

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/**

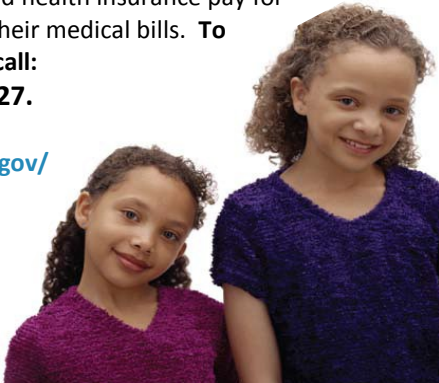
Children's Health Insurance Program

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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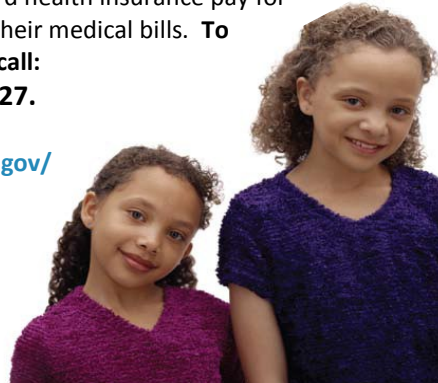
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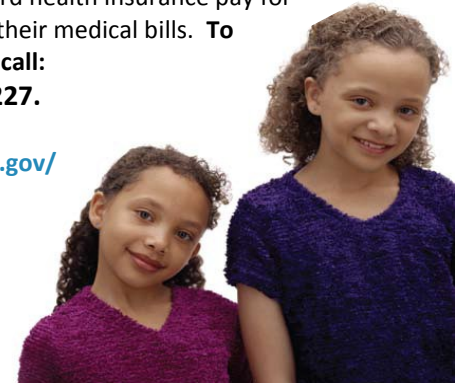
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Home is Where the Heart is.

A home is more than just a place to sleep – it's the center of our lives outside the workplace. That's why it's essential to have a safe, affordable place that you and your family can call your own.

Energy Assistance

LIHEAP helps low-income families pay for basic household heating or cooling expenses and home weatherization. This includes everything from providing assistance with gas and electric bills to insulating houses and doing other energy-related home repairs. **To find out more call: 1-866-674-6327.** Or email: energy@ncat.org

Foreclosure Assistance

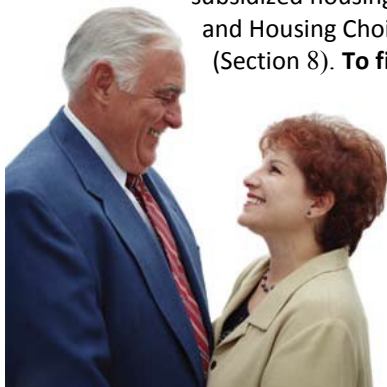
There are a wide range of federally-sponsored foreclosure assistance services available to homeowners through the Making Homes Affordable Program (MHAP). Programs that are part of MHAP such as a Hope for Homeowners, the Home Affordable Modification Program (HAMP), and the Home Affordable Refinance Program (HARP), help eligible homeowners modify loans or refinance their mortgages so that they're more affordable. **To find out more call: 1-888-995-HOPE™.** Or visit: www.makinghomeaffordable.gov

Rental Assistance

The US Department of Housing and Urban Development also offers programs to support renters by providing safe, affordable rental options. Some of the major programs include: Privately owned subsidized housing; Public Housing; and Housing Choice Voucher Program (Section 8). **To find out more call:**

1-800-569-4287.

Or visit: portal.hud.gov/portal/page/portal/HUD/topics/rental_assistance



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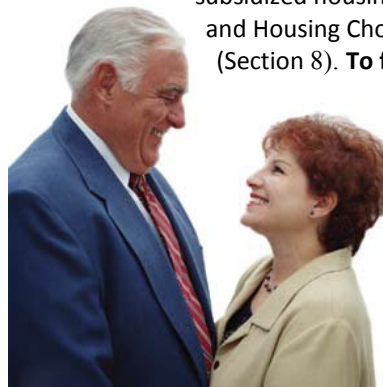
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