

How to get food in the District of Columbia

**A food and nutrition
resource guide**

**Published by
D.C. Hunger Solutions**

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D.C. Hunger Solutions

Ending hunger in the nation's capital

The District of Columbia Food and Nutrition Resource Guide

This guide will help to explain important information about the District's food programs including SNAP/Food Stamps, WIC, school meals, child care food, D.C. Free Summer Meals, and more.

This guide will tell you:

- about each program and its benefits
- who is eligible for each program
- how to apply for each program

Participating in these programs can help to stretch food dollars. Chances are, you or your clients can use more than one program, which could really make a difference in a family's ability to access nutritious food.

Remember—a poor diet now leads to a higher risk of obesity, diabetes, cancer, heart disease, and poor health tomorrow. Everyone deserves to eat healthy food and take care of themselves and their families.

If you are a service provider or a D.C. resident and want to learn more about these programs, call D.C. Hunger Solutions at (202) 640-1088 or visit us online at www.DCHunger.org.

We have done our best to make sure this guide is accurate. Please contact us with any corrections or additions for future editions.

Special thanks go to —

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

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D.C. Hunger Solutions



D.C. Hunger Solutions

Ending hunger in the nation's capital

The Organization

D.C. Hunger Solutions was founded in 2002 as an initiative of the Food Research and Action Center (FRAC) to end hunger in Washington, D.C.

The Mission

D.C. Hunger Solutions works to create a hunger-free community and improve the nutrition, health, economic security, and well-being of low-income District residents.

The Strategy

D.C. Hunger Solutions (DCHS) utilizes a three-pronged strategy to overcome the barriers preventing low-income individuals and families from obtaining affordable, healthy food, and to create self-sustaining connections between city residents and nutritious food in their homes, at their schools, and throughout their communities. Specifically, DCHS:

- **Seeks to improve public policies to end hunger, reduce poverty, promote nutrition, and curb obesity**, working with District of Columbia agencies, community and faith-based organizations, schools, legislators, and private sector stakeholders to assure that public agencies increase the availability of healthy, affordable food in low-income areas of the city, and promote wellness policies in school and community settings. DCHS provides data analysis, policy advocacy, training, action alerts, and publications to help stakeholders implement these hunger solutions.
- **Maximizes participation in all federal nutrition programs** through a combination of vigorous outreach, removal of obstacles to participation, and close work with social service agencies. DCHS connects hungry families with programs such as the Supplemental Nutrition Assistance Program (SNAP)/food stamps and WIC; connects child, afterschool, and summer care providers with federal nutrition aid; and connects all students at risk of hunger with school breakfasts and lunches.
- **Educates the public and key audiences** both to the stark reality of hunger's existence in the midst of plenty and to solutions that are already at hand. DCHS leads and participates in coalitions to ensure that families become self-sufficient and can afford and access healthy food.

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SNAP/Food Stamps: Helping Families Purchase Food

WHAT IS SNAP AND WHY IS SNAP IMPORTANT?

Each month more than 140,000 District residents benefit from SNAP, the Supplemental Nutrition Assistance Program (formerly known as the Food Stamp program). With SNAP, people are able to buy more fresh produce, grains, meat, and dairy products at grocery stores, farmers' markets and corner stores.

Even still, many residents – including many low-income workers, seniors, and legal immigrants – do not apply for SNAP benefits although they qualify. This means that many people are missing out on one way to stretch their food dollars and buy healthier food. As food prices, energy bills, and housing expenses increase, SNAP benefits can be a huge help.

This guide will tell you the truth about SNAP and give you the facts you need to apply quickly and easily.

SNAP benefits are monthly funds that you can use to buy most foods. The average monthly benefit in the District is around \$135 per person and the minimum monthly benefit is \$16 per person. Most grocery stores, convenience stores, and corner stores accept SNAP benefits, which are distributed on an Electronic Benefits Transfer (EBT) card that works much like a debit or credit card. SNAP will help you save some cash to put toward other food, rent, energy bills, child care or other things that you need.

SNAP is the federal government's largest nutrition program. The program is not welfare. It is a good way to increase your food buying power. Your taxes have paid for SNAP – we all have the right to apply for SNAP benefits in times of need.

WHAT CAN SNAP BENEFITS BUY?

SNAP benefits can be used to buy uncooked foods and seeds or plants for growing food.

SNAP benefits **cannot** be used to buy:

- Alcohol
- Hot meals
- Vitamins and Minerals
- Tobacco
- Paper products or soap
- Pet food (except for assistive service pets)

Who SNAP/Food Stamps Can Help

WHO CAN RECEIVE SNAP BENEFITS?

Generally, people who fall into one of these groups can qualify for SNAP:

- U.S. citizens
- Many legal immigrants
- Citizen children of undocumented or otherwise non-eligible immigrants

People receiving Temporary Assistance for Needy Families (TANF), Medicaid, or Supplemental Social Security Income (SSI) automatically qualify for SNAP.

People who typically cannot receive SNAP are:

- Most people on strike
- All undocumented immigrants
- Most college and university students who are not working or raising young children
- People who quit their jobs without reason
- People who have not followed SNAP rules

CAN IMMIGRANTS BE ELIGIBLE FOR SNAP?

Legal Permanent Residents who have been in the U.S. for at least five years may be eligible to receive SNAP benefits. A few special classes of legal immigrants, including refugees, asylees, and survivors of human trafficking, may be eligible for SNAP even if they came to the U.S. more recently.

Some legal immigrants who were not eligible for the program in the past due to their immigrant status may now be eligible again.

Applying for SNAP will not affect your immigration status or make you a “public charge.” You can apply on behalf of your children who were born in the U.S., even if you are not a U.S. citizen. You only need to provide social security numbers for your children. You do not have to provide your own social security number or answer questions about your own immigration status.

Contact D.C. Hunger Solutions for more information.

More Information on SNAP/ Food Stamps

WHAT ARE THE ELIGIBILITY REQUIREMENTS FOR SNAP?

Two things determine SNAP eligibility in Washington, D.C.:

- The size of the SNAP household (How many people buy and prepare food together?)
- The household total gross income (BEFORE TAXES) each month/year. If it is below 200% of the Federal Poverty Level, you may be eligible.

DID YOU KNOW?

Due to the Food Stamp Expansion Act of 2010, Washington, D.C. does not count assets (savings) when determining eligibility for SNAP benefits. Also, more households are eligible to apply. Before, a household could only apply if they earned income within 130% of the Federal Poverty Level or less. Now households that earn 200% of the the Federal Poverty Level or less may be eligible for SNAP, **especially if you have high housing and/or childcare costs.**

SNAP/Food Stamp Eligibility Guidelines		
October 2014 - September 2015		
Number of people in household	130% of Federal Poverty Level Gross Monthly Income Limits	200% of Federal Poverty Level Gross Monthly Income Limits
1	\$1,265	\$1,946
2	\$1,705	\$2,622
3	\$2,144	\$3,300
4	\$2,584	\$3,976
5	\$3,024	\$4,652
6	\$3,464	\$5,330
7	\$3,904	\$6,006
8	\$4,344	\$6,682
each additional person	add \$440	add \$678

WHAT COUNTS AS INCOME?

Below are a few examples of what can count as income. If you are unsure if something can count as income, bring it to your interview anyway.

