplemental Nutrition Program for Women, Infants, and Children)</u> <ul style="list-style-type: none">• Pregnant and breastfeeding women• Non-breastfeeding postpartum women• Infants, toddlers and children up to age 5 https://www.fns.usda.gov/wic

Nutrition Information

- My Plate: <https://www.myplate.gov/eat-healthy/what-is-myplate>
- My Fitness Pal: <https://www.myfitnesspal.com/>
- Fooducate: <https://www.fooducate.com/>
- USDA Food Plans: <https://www.fns.usda.gov/research/cnpp/usda-food-plans>

Recipes

- USDA Cookbooks: <https://www.myplate.gov/myplate-kitchen/recipe-resources/usda-cookbooks>
 - [Meeting Your MyPlate Goals on a Budget](#)
- USDA SNAP-Ed Recipes: <https://snaped.fns.usda.gov/resources/recipes-and-menus/snap-ed-recipes>
- Cooking Matters: <https://cookingmatters.org/>
- eatFresh.org: <https://eatfresh.org/>
- Iowa State University Extension: <https://spendsmart.extension.iastate.edu/>
- All Recipes: <https://www.allrecipes.com/>

Saving Money on Food

- Coupons.com
- Walmart Savings Catcher App
- Store Discount Cards
 - Food Lion – “MVP” card
 - Harrist Teeter – “VIC” card