

Because an Apple a Day Isn't Always Enough.

There are many income-based benefit programs available to parents and caregivers that can help pay for nutritious foods and medical care for children.

Supplemental Nutrition Assistance Program

SNAP helps people afford healthy groceries, through an Electronic Benefits Transfer (EBT) card that works like a debit card, and can be used at most supermarkets and other food stores. **To find out more call: 1-800-221-5689. Or visit: www.fns.usda.gov/FSP/**

Women, Infants, and Children

WIC helps to cover nutritional and other health needs for women with children by helping them to pay for healthy groceries, providing nutrition education and counseling, and offering screening and referrals to other health, welfare and social services at WIC clinics. **To find out more call: 703-305-2286. Or visit: www.fns.usda.gov/wic/**

Children's Health Insurance Program

Every state offers a federally-subsidized CHIP program that provides uninsured children with low-cost health insurance that pays for doctor visits, dental care, prescription medicines, hospitalizations and other medical expenses. **To find out more call: 1-877-Kids-Now. Or visit: www.insurekidsnow.gov/**

Medicaid

Medicaid is a federal health insurance program that makes it possible for people who couldn't otherwise afford health insurance pay for some or all of their medical bills. **To find out more call: 1-800-633-4227. Or visit: www.cms.hhs.gov/home/medicaid.asp**



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