- Wages from work (previous 30 days' paystubs)
- Unemployment or Workers Compensation
- Social Security income
- Pensions and retirement
- SSI/ Disability
- Child support or alimony
- Foster care/adoption subsidy
- Veteran's benefits
- Regularly scheduled income from a relative or friend

More Information on SNAP/ Food Stamps

WHAT DEDUCTIONS APPLY TO SNAP ELIGIBILITY?

These deductions are applied to your gross income to determine your net income:

- Standard deduction
- Earned income deduction (20% of earned income)
- Excess medical deduction (for persons with disabilities or person over age 60 only)
- Dependent care deduction
- Child support payment deduction
- Excess shelter deduction (including rent or mortgage, property taxes, fees, and insurance)
- Utility deduction (gas, water, electric, land line or cell phone, and other utilities)

HOW MUCH ARE SNAP BENEFITS?

The average SNAP benefit in D.C. is \$135 per person per month and the minimum benefit is \$16 per month.

For the maximum SNAP benefit, see chart below.

Generally, the lower your net income, the higher your SNAP benefits.

SNAP/Food Stamp Maximum Benefit Levels	
Note: The minimum benefit for any household size is \$15 per month	
Number of people in household	October 2014 - September 2015 Maximum Benefit Level
1	\$194
2	\$357
3	\$511
4	\$649
5	\$771
6	\$925
7	\$1,022
8	\$1,169
each additional person	add \$146

More Information on SNAP/ Food Stamps

ARE THERE SPECIAL RULES FOR SENIORS OVER 60 OR PERSONS WITH DISABILITY?

There are many special rules that make it easier for seniors (age 60 and older) and persons with disabilities (who receive federal disability benefits) to get SNAP.

- **Income Limits:** Households with seniors or persons with disabilities may be eligible for the program even if their income is above the guidelines, especially if they have unreimbursed medical expenses or high shelter costs.
- **Re-certification:** Unlike most households that have to recertify for SNAP benefits every 12 months, senior households only need to recertify for their benefits every 24 months.
- **Interview Options:**
 - Applicants who prefer to have someone else complete their SNAP application can assign an authorized representative. The representative can complete the SNAP application and go to the interview on behalf of the applicant.
 - The applicant also can request a phone interview if he or she has difficulty getting to the office. If you have questions about how to schedule a phone interview, call D.C. Hunger Solutions at (202) 640-1088.
- **Household Size:** Typically, SNAP eligibility is based on the number of people living in the household who purchase and prepare food together. However, a person 60 years or older who is living with others and cannot purchase and prepare his or her own meals due to a permanent disability may be considered a separate SNAP household. By applying as a separate household, the elderly person (and his or her spouse), would likely receive a greater SNAP benefit.

HOW LONG BEFORE THE BENEFITS BEGIN?

Once the complete application is submitted, the D.C. Department of Human Services, Economic Security Administration (ESA) should send a written notice of eligibility within 30 days. However, if your income is less than \$150 a month or your shelter expenses exceed your income, you may qualify for "expedited" benefits. That means you have a right to receive benefits in 7 days or less.

How to Apply for SNAP/Food Stamps

Step 1: Get an Application

- Go to the nearest Economic Security Administration (ESA) office which administers the SNAP program to pick up an application. (See page 12 for the address of an office near you); or
- Go online to <http://www.dhs.dc.gov/>, then underneath the "Economic Security" tab click on "Apply for Benefits." Download the application; or
- Visit the D.C. Hunger Solutions website at www.dchunger.org, click on "Government Food/Nutrition Programs," and then click "SNAP," or call us if you want us to mail you an application.

Step 2: Complete Your Application and Turn It In

- Fill out your application as best as you can.
- Start gathering as much documentation as you can. See the checklist on page 13. These materials are not required to start the application process, but having all of this information with you may prevent you from having to go back to the office multiple times.
- Take the application to an ESA office. You have the right to bring your SNAP application to any District office, but if possible, call (202) 727-5355 to identify which office will be your "service office" and turn it in there. You will only be given an interview at your determined "service office".

TIP:

Turn in your application even if it is not complete. Turning in an application with just a name, signature, and address will "start the clock," making sure the SNAP/ESA office starts working on your application, so you can get your benefits as soon as possible. If deemed eligible, you will be paid benefits from the date you first turned in your application.

How to Apply for SNAP/Food Stamps

Step 3: Talk With a Caseworker

- When you arrive at the ESA office to turn in your application, you will likely speak with a caseworker who will help you complete the application process and assist you with other programs you might be eligible for.
- Your caseworkers will help you complete your application if it is not complete and ask you questions about information you've provided or left off. Ask your caseworker any questions you have. Make sure to ask about reporting and recertification requirements.

DID YOU KNOW?

If you have obligations during the day, there may still be an opportunity for you to make your appointment. Offices stay open until 7 p.m. on Wednesdays.

If it is hard for you to go to the office in person, you can request a phone interview or ask someone to go to the interview for you. Be sure to sign a note or indicate on your application that you give this person consent to be your authorized representative.

Get copies of everything you submit and try to keep everything handy, because you may need them again. Keep a list of the people you talk to. Know how to contact a caseworker.

Step 4: Submit Any Other Necessary Information

- Usually, applicants do not have all of the documents they need to complete the application the first time they go to the office.
- Your caseworker should tell you what other information you need to bring in and will ask you to return within 30 days. Make copies of the documents for your records and bring them in as soon as possible since the office cannot tell whether you are eligible until the application is complete.
- **Do not forget this step.** Your application will not be processed until all your information is received. If you wait too long, your case will be closed and you may have to start the application process all over again.

How to Apply for SNAP/Food Stamps

Step 5: Find Out if Your Application for SNAP was Approved

- Once your application is complete, the ESA office will send you a letter within 30 days (or 7 if you qualify for “expedited” benefits) to let you know if you qualify.
- If you qualify, you will need to go to an EBT card training center to pick up your card and learn how to use your SNAP benefits.
- If you don’t receive a letter within 30 days from the ESA office telling you whether or not you qualify, call the office.

Step 6: Pick up your EBT Card

- You must pick up your EBT card at one of two training centers, located at 611 H Street, NE and 1649 Good Hope Rd, SE.
- There is an optional training video that will help you understand how to use your EBT card. The training takes 15 to 20 minutes.
- At the end of the training, you will be issued an EBT card. It will have your SNAP benefits loaded on it.
- Use your EBT card to buy food, just like you would use a credit or debit card.

DID YOU KNOW?

SNAP/Food Stamps are loaded onto your EBT card from the 1st to the 10th of the month depending on the first letter of your last name.

Step 7: Keep Up With the Program

- Be sure to follow reporting requirements. SNAP customers are required to tell the ESA office about certain changes (for example, changes in income or household size). You should receive a form telling you what changes you have to report.
- To report a change, call the ESA Customer Service Center at (202) 727-5355.

How to Apply for SNAP/Food Stamps

- If your caseworker asks you to enter the employment program, you will receive a letter with a time and date to go for job training. Some, but not all, SNAP customers have to do this.

Step 8: Be Aware of When You Have to 1) submit a mid-certification form and when you need to 2) re-certify.

