



## If You're Eligible for One of the Following Programs, You May Be Eligible for Others:

# Nutrition Assistance Programs for Eligible Participants

There are many nutrition programs in Arizona that provide support for hundreds of thousands of families. By meeting the eligibility requirements for one program, participants are potentially eligible for others. This resource shows the various programs available and who may be eligible for each one.



### Pregnant Parents and New Parents

- Supplemental Nutrition Assistance Program (SNAP)
- Special Supplemental Nutrition Program for Women, Infants and Children (WIC)
- Women, Infants and Children (WIC) Farmers Market Nutrition Program
- Double Up Food Bucks



### Children 0 - 5 Years

- Special Supplemental Nutrition Program for Women, Infants and Children (WIC)
- WIC Farmers Market Nutrition Program
- Summer Food Service Program
- School Nutrition Programs
- Supplemental Nutrition Assistance Program (SNAP)
- Double Up Food Bucks
- Child and Adult Care Food Program
- Arizona Head Start Program



### Children 6 - 18 Years

- Supplemental Nutrition Assistance Program (SNAP)
- Double Up Food Bucks
- School Nutrition Programs
- Child and Adult Care Food Program
- Summer Food Service Program



### Adults 19 - 59 Years

- Supplemental Nutrition Assistance Program
- Double Up Food Bucks
- The Emergency Food Assistance Program



### Older Adults 60+ Years

- Supplemental Nutrition Assistance Program (SNAP)
- Elderly Simplified Application Project
- Child and Adult Care Food Program
- Double Up Food Bucks
- The Emergency Food Assistance Program
- Commodity Senior Food Program
- Senior Farmers Market Nutrition Program



## Supplemental Nutrition Assistance Program

SNAP provides eligible households with monthly benefits they can use to purchase a variety of nutritious food. SNAP benefits can be used in a variety of stores.



<https://des.az.gov/NA>



## Double Up Food Bucks

This program provides current SNAP participants an opportunity to receive additional fruits and vegetables. For every \$1 spent on eligible food items, participants receive \$1 to spend on Arizona-grown produce.



<https://www.doubleupaz.org/>



## Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

WIC provides nutrition education and breastfeeding support services, supplemental nutritious foods and referrals to health and social services. WIC serves pregnant, breastfeeding, and postpartum women; infants; and children under the age of five.



<https://www.azdhs.gov/prevention/azwic/>



## WIC Farmers Market Nutrition Program

WIC families are eligible to receive farmers market coupons.



[azfmpn.org/wic-families.html](http://azfmpn.org/wic-families.html)



## Arizona Head Start Program

Head Start programs support children's growth from prenatal months through age 5. They provide a variety of services centered around early learning and development, health, and family well-being.



<https://www.azheadstart.org/>



## Summer Food Service Program

The Summer Food Service Program and the National School Lunch Program Seamless Summer Option provide kids and teens in low-income areas free snacks and/or meals when school is out.



<https://www.azhealthzone.org/freesummermeals/>



## School Nutrition Programs

These programs provide nutritionally balanced, low-cost or free breakfast and lunches to children each school day. Applications for free meals are provided by your child's school.



<https://www.azed.gov/hns/nslp>



## Child and Adult Care Food Program

This program provides reimbursements for nutritious meals and snacks served to eligible children/adults enrolled for care at participating centers. If your child care facility participates in CACFP, your child can receive free meals while in care.



<https://www.azed.gov/hns/cacfp>



## The Emergency Food Assistance Program

This program is a federally funded program that helps supplement the diets of low-income Americans, including elderly people, by providing them with emergency food and nutrition assistance at no cost.



<https://des.az.gov/emergency-food>



## Commodity Senior Food Program

This program works to improve the health of low-income persons who are at least 60 years of age by supplementing their diets with a monthly package of nutritious food at no cost.



<https://des.az.gov/senior-food-program>



## Elderly Simplified Application Project

Older adults may be able to apply for Nutrition Assistance benefits through a simplified application, interview and verification process.



<https://des.az.gov/esap>



## Senior Farmers Market Nutrition Program

Annual SFMNP benefits are designed to provide resources in the form of fresh, nutritious, unprepared, locally grown fruits, vegetables, and herbs from farmers markets, roadside stands, and Community Supported Agriculture (CSA) to low-income seniors in Arizona.



[azfmpn.org/seniors.html](http://azfmpn.org/seniors.html)