

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Help with purchasing food

Description	The Supplemental Nutrition Assistance Program (SNAP) is part of a federal nutrition program to help low-income households purchase food. It provides a monthly benefit that helps families and individuals buy the food they need for good health.																														
Eligibility	<p>Those who qualify for SNAP include persons who may meet one of the following options:</p> <ul style="list-style-type: none"> - Work for low wages - Are unemployed or work part-time - Receive TANF, SSI or other assistance payments - Are elderly or disabled and live on a small income - Are children - Adults ages 18 to 49 who have no children in their home (<i>known as ABAWDs, able-bodied adults without dependents</i>) - Individuals, couples and families may qualify if their income is less than 200% of the Federal Poverty Level (FPL). See the table below for gross monthly income limits and current maximum monthly SNAP allotments, based on household size. <table border="0" data-bbox="375 789 1521 1150"> <thead> <tr> <th style="text-align: left;">Household size</th> <th style="text-align: left;">Gross monthly income limits</th> <th style="text-align: left;">Maximum monthly allotment</th> </tr> </thead> <tbody> <tr><td>1</td><td>\$2,266</td><td>\$281</td></tr> <tr><td>2</td><td>\$3,072</td><td>\$516</td></tr> <tr><td>3</td><td>\$3,840</td><td>\$740</td></tr> <tr><td>4</td><td>\$4,626</td><td>\$939</td></tr> <tr><td>5</td><td>\$5,412</td><td>\$1,116</td></tr> <tr><td>6</td><td>\$6,200</td><td>\$1,339</td></tr> <tr><td>7</td><td>\$6,986</td><td>\$1,480</td></tr> <tr><td>8</td><td>\$7,772</td><td>\$1,691</td></tr> <tr> <td>Each additional member (add)</td> <td>+\$788</td> <td>+\$211</td> </tr> </tbody> </table>	Household size	Gross monthly income limits	Maximum monthly allotment	1	\$2,266	\$281	2	\$3,072	\$516	3	\$3,840	\$740	4	\$4,626	\$939	5	\$5,412	\$1,116	6	\$6,200	\$1,339	7	\$6,986	\$1,480	8	\$7,772	\$1,691	Each additional member (add)	+\$788	+\$211
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Requirements	<ul style="list-style-type: none"> - Proof of income - 30 days of earned income (pay stubs, employer statement that includes pay per hour and hours per week, etc.) - Self-employment bookkeeping records (if self-employed) - Agency letter showing unearned income (Social Security Retirement or Disability income, Supplemental Security Income (SSI), Veterans Affairs (VA) pension or disability benefits, Unemployment, child support, alimony, private retirement, pension, etc.) - Proof of identity (any of the items below) - Driver's license or state-issued identification card - Birth certificate or Social Security card - Work or school identification card - Voter registration card - Proof of medical expenses (ONLY if over 60 or disabled) - Billing statements or repayment agreements - Medicare card, indicating Part B - Mileage or transportation costs to/from medical appointments 																														



	<ul style="list-style-type: none"> - Itemized receipts for medical expenses (prescription drugs, medical supplies, etc.) - Other possible documents - Immigration or naturalization papers (ONLY if these documents apply to you. For example, NOT required if you are only applying for your children who were born in the United States) - Child care expenses (if appropriate)
Application	<p>There are several ways to apply for SNAP benefits:</p> <ul style="list-style-type: none"> - Apply online using the Colorado PEAK website here https://coloradopeak.secure.force.com/ - Use the MyCOBenefits app on your smartphone. You can download the app from either the Apple or Android app store. - Print the application of your choice, fill it out and return it by mail, fax or in person to your county human services office here https://cdhs.colorado.gov/contact-your-county - English application - Spanish application - Large-print application - Call SNAP outreach partner, Hunger Free Colorado, at 855-855-4626. They can help you complete an application over the phone. <p><i>Remember, when filling out the application, please provide as much information as possible. If you need help or do not understand a question, a staff member can help you.</i></p>
Webpage	<p>To learn more: https://cdhs.colorado.gov/snap</p>