1) Mid-Certification:

- Most clients are approved for SNAP benefits for 12 months.
- But, clients must still submit a mid-certification form to inform ESA of any changes. The office will send a mid-certification form at the end of the fourth month of benefits. **This form must be completed, signed, and returned, eveing if there are no changes to report, or the SNAP benefits will be cut off.**

2) Re-Certification:

- About two months before your SNAP benefits are supposed to end, you will receive a letter in the mail telling you a date to come in to the office to recertify. If you cannot go to the office on that day, you must call to reschedule.
- When you go to the SNAP office, you should take all of your documents, just like you did when you applied the first time. The SNAP office will want current information on what you earn and where you live. For a list of documents to take with you, see page 13.
- Be sure to re-apply on time so that your SNAP benefits keep coming without a break.
- **NOTE:** Seniors and persons with disabilities are typically approved for SNAP for 24 months, and homeless households are typically approved for only 6 months.

TIP:

The ESA office will send you a reminder to recertify, but try not to cut it close! Setting up an interview in advance helps your benefits to keep coming on time.

Know Your Rights!

WHAT ARE MY RIGHTS DURING A SNAP INTERVIEW?

When you go to an ESA office to apply for SNAP benefits, you have the right to:

- Get the forms on the same day you ask for them.
- Be screened to see if you can receive “expedited” benefits, which you can get in 7 days.
- Hand in your application after filling in only your name, address, telephone number, and signature (you can finish it later).
- File your application the day that you get it, at any time during office hours.
- Get a list of documents you will need to complete your application.
- Get help from someone who speaks your primary language.
- Submit the application at any office.

WHAT ARE MY RESPONSIBILITIES?

When you are dealing with the ESA office, you should:

- Give true and complete information. If you give false information, you may lose your benefits. You also could face other consequences, such as fines or, in rare cases, criminal proceedings.
- Tell your caseworker about any changes that they ask you to report, including changes in income or who is in your household.
- Keep your appointments at the ESA office.

WHAT IS THE ROLE OF THE CASE WORKER?

At your initial interview, your caseworker should:

- Tell you the program rules and explain them.
- Ask you questions to complete your application.
- Give you a list with examples of the kinds of documents or contacts you can use to prove your income, your expenses, who is in your household, and who you are. Your caseworker will ask you to collect any information on the list you did not bring.

TIP:

At your interview, make sure that you ask questions about things that you don’t understand. It is important that you know what you will have to do to get SNAP benefits.

ESA/SNAP/Food Stamp Offices

The D.C. Department of Human Services Economic Security Administration (ESA) administers the Supplemental Nutrition Assistance Program (SNAP). Call ESA at (202) 727-5355 to find out which office is your service center.

Anacostia
2100 Martin Luther King
Avenue, SE
Washington, DC 20020
Phone: (202) 645-4614
Fax: (202) 727-3527

Taylor Street
1207 Taylor Street, NW
Washington, DC 20011
Phone: (202) 576-8000
Fax: (202) 576-8740



Congress Heights
4001 South Capitol Street,
SW
Washington, DC 20032
Phone: (202) 645-4546
Fax: (202) 645-4524

Fort Davis
3851 Alabama Avenue, SE
Washington, DC 20020
Phone: (202) 645-4500
Fax: (202) 645-6205

H Street
645 H Street, NE
Washington, DC 20002
Phone: (202) 698-4350
Fax: (202) 724-8964

**The offices are
open Monday through Friday
from 8:15 AM – 4:45 PM.
Wednesday evenings, offices
are open until 7 PM.**

NOTE: If you cannot make it to the ESA office, you can assign someone to be your authorized representative. Your authorized representative should be someone you trust. All you need to do is to check the boxes on the SNAP application that lets someone act on your behalf. You can have that person attend the interview, file your paperwork, and/or use your EBT card for you.

If you cannot get to the ESA office because of sickness, disability or some other "good reason", you can request a phone interview. The ESA office is working to allow for more phone interviews so eventually most applicants will be able to waive the face-to-face interview.

TIP:

D.C. Hunger Solutions can help.

If you need assistance in any area of the application process you can contact us at:

(202) 640-1088 or email info@dchunger.org

SNAP/Food Stamp Application Checklist

WHAT TO BRING TO THE INTERVIEW

For the ESA office to accept your application, all you need to fill in is your name, address and signature. You can provide the rest of the documentation below at your interview.

Proof of Identity - Bring a photo ID. If you don't have a photo ID, you can bring along a friend, neighbor, or family member who can verify your name and identity.

Proof that you live in D.C. - Bring a recent rent receipt, copy of your lease, mortgage payment, or your landlord's name and phone number. Or, you can bring a signed letter from a person you live with stating that you live at that address.

Proof of Income - Bring proof of income for ALL sources of income for ALL members of the household. This may include your paystubs for the last 30 days, letters from Social Security, VA benefits, pension, unemployment payments, child support, and/or your employer's name and phone number.

Proof of Housing Expenses - Bring recent rent or mortgage payment receipts. Bring receipts of all recent utility bill(s): phone (including cell), gas, electric, and water. Be sure that all of these documents have your address printed on them.

Income and Other Deductions - You may claim all dependent care costs (child, elderly, disabled, etc.) if necessary for work or employment training. If you are 60 years or over, or receiving Supplemental Security Income (SSI) benefits or Social Security Disability payments, bring proof of any medical expenses or dental expenses you might have that are in excess of \$35/month.

Social Security Number (SSN) - You will need to provide the Social Security Number for everyone who you are applying for. If you do not have a card you can also bring a driver's license, pay stub, unemployment statement, or Social Security Income Award Letter, as long as it has your SSN on it.

Proof of Immigration Status - If you do not have a social security number, you must provide your Alien ID Number. You should bring the immigration and naturalization papers for yourself or whomever you are applying for. Your papers are not required if you only are applying for your children who were born in the United States.

Save Money on Groceries: SHARE

WHAT PROGRAMS CAN HELP SAVE MONEY ON GROCERIES?

The **SHARE Food Network** is a program run by Catholic Charities that allows you to purchase food packages with your SNAP benefits, cash or credit card, filled with staple food items at discounted, wholesale prices. The program is open to everyone—there are no member fees or income limits.

WHAT IS THE SHARE FOOD NETWORK?

The SHARE Food Network is a wholesale food cooperative and volunteer organization. SHARE food packages cost \$20 and require 2 hours of volunteer service per month, usually helping assemble food packages.

WHAT KIND OF FOOD COMES IN A SHARE PACKAGE?

A SHARE food package is valued at \$40-\$50 and contains fruits and vegetables, meats, and staples such as potatoes, pasta, rice, beans, and more. Special packages are also available for the holidays. A typical package might include chicken wings, fish fillets, ground beef patties, sausage, potatoes, onions, rice, broccoli, carrots, apples, nectarines, and pie.

HOW TO ORDER A SHARE FOOD PACKAGE

To order a SHARE package

1. Call SHARE at 1-800-21-SHARE(74273) or (301) 864-3115. You can also visit www.SHAREDC.org or the D.C. Food Finder at www.dcfocdfinder.org and click "low cost groceries."
2. Sign up online at www.SHAREDC.org and order your package at the host site nearest you at the beginning of the month.
3. Pre-pay \$20 with Visa or Mastercard over the phone, or pre-pay at the site with cash, SNAP (with your EBT card), or money order.
4. Volunteer for 2 hours during the month at a SHARE location.
5. Pick up your package on distribution day.



