

# HEALTHY HELPINGS



Provides Food Stamp Benefits to help low-income individuals and families buy the food they need for good health. Benefits are provided monthly on a plastic card, which may be used like cash.

*Available through your local Department of Social Services office.*



Provides nutritious meals to children in low-income areas during the summer months.

*Meals are available at approved local sites such as schools, parks, recreation centers, churches, community centers and camps.*



Provides nutritious meals to children attending educational/enrichment after school programs in low-income areas.

*Snacks are available at approved local sites such as schools, parks, recreation centers, churches, community centers, and day care centers.*



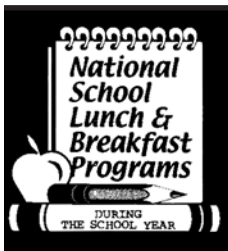
Provides nutrition education classes throughout the year to assist families with choosing and preparing meals that will meet their economic and health needs.

*Classes are offered by various organizations such as Clemson Extension, SC State Extension, Aging Service Providers and Health Departments.*



Provides vouchers for specific foods that contain nutrients needed by pregnant and or postpartum women, infants and at-risk children up to 5 years old.

*Available through county health departments; these WIC vouchers may be received in addition to food stamps and commodities.*



Provides free or reduced price meals to all low-income children in elementary, middle and high schools during the school year.

*Available at all elementary, middle and high schools.*

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Provides financial assistance to day care centers and day care homes so that they can provide nutritious meals to the children and adults enrolled in their care.



Provides meals for the elderly at local sites such as churches, housing projects and senior citizen centers.



Provides delivery of meals to homebound senior citizens.



Provides free nutritious foods for distribution to low-income households in times of need.

*Commodities are available at designated local food pantries and can be received in addition to food stamps.*



Provides financial assistance to emergency shelters (i.e. homeless, battered women) so that they can provide nutritious meals to the children temporarily in their care.

FOR **MORE INFORMATION** ON THESE **PROGRAMS**,  
CALL TOLL FREE **1-800-768-5700** OR YOU MAY CONTACT YOUR  
**LOCAL FOOD STAMP OFFICE**

[www.healthyhelpings.org](http://www.healthyhelpings.org)



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