Toolkit Purpose

This Toolkit is designed to help people find information and resources on food assistance programs in the District, including how to qualify and apply. This Toolkit is not a complete list of food resources or eligibility criteria. More information can be found by calling the phone number or visiting the listed websites under each program.

How to Use

This document outlines potential programs a person may be eligible for by age. To understand your potential program eligibility:

1. Choose the brochure that matches the age of the person needing food assistance.

2. Review the programs listed in the brochure to see what programs may match your needs.

3. Find more information on a program by visiting the website listed under each program description.

4. Visit the online **Eligibility Estimator** to see what programs you may qualify for by going to the back of this brochure and scanning the QR code.

Eligibility Estimator

The DC Federal Nutrition Programs Eligibility Estimator Tool can help find programs you may be eligible to receive. To use the Tool, visit the website or QR code listed below. After you answer the 10-question Tool, the Tool will create a list of programs you may be eligible to receive with a link to more information on each program. All answers are kept completely confidential

For additional food, health, and housing resources, visit: **linkudmv.org**

ADULTS
AGES 19–59

These Institutions are equal opportunity providers:

DC | HEALTH · DC snap Ed · DACL LIVE BOLDLY · OSSE · GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR

SNAP: Supplemental Nutrition Assistance Program

SNAP provides individuals and families in the District benefits to buy groceries at SNAP- accepting grocery stores, corner stores, and farmers' markets.

✳ Eligibility is determined by household size and income.

✳ **Contact Information**
(202) 727-5355
(202) 807-0405
Email: **dhs@dc.gov**
Visit: **dhs.dc.gov/snapinfo**

TEFAP: The Emergency Food Assistance Program

TEFAP provides residents groceries at food pantries and prepared meals at soup kitchens and shelters.

🍊 Eligibility is determined by household size and income.

🍊 **Contact Information**
(202) 644-9807
Email: **osse.nutritionprogram@dc.gov** (include "TEFAP" in subject line)
Visit: **osse.dc.gov/service/ emergency- food-assistance- program-tefap**