Farmers' Markets & Farmers' Market Vouchers

WHAT ARE FARMERS' MARKETS?

At farmers' markets you can buy fresh fruits and vegetables right from local farmers. There are about 40 markets in D.C. Most are open between June and October. Markets often feature nutrition education, cooking demonstrations, and special events. For a list of farmers' markets around the District, visit www.dchunger.org or www.dcfoodfinder.org.

How are farmers' markets helping low-income residents?

- You can shop at most markets with cash, SNAP/EBT, Farmers' Market "Get Fresh" WIC or Senior coupons. Over 35 farmers' markets in the District now accept EBT/SNAP. A few of them include: Adams Morgan, Bloomingdale, Brookland, Columbia Heights, FreshFarm White House, H Street, 14th and U, Mt. Pleasant, Petworth, RFK Open Air, U.S. Department of Transportation, Ward 8 and the Wharf.
- Some markets have programs where you can double your SNAP dollars when using your EBT card. Additionally, many market are helping low-income residents receiving SNAP, Medicaid, and WIC through "produce plus" checks. These checks provide \$10 per market visit for low-income shoppers to spend on fruits and vegetables. Visit www.dcfoodfinder.org for more info.

WHAT IS THE FARMERS' MARKET NUTRITION PROGRAM?

The Farmers' Market Nutrition Program gives coupons worth \$25 each year to some low-income seniors and to people who use WIC. The coupons can be used to purchase fresh fruits and vegetables at local farmers' markets from June to November. Each family member who is on WIC will receive the coupons at their July or August WIC visits. Low-income seniors participating in the Commodity Supplemental Food Program can get coupons at commodity sites. Read more about this in the "For People Who Are 60 or Older" section.



WIC - Women, Infants and Children

WHAT IS WIC?

WIC stands for the Special Supplemental Nutrition Program for Women, Infants, and Children.

WIC gives vouchers for food to eligible pregnant women, new mothers, babies and children up to age 5 to help them stay healthy. WIC also makes sure that women, babies and children who need health care know how to get it, and provides nutrition information to help families prepare healthy food.

WHAT IS GOOD ABOUT WIC?

Healthy food can be expensive but it is very important. When you eat the right food, you have more energy and you think and feel better. Children who eat well grow up stronger and healthier. They often do better in school when they are older, too.

Pregnant women who use WIC usually have healthier babies and feel better while they are pregnant. Breastfeeding mothers may receive extra food and have someone to talk to about breastfeeding.

If you are on WIC you will get checks that you can use to buy food like:

- infant formula
- peanut butter
- milk
- cereal
- whole grains
- cheese
- fruits/vegetables
- fruit juice
- tuna/salmon
- beans

WHO CAN RECEIVE WIC?

You can get WIC if you are a pregnant or breastfeeding woman, a new mother, an infant, or a child up to age 5, and:

- You live in the District of Columbia (U.S. Citizenship or residency is **not** required).
- You apply for WIC in person.
- A WIC nutritionist finds that you and/or your child are nutritionally at risk.
- You meet income guidelines for your family as listed on page 17 or are participating in Medicaid, D.C. Healthy Families, Free School Lunch Program, Temporary Assistance for Needy Families (TANF), or SNAP.

More About WIC

WHAT ARE THE WIC ELIGIBILITY REQUIREMENTS?

The chart below gives the income eligibility limits for WIC:

- Number of people in the family is the "Household Size." A pregnant women should count as two people—one for the woman and one for your baby.
- A family's total monthly income before taxes fall at or below 185% of the federal poverty level.

NOTE: Those participating in Medicaid, DC Healthy Families, Free School Lunch Program, Temporary Assistance for Needy Families (TANF), or the SNAP Program automatically qualify for WIC.

WIC Eligibility Guidelines		
July 2014 - June 2015		
Number of people in household	185% of Federal Poverty Level Gross Monthly Income Limits	185% of Federal Poverty Level Gross Annual Income Limits
1	\$1,800	\$21,590
2	\$2,426	\$29,101
3	\$3,051	\$36,612
4	\$3,677	\$44,123
5	\$4,303	\$51,634
6	\$4,929	\$59,145
7	\$5,555	\$66,656
8	\$6,181	\$74,167
each additional person	add \$626	add \$7,511

IF ON WIC WILL SNAP BENEFITS BE CUT?

No. The amount of assistance from WIC will not change SNAP benefit levels.

DOES EMPLOYMENT AFFECT WIC BENEFITS?

The total amount of money earned must meet the income limits shown on the chart above. WIC staff will look at the gross income (total income before taxes are taken out) to figure out if you can qualify for WIC.

CAN FOSTER PARENTS, GRAND-PARENTS or FATHERS QUALIFY?

Yes. Fathers, guardians or foster parents can receive WIC for their children under 5, too.

Applying for WIC

HOW TO APPLY FOR WIC

To apply for the WIC program in the District of Columbia:

1. Call (202) 442-9397 or 1-800-345-1WIC.
2. WIC staff will ask you a few questions to determine if you are potentially eligible.
3. If found potentially eligible, a WIC staff person will schedule an appointment at the WIC clinic of your choice.
4. You should receive your first appointment within two weeks of your initial phone call to WIC.

On the day of the appointment, plan to spend one hour and bring:

- Proof of D.C. residence (a bill or letter addressed to you in the past 30 days);
- Proof of total family income (last two check stubs or proof of participation in one of the following: Medicaid, DC Healthy Families, School Lunch Program, TANF, the SNAP/Food Stamp Program);
- Proof of pregnancy or proof of birth (birth certificate or discharge papers);
- Child's shot record; and
- All your children newborn to age five

Your application can start with your first call to WIC. In general, you and/or your children will have to be checked by a WIC nutritionist. That person will fill out a form showing how much each of you weigh, how tall you are, and how your blood test for anemia turned out. This form will go to the WIC office, where workers will see if you are nutritionally "at risk." Examples of nutritional risk include being underweight or overweight, having diabetes, poor eating habits, past pregnancy complications or outcomes, or being homeless.

More about WIC

HOW LONG WILL IT TAKE FOR THE PROGRAM TO START?

If you are eligible for WIC, you may get your checks at your first appointment. When you get your checks, you will find out how to use them, what kinds of food you can buy, how to apply again when you need to, and more.

After your first appointment, you'll need to go back to the WIC office every two to three months to get your checks. You and your child(ren) may also get weighed or meet with a nutrition counselor to learn more about healthy eating habits.

If you cannot get to the WIC office, you can write a note to the WIC office saying that you are letting a friend or relative pick up your checks and shop for you.

TIP:

Be sure to go to your WIC office on your scheduled dates. If you are late, you may lose checks. If you forget to pick up your checks for two months in a row, you will stop getting WIC.

HOW TO USE THE VOUCHERS

You can use WIC checks like vouchers at approved stores. Many large food stores serve WIC shoppers. You can now also use your WIC vouchers for fruits and vegetables at participating farmers' markets. WIC will give you a list of approved stores at your visit.

The checks don't have a dollar amount. Instead they list the types and amounts of food that you and your children can get. You must use your checks within the time-frame printed on the voucher.

You won't have to give money to the cashier for WIC food, no matter what they cost, as long as you buy the right amounts and types. If you want a food that is not on the check, you must pay for it yourself with cash/credit/check or with SNAP.

To use your WIC checks:

1. Bring your checks to the store.
2. Shop for foods listed on the checks.
3. At the check-out, keep your WIC food apart from your other food.
4. After the cashier rings up the sale, you must write in the amount of the sale on the WIC check.
5. Sign and date the check and give it to the cashier.
6. Pay separately for any non-WIC foods.

More about WIC

WHAT TYPES OF FOOD CAN BE PURCHASED WITH THE VOUCHERS?

The kinds of foods that you can get change from time to time. This list will give you an idea of what you can buy:

Food for babies up to 6 months old: infant formula.

Food for babies from 6 months to 12 months old: formula, infant cereal, juice.

Food for children 1 to 5 years old: milk, juice, cereal, eggs, dried beans or peas, peanut butter, fruit, vegetables, and cheese (you may get milk instead).

Food for new moms: milk, juice, cereal, eggs, cheese, fruit, and vegetables.



WHAT IS THE FARMERS' MARKET NUTRITION PROGRAM?

The District of Columbia has a "Get Fresh" program that gives WIC participants \$25 worth of coupons to be used at farmers' markets between May 1 and November 15. WIC participants can receive Get Fresh coupons when they visit a WIC clinic to pick up a WIC check.

Read more about the Farmers' Market Nutrition Program on page 15.



WIC Offices/Clinics in D.C.

District WIC Offices

Please note: offices may change from time to time. Most offices only meet by appointment, so be sure to call ahead.

General Phone Numbers:

D.C. WIC Agency: (202) 442-9397
WIC Hotline: 1 (800) 345-1WIC

Baby Hotline: 1 (800) MOM-BABY
National WIC Office: (703) 305-2746

In Northwest D.C.

Upper Cardozo Clinic
3020 14th St., NW 20009
Monday - Friday 8:30am to 5:00pm
Saturday 8:00am to 12:00pm
Tel: (202) 745-4300

Howard University Hospital
2041 Georgia Avenue, NW 20060
Room 1-K03
Monday - Friday 9:00am to 4:30pm
Tel: (202) 865-4942

Mary's Center for Maternal &
Child Care
2333 Ontario Road, NW 20009
Monday - Friday 8:30am to 5:00pm
1st and 3rd Saturday by appointment
9:00am-3:00pm
Tel: (202) 232-6679

Mary's Center-Georgia Avenue
3912 Georgia Avenue, NW
Monday - Friday 9:00am to 5:00pm
Tel: (202) 545-8042

Children's Hospital GPAC
111 Michigan Avenue, NW 20010
Monday - Friday 8:00am to 4:30pm
Tel: (202) 476-5594

Children's Hospital Comprehensive
Care Clinic
2220 11th St., NW 20010
Monday - Friday 8:30am to 4:30pm
Tel: (202) 476-6298 or
(202) 476-6298

Children's Hospital Adams Morgan
Clinic/Marie Reed Center
2250 Champlain St., NW 20009
Wednesday - Thursday 8:30am to
4:30pm
Tel: (202) 476-6986

Children's Hospital Adams Morgan
Clinic/Dorchester House
1630 Euclid St., NW 20009
Monday - Friday 8:30am to 5:00pm
Tel: (202) 476-5479

WIC Offices/Clinics in D.C.

In Northeast D.C.

Hunt Place Clinic
4130 Hunt Place, NE 20019
Monday - Friday 8:00am to 4:30pm
Tel: (202) 388-8177

East of the River Clinic
123 45th St., NE 20019
Monday, Tuesday, Thursday and Friday
8:30am - 5:00pm
Wednesday 11:00am - 7:30pm
Tel: (202) 388-7752

Chartered Health (HUH)
3924 Minnesota Ave., NE 20019
Monday - Friday 9:00am - 4:30pm
Tel: (202) 627-7851

Mary's Center-Brookland
Brentwood Village Shopping Center
1305 Rhode Island Ave., NE 20018
Thursday 9:00-4:30pm
Tel: (202) 269-0487

Walker-Jones
40 Patterson St., NE 20002
Monday and Thursday 8:00am-4:30pm
(202) 478-4717

In Southwest D.C.

Southwest Clinic
850 Delaware Ave., SW 20024,
3rd floor
Tuesday 8:30am-4:30pm
Tel: (202) 548-4549

In Southeast D.C.

Anacostia Satellite Service Center
1500 Galen St., SE 20020
Monday - Friday 8:30am to 4:00pm
Tel: (202) 610-5491

Children's National Medical Center
Children's Health Center/Good Hope
Road
2501 Good Hope Road, SE 20020
Monday - Friday 8:30am - 5:00pm
Tel: (202) 476-6994

Congress Heights Clinic
3720 MLK, Jr. Ave., SE 20020
Monday - Friday 8:00am - 4:30pm
Tel: (202) 279-1826

Unity Healthcare at D.C. General
19th & Mass. Ave., SE 20003
Monday - Wednesday 8:00am -
4:30pm
Tel: (202) 548-6541

D.C. Free Summer Meals

WHAT IS THE D.C. FREE SUMMER MEALS PROGRAM?

This program makes sure that children (18 and under) have free, healthy meals from June through August. In the summer of 2014, there were over 320 free summer meal sites in D.C. All eligible D.C. Department of Parks and Recreation sites serve free meals and so do many schools.

Two free meals (breakfast and lunch, or breakfast and dinner) or one meal and a snack may be served at a park, school, church, and other places near your home.

The summer meals program is great for all kids 18 and under—especially those who get free or reduced-price meals during the school year.

- Your child can have free, healthy meals every weekday, Monday through Friday. 13 sites provided meals on Saturday in 2014.
- You can save money on food bills all summer long.
- There is no application to fill out! It's easy!
- If your child participates in D.C. Free Summer Meals, it will not affect your participation in WIC or SNAP.

WHAT IS NEEDED TO PARTICIPATE?

Nothing is needed to participate. If a child is under 19 they can eat free summer meals. At most sites kids do not even have to show proof of age, income, or anything else. Children can just go to a participating "open" site and be fed.

WHERE ARE THE SUMMER MEAL SITES LOCATED?

Sites are located throughout the city. Most D.C. Parks and Recreation Centers and many schools are open for free summer meals. To locate a site near your home, call 3-1-1 or text 202 6565-EAT (328) for help to locate a site near you. You can also view a list of meal sites at dcfreesummermeals.org



School Breakfast and Lunch: BREAKFAST THAT'S WHAT'S UP!

WHAT ARE THE SCHOOL BREAKFAST AND SCHOOL LUNCH PROGRAMS?

These programs offer both breakfast and lunch to students at all District public and public charter schools. Thanks to the Healthy Schools Act, breakfast and lunch are now even healthier—with more fruits, vegetables, and whole grains.

In both public and public charter schools, lunches are free or low-cost for students from families with low incomes. Breakfast is free for all students in D.C. Public Schools and public charter schools. Additionally, with the adoption of the Community Eligibility Program (CEP) at over 70 DCPS and 40 DC Public Charter Schools, all meals are free for all students.



WHAT SCHOOLS PARTICI- PATE IN THE PROGRAMS?

All D.C. public and public charter schools offer breakfast and lunch. Call your school to find out details about the National School Lunch and School Breakfast Programs. The menus should also be posted on each school's website and in the front office.

WHO QUALIFIES FOR FREE SCHOOL BREAKFAST AND LUNCH?

If you are on Temporary Assistance for Needy Families (TANF) or SNAP, your child will automatically qualify for free meals. A child who is homeless or a runaway will also automatically qualify. If your family's income is at or below 185% of the poverty line, your child(ren) can qualify for free lunch. And as a result of the Healthy Schools Act, families who used to pay a co-payment for lunch, no longer have to pay.

WHEN TO APPLY

The chart on the next page provides monthly and annual income limits by household size which can help you determine if your child(ren) would qualify.

You may apply at any time during the school year. Call your school or contact D.C. Hunger Solutions for a form and other information. You can also download a School Meal Application online by visiting your school's website.

School Breakfast and Lunch

Free School Meals Eligibility Levels		
July 2014 - June 2015		
Number of people in household	185% of Federal Poverty Level Gross Monthly Income Limits	185% of Federal Poverty Level Gross Annual Income Limits
1	\$1,800	\$21,590
2	\$2,426	\$29,101
3	\$3,051	\$36,612
4	\$3,677	\$44,123
5	\$4,303	\$51,634
6	\$4,929	\$59,145
7	\$5,555	\$66,656
8	\$6,181	\$74,167
each additional person	add \$626	add \$7,511

CAN BOTH MEALS BE APPLIED FOR AT THE SAME TIME?

Yes. There is one meal application form for both breakfast and lunch. If the school offers the school meals program, they must mail a form to each family or send one home with each child. If you are on TANF or SNAP, just put the case number from one of those programs on the School Meal Application—you don't have to fill out the income section. If your family is homeless, and you have reported this informally to the school, you should not have to complete an application.

Note: With the adoption of the Community Eligibility Program (CEP), many families no longer have to fill out school meal application.

IS A SOCIAL SECURITY NUMBER NECESSARY?

No. You can still apply for your child. Just check the box on the application form that says, "I do not have a social security number." Schools can only use this information for registering your child for school meals.

WHY FILL OUT A SCHOOL MEAL APPLICATION FORM?

If your school is not a CEP school and you do not complete a form, you could be billed for all meals your child(ren) eat at the paid rate even if you could otherwise qualify for free meals. That adds up to hundreds of dollars over the course of the school year. By filling out a form, you can help your school get reimbursed for meals and qualify for other funding.

School Breakfast and Lunch

WHAT IS SERVED FOR BREAKFAST AND LUNCH?

It's different at each school. Typical breakfast items include pancakes, cereal, eggs, fruit or bagels. Breakfast comes with a whole fruit or fruit juice and milk. Lunch is a hot meal that changes daily. As a result of the Healthy Schools Act of 2010, all meals follow tight nutrition standards.

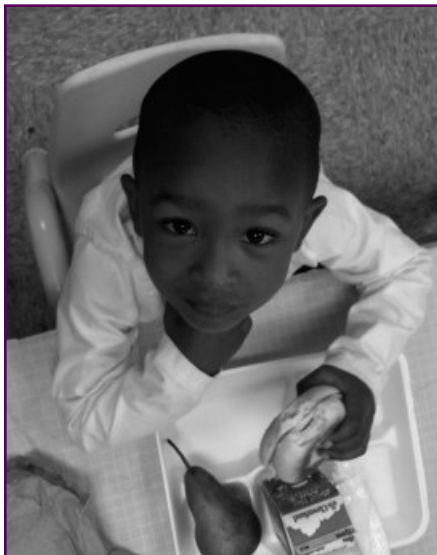
If you are unhappy with the food served, contact the school to see what can be done to improve meals. Have suggestions for improvements in mind. Contact D.C. Hunger Solutions at (202) 640-1088 to find out what you can do to try to make the meals better.

WILL CHILDREN BE IDENTIFIED WHEN RECEIVING FREE MEALS?

No. It is illegal for students getting a free or reduced-price meal to:

- be given special meal tickets.
- be made to use different lines or rooms.
- be given a different choice of foods.

If these things are happening at your child's school, let the principal know about this problem or call D.C. Hunger Solutions at (202) 640-1088, or the Office of the State Superintendent of Education (OSSE) at (202) 727-6436.



Child and Adult Care Food Program — CACFP

WHAT IS CACFP?

The Child and Adult Care Food Program (CACFP) helps care providers serve healthy meals and snacks to the children and seniors or disabled adults in their care.

In D.C., all child development centers must serve meals or require that families bring meals that comply with CACFP meal quality standards, even if the center is not participating in the program. CACFP allows child development centers or family child care homes to provide quality, healthy meals by reimbursing some or all of the money spent on food. This allows providers to purchase healthy food and stretch tight program budgets.

WHO QUALIFIES FOR CACFP?

Child care and development centers for children age 12 and younger are eligible to receive up to two meals and one snack each day through CACFP. Providers of care for migrant children age 15 and younger, and persons with disabilities, regardless of age, are also eligible for CACFP. Those providing care for adult participants must be functionally impaired or age 60 or older, and enrolled in an adult care center where they may receive up to two meals and one snack each day through CACFP.

WHAT IS THE BENEFIT FOR CACFP?

CACFP provides needed assistance for anyone running a child care center or a family child care home and for anyone with a child enrolled. It can save time and money and still ensure that children have the energy to fully benefit from activities.

CACFP also helps teach providers:

- how to plan and serve healthy meals;
- how to keep things clean and safe; and
- how to make healthy, good-tasting food.

HOW TO ENROLL IN THE PROGRAM

If you are a child development center program director or a home family child care provider, call the Office of the State Superintendent of Education at (202) 442-4010. You can also contact D.C. Hunger Solutions. If your child's program does not serve meals, urge the program director to call.

WHAT IS NEW IN D.C.?

The D.C. Healthy Tots Act of 2014 provides local funding for child development centers and homes to serve more whole grains, fruits, and vegetables; provide a third meal; and apply for grants for physical activity and nutrition enhancements. For more information, contact D.C. Hunger Solutions.

Meals for Kids in Afterschool Programs — Snack and Supper

WHAT IS THE CACFP AFTER-SCHOOL MEAL PROGRAM?

The CACFP afterschool meal program helps afterschool care providers serve healthy snacks and suppers to the children in their care. By participating in the snack or supper programs, providers are reimbursed for some or all of the money they spend on food—allowing them to purchase quality, healthy food and stretch tight program budgets. Most children up to age 18 attending an afterschool enrichment program in D.C. are eligible to benefit from CACFP afterschool meal programs.

These programs can save providers and parents money while ensuring that children have the energy to fully benefit from afterschool program activities.

WHAT TYPES OF FOOD ARE SERVED?

Example of a quick healthy snack:

Sliced peaches, cottage cheese, and milk **OR** roasted herb corn on the cob and milk

Example of a full meal:

Baked chicken, whole wheat roll, sliced peaches, and milk **OR** vegetable lasagna, green beans, whole wheat toast, apple slices, and milk.

HOW TO ENROLL IN THE PROGRAM

Find an afterschool program participating in the snack or supper program by calling the Office of the State Superintendent of Education (OSSE) at (202) 727-6436. If your child is already enrolled in an afterschool program, have the program director call OSSE to start participating.



Overview of Nutrition Programs For People 60 Years and Older

ARE THERE FOOD PROGRAMS FOR PEOPLE OVER 60?

Yes, there are many programs for people age 60 and over. These programs can help you eat better, feel better, and even make new friends, all for little or no cost. A list of these programs appears below, and more details are in the pages that follow.

For seniors (age 60 and over):

- **“Meals with Friends”:** These low-cost group meals are offered in senior apartment buildings, senior recreation centers, churches, and other community spaces. Seniors have the option to make a voluntary contribution of \$1 for the meals, but no payment is necessary.

- **“Wellness Centers”:** These centers are located across the city and often host nutrition activities and programs for seniors.

- **Commodity Supplemental Food Program:** This program provides eligible low-income seniors with a monthly food package.

ARE THERE PROGRAMS FOR PEOPLE WITH DISABILITIES?

- **Farmers’ Market Senior Nutrition Program:** This program gives seniors participating in the Commodity Supplemental Food Program \$25 in coupons to purchase fresh fruits and vegetables at farmers’ markets.

- **Home Delivered Meals:** These meals are specially delivered for seniors who are not able to shop and prepare food for themselves.

- **SNAP/Food Stamp Program:** SNAP benefits are monthly funds that you can use to buy most foods. There are special SNAP rules that make it easier for seniors or people who have disabilities to receive SNAP benefits. For example, seniors can receive SNAP benefits for as long as 24 months at a time without needing to recertify. See the SNAP section of this guide for more information on pages 2-13.

Meals with Friends

WHAT ARE MEALS WITH FRIENDS?

These free or low-cost group meals are sponsored by the D.C. Office on Aging and offered to all D.C. residents 60 or older in senior apartment buildings, senior recreation centers, churches, and other community spaces. Sites offer seniors a chance to chat, play cards, and go on trips to farmers' markets, museums, and other local spots. Some sites provide transportation.

Meals are served 5 days a week, all year long (except on holidays).

Note: Weekend meals are available at Washington Seniors Wellness Center in Ward 7. For more information on weekend meals call (202) 581-9355.

HOW MUCH DOES IT COST?

Seniors have the option to make a voluntary contribution of \$1 for the meals, but no payment is necessary.

HOW DO I PARTICIPATE IN MEALS WITH FRIENDS?

There are over 40 Meals with Friends sites across D.C. To participate, call the Lead Agency in your Ward (see page 32). The Agency can locate your nearest site and contact information for you.



Lead Agency Phone Numbers

Contact the Lead Agency (now called the **DC Aging and Disability Resource Center**) in your Ward to participate in low-cost meals at a site near you. You can also call the **D.C. Office on Aging** at 202-724-5622 to find out more about any of these programs.

Ward 1

Terrific, Inc.
1222 T Street NW
Washington, DC 20009
(202) 387-9000

Ward 2

Terrific, Inc.
1220 L Street, NW, Suite 800
Washington, DC 20036
(202) 595-1990 or
(202) 595-1993

Ward 3 (parts of Wards 2 & 4)

IONA Senior Services
4125 Albemarle Street, NW
Washington, DC 20016
(202) 895-9448

Ward 4

Terrific, Inc.
418 Missouri Avenue, NW
Washington, DC 20011
(202) 882-1824

Note: VIDA Senior Centers offers programs dedicated to the District's senior Latino community.

VIDA Senior Centers
1842 Calvert Street, NW
Washington, DC 20009
(202) 483-5800

Ward 5

Seabury Aging Services
2900 Newton Street, NE
Washington, DC 20018
(202) 529-8701

Ward 6

Seabury Aging Services
1318 H Street, NE, 4th Floor
Washington, DC 20002
(202) 397-1725

Ward 7

East River Family Strengthening
Collaborative
3917 Minnesota Avenue, NE
Washington, DC 20019
(202) 534-4880

Ward 8

Family Matters of Greater
Washington
4301 9th St. SE
Washington, DC 20032
(202) 562-6860

Wellness Centers

ARE THERE WAYS TO STAY ACTIVE TOO?

There are several Wellness Centers located in D.C. These centers provide seniors with gyms, nutrition education courses, Tai Chi, and other fitness opportunities.

Some centers may also provide other nutrition programs such as group meals and free groceries from gleaning cooperatives. Call your nearest wellness center for more information. All that's required to join is proof of D.C. residency and proof of age.

Ward 1

Ms. Bernice Elizabeth Fontenau
Senior Wellness Center
3531 Georgia Avenue, NW
Washington, DC 20011
(202) 727-0338

Ward 3

IONA Senior Services
4125 Albemarle Street, NW
Washington, DC 20016
(202) 895-9448
www.iona.org

UDC - Institute of Gerontology
BODYWISE Program
4200 Connecticut Avenue, NW
Building 32, Room 203
Washington, DC 20008
(202) 274-6651

Ward 4

Hattie Holmes
Senior Wellness Center
324 Kennedy Street, NW
Washington, DC 20011
(202) 291-6170

Ward 5

Model Cities
Senior Wellness Center
1901 Everts Street, NE
Washington, DC 20017
(202) 635-1900

Ward 6

Hayes Senior Wellness Center
500 K Street, NE
Washington, DC 20002
(202) 727-0357

Ward 7

Washington Seniors
Wellness Center
3001 Alabama Avenue, SE
Washington, DC 20020
(202) 581-9355

Ward 8

Congress Heights
Senior Wellness Center
3500 MLK Jr. Avenue, SE
Washington, DC 20032
(202) 563-7225

Commodity Supplemental Food Program

WHAT IS THE COMMODITY SUPPLEMENTAL FOOD PROGRAM?

This program provides eligible seniors with a monthly food package. Clients must be D.C. residents, 60 years or older, and meet the income limits (see below).

Food package items include cereal, cheese, beans or peanut butter, canned fruit and vegetables, and pasta.

HOW MUCH DOES IT COST?

There is no cost for this program.

To sign up, visit or call the Capital Area Food Bank at (202) 644-9815. After you register, you will be allowed to pick up food at a site near you. Food package can be picked up immediately after enrollment into the program. The whole process takes only about 30 minutes.

WHAT IS NEEDED TO SIGN UP FOR THE PROGRAM?

To sign up, you should bring:

- Picture ID
- Address verification (letter or bill)
- Income verification (most recent pay stub, public assistance Medicaid notice, and/or social security statement)
- Age verification (ID or birth certificate)
- Social security number

For more information, call the D.C. Office on Aging at (202) 724-5622.

Commodity Supplemental Food Program Eligibility Guidelines		
March 2014 - February 2015		
Number of people in household	130% of Federal Poverty Level Gross Monthly Income Limits	130% of Federal Poverty Level Gross Annual Income Limits
1	\$1,265	\$15,171
2	\$1,705	\$20,449
3	\$2,144	\$25,727
4	\$2,584	\$31,005
5	\$3,024	\$36,283
6	\$3,464	\$41,561
7	\$3,904	\$46,839
8	\$4,344	\$52,117
each additional person	add \$440	add \$5,278

Senior Farmers' Market Nutrition Program

WHAT IS THE SENIOR FARMERS' MARKET NUTRITION PROGRAM?

This program gives seniors \$25 in coupons to purchase fresh fruits and vegetables at farmers' markets. All seniors who can receive Commodity Supplemental Food can also receive the farmers' market coupons.

HOW MUCH DOES IT COST?

There is no cost for this program.

HOW TO PARTICIPATE

You can receive your coupons at the site where you pick up your food package.

For more information, call the D.C. Office on Aging at (202) 724-5622.



Home Delivered Meals

What are Home Delivered Meals?

The D.C. Office on Aging (DCOA) administers Home Delivered Meals which delivers meals to D.C. residents age 60 or older and homebound and the spouse of an older homebound individual regardless of age. Services may be available individuals who are under age 60 with disabilities if they reside with the homebound older individual.

What do participants receive?

There are two program models for homebound seniors. 1) Seniors receive 14 meals every other week. The meals are provided by Mom's Meals. Visit <https://my.momsmeals.com/> to see the wide-ranging menu to choose from. 2) Seniors can also receive four hot and three cold meals three times a week through Catholic Charities. Both programs are funded with local and federal dollars.

Who can participate?

D.C. residents age 60 or older, the spouse of an older homebound individual regardless of age, and individuals who are under age 60 with disabilities if they reside with the homebound older individual. There is no cost but participants have the option to make a voluntary contribution.

How to participate?

Prospective clients must have an assessment to begin receiving meals. To find out if you are eligible, contact the Aging and Disability Resource Center in your Ward (see page 20). You may also call the D.C. Office on Aging at 202-724-5622.

What is "Meals on Wheels"?

Meals on Wheels is a non-governmental program in D.C. that delivers meals to seniors and people with disabilities who are homebound. Participants are asked to pay \$41.75 per week, but scholarships are available. Meals on Wheels has a limited service area in D.C., mostly serving Ward 3. Contact 202-635-8985 to see if Meals on Wheels delivers to your area.

Important Tax Resources — EITC and Child & Dependent Care Tax Credit

IS THERE FREE TAX FILING AS- SISTANCE?

Yes, the D.C. Earned Income Tax Credit Campaign (DC EITC) offers FREE tax help to low and moderate-income individuals and households. Free tax sites use certified community volunteers to help residents file income tax returns including special credits. Individuals with income below \$35,000 and households with total income below \$51,000 qualify for this program.

To locate the free tax site nearest you, dial **2-1-1** or (800) 829-1040, or visit www.dceitc.org.

WHY FILE TAXES?

Each year, 2 million or more American taxpayers lose out on income tax refunds because they don't file their federal and state tax returns. Even if you aren't required to file your tax returns based on your earnings, it might help you to file. There are several tax credits you may be eligible for, including:

Earned Income Tax Credit (EITC)

The Earned Income Tax Credit (EITC) is a federal income tax credit for low-income working individuals and families. Eligible households could get up to \$5,891 from the EITC (earning less than \$51,000 per year) by filing a tax return and claiming the EITC.

Even workers who owe no income tax can get the EITC as a refund.

Child and Dependent Care Tax Credit

The Child and Dependent Care Tax Credit is a tax benefit that helps families pay for child care they need in order to work or to look for work. The credit also is available to families that must pay for the care of a spouse or an adult dependent who cannot care for himself or herself. For the year 2012, parents could claim as much as \$3,000 in dependent care expenses per child (up to \$6,000 for two or more children).

Credit for the Elderly or Disabled

This credit is a tax benefit to support low-income seniors and persons with disabilities. It is available to those 65 years or older or retired on permanent disability with taxable disability income. Eligible filers must meet certain income limits.

SHOULD I USE INSTANT REFUNDS TO GET MONEY BACK QUICKLY?

No. Most of the quick refunds offered by paid tax preparers are actually refund anticipation loans (RALs). These loans are expensive and can cost up to \$100, or even more, on top of what you pay for tax preparation. If you need your refund fast, ask about other options.

Legal Assistance in the District

The District's legal assistance programs provide free civil legal services to income-eligible people in crisis situations. These programs provide direct representation, legal counseling, referrals, and legal self-help materials. Assistance is provided in a variety of areas of law, including housing, family, special education, public benefits, access to medical coverage and treatment, employment, energy assistance, Medicare, Social Security disability, and the rights of elderly people and people with disabilities.

Free Legal Clinics

Archdiocesan Legal Network

www.ccs-dc.org
924 G Street NW
Washington DC 20001
Phone: 202-350-4305
Intake Times: Mon-Fri 9:30am-12pm;
2-4:30pm; Wed-Thurs 2-7:30pm

Asian Pacific American Legal Center

www.apalrc.org
1012 14th St, NW, Suite 450
Washington, DC 20005
Phone: 202-393-3572
Intake Times: Call for intake appointment
Limitations/Restrictions: Referral service for
Asian Pacific Americans

Bread for the City

www.breadforthecity.org
NW Center - 1525 Seventh Street, NW
Washington, DC 20001
Phone: 202-745-1081
SE Center - 1640 Good Hope Rd., SE
Washington, DC 20020
Phone: 202-587-0537
Intake Times: Mon 1-3pm
Limitations/Restrictions: Low-income

Consortium for Child Welfare

Family Ties Project
www.familytiesproject.org
2120 Bladensburg Rd., NE, suite 106
Washington, DC 20018
Phone: 202-547-3349
Intake Times: Call for intake appointments
Limitations/Restrictions: Family law for
clients with at least one child or one
person who has HIV or has died from
complications related to HIV or AIDS.

DC Bar Advice and Referral Clinic

www.dcbar.org/for_the_public/programs_and_services/advice.cfm
Phone: Walk-in only
Intake Times: Second Saturday of each
month 10am-12pm
Located at Bread for the City:
1525 7th Street, NW or 1640 Good Hope
Road, SE

DC Legal Counsel for the Elderly

www.aarp.org/states/dc/LCE/
601 E Street NW T-3
Washington, DC 20049
Phone: 202-434-2120
Intake Times: Mon-Fri 9:30am-3:30pm
Limitations/Restrictions: Must be 60 or
older and a D.C. resident

Legal Aid Society of DC

www.legalaiddc.org
1331 H Street, NW, Suite 350
Washington, DC 20005
Phone: 202-628-1161
Intake Times: Call for intake times
Limitations/Restrictions: Low-income

Neighborhood Legal Services Program

<http://www.nlsp.org>
680 Rhode Island Ave, NE
Washington, DC 20002
Phone: 202-678-2000
Intake Times: Call for intake times
Limitations/Restrictions: Low-income

Washington Legal Clinic for the Homeless

<http://www.legalclinic.org>
1200 U Street, NW, 3rd Floor
Washington, DC 20009
Phone: 202-328-5500
Intake Times: Call for intake appointment



Need food?

DC Food Finder has the answers

Use the Website to find:

- FREE and low-cost meals and groceries
- Places to apply for and use food assistance benefits
- DC Free Summer Meals sites
- Farmers' markets accepting SNAP and Get Fresh
- Community gardens
- Other food and nutrition resources in DC

www.dcfoodfinder.org

The DC Food Finder is brought to you by the Healthy Affordable Food for All Coalition, with the generous support of Social Compact.



SHARE
FOOD NETWORK
Extending Your Food Budget



Need food but don't have a computer?
Call the Hunger Lifeline at (202) 644-9807.