CARE AND SHARE | SUNNYSIDE MARKETS*Free food*

Description	<p>Sunny Side Market is a network of local food pantries owned and operated by Care and Share Food Bank. All of the food they provide is free of charge, and served in a warm, dignified, and respectful shopping experience.</p> <p>Sunny Side Market is about choice. They have a variety of food available that can help create full meals for you and your loved ones to enjoy around the table.</p> <p>Fresh fruits and vegetables, Fresh meats and poultry, Dairy products, Canned goods, Cereals and boxed goods, Breads, rolls, and loaves, sweet treats and cookies, Frozen meals and other prepared goods</p>
Locations, Hours, and Phone	<p>Fountain - 501 E. Iowa Ave., 80817 (719) 888-7694 Tues. 10 a.m. – 1 p.m. Wed. 2 p.m. – 5 p.m. Fri. 10 a.m. – 1 p.m. (Senior Shopping) Sat. 10 a.m. – 2 p.m. Line up start time: 15 minutes prior to opening.</p> <p>Colorado Springs - 1520 Verde Dr, 80910 (719) 888-6851 Mon. 2 p.m. – 6 p. m. Thurs. 2 p.m. – 6 p.m. By appointment only from 2-5 pm Walk-ins welcome from 5-6pm</p> <p>Pueblo - 1230 E. 8th St., 81001 (719) 621-6380 Tues. 3 p.m. – 6 p. m. Thurs, 10 a.m. – 2 p.m. (Senior Shopping) Sat. 10 a.m. – 2 p.m. Line up start time: 1 hour prior to opening.</p>
Eligibility	<p>Anyone in the Sunny Side Market neighborhood can shop at Sunny Side Market, there are no eligibility or income requirements.</p>
How It Works	<ol style="list-style-type: none"> 1.) CHECK IN USING YOUR PERSONAL KEY FOB. You'll only have to check in once – on your very first visit. A volunteer or team member will issue you a personal key fob for quick, self-guided check ins during future visits. To make sure all shoppers have access to all the food provided at the market, limit signs may be posted throughout the market. 2.) GRAB A CART & START YOUR SHOPPING. As you make your way through the market, keep an eye out for items labeled as “Healthy Choice Food.” These products help build balanced, nutritious meals. Please leave your shopping cart inside the market – if you need assistance getting your groceries out of the building, please let a volunteer or the market manager know, and they will be happy to assist you! 3.) BAGGING YOUR SELECTED ITEMS. We only allow two bags per household when shopping. Please make sure all items you select fit into your two bags unless instructed otherwise – we may ask you to use a different bag if yours are larger than an average grocery bag. If we have reusable bags available, we will happily give you two for your first-time shopping to bring back with you each time you shop, and we always have plastic bags available.
Requirements	<p>Make sure to enroll online for shopping before arriving. You only have to sign up once to become an official Sunny Side Market shopper.</p> <p>If you're shopping at one of our locations, be sure you live in those areas. Sunny Side Market is meant to serve people who reside within those neighborhoods. Live in another county or city? Check out the other resources available through Care and Share, below.</p> <p>You are welcome to shop as often as once a week. This ensures groceries are available for as many neighbors as possible.</p> <p>The quantities for food items you can shop for may vary per visit. We get food from farmers, grocery stores, retailers, and community members. Since the amount and type of food we receive varies, our shelves will look different from time to time.</p>
Webpage	<p>https://sunnysidemarket.org/</p>



THE EMERGENCY FOOD ASSISTANCE PROGRAM (TEFAP)

Free Food

Description	<p>The Emergency Food Assistance Program (TEFAP) is a federally funded program that provides USDA foods to low-income households through a supplemental food box. The USDA foods are delivered to food banks across the state and then distributed to local food pantries and soup kitchens that distribute directly to the people.</p> <p>In Colorado, Food Distribution Programs contracts with Food Bank of the Rockies, Care and Share Food Bank for Southern Colorado and the Weld Food Bank to distribute these high-quality, American grown foods to our neighbors in need in every county. More than 30% of all the food distributed by Colorado’s food banks and up to 50% of all the food in food pantries is from this program.</p> <p>We survey pantries, soup kitchens and clients to determine which products best meet community needs. This often includes items such as ground beef, chicken, milk, eggs and cheese along with fruits and veggies.</p>																														
Eligibility	<p>Eligibility for TEFAP is simple — your household just needs to meet the income guidelines or be participating in one of the programs below.</p> <table border="1" data-bbox="310 747 1524 1115"> <thead> <tr> <th>Household size</th> <th>Maximum weekly household income</th> <th>Maximum monthly household income</th> </tr> </thead> <tbody> <tr><td>1</td><td>\$579.23</td><td>\$2,510.00</td></tr> <tr><td>2</td><td>\$786.15</td><td>\$3,406.67</td></tr> <tr><td>3</td><td>\$993.08</td><td>\$4,303.33</td></tr> <tr><td>4</td><td>\$1,200.00</td><td>\$5,200.00</td></tr> <tr><td>5</td><td>\$1,406.92</td><td>\$6,096.67</td></tr> <tr><td>6</td><td>\$1,613.85</td><td>\$6,993.33</td></tr> <tr><td>7</td><td>\$1,820.77</td><td>\$7,890.00</td></tr> <tr><td>8</td><td>\$2,027.69</td><td>\$8,786.67</td></tr> <tr> <td>For each addl. family member, add:</td> <td>\$206.92</td> <td>\$896.67</td> </tr> </tbody> </table> <p>Participation in any of these programs means a household is automatically eligible for TEFAP:</p> <ul style="list-style-type: none"> - Everyday Eats (CSFP) - Supplemental Security Income (SSI) - Supplemental Nutrition Assistance Program (SNAP) - Low-income Energy Assistance Program (LEAP) - Temporary Assistance to Needy Families (TANF) - Old Age Pension (OAP) - Aid to Needy Disabled (AND) - Aid to the Blind (AB) - Medicaid Eligible Foster Children 	Household size	Maximum weekly household income	Maximum monthly household income	1	\$579.23	\$2,510.00	2	\$786.15	\$3,406.67	3	\$993.08	\$4,303.33	4	\$1,200.00	\$5,200.00	5	\$1,406.92	\$6,096.67	6	\$1,613.85	\$6,993.33	7	\$1,820.77	\$7,890.00	8	\$2,027.69	\$8,786.67	For each addl. family member, add:	\$206.92	\$896.67
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Application	<p>Go to your nearest food pantry and provide your name, phone number and address (<i>in case of a food recall</i>), the number of people in your household, and how you qualify. No interview, no verifications — just bring an ID of any kind and a piece of mail if you have one, to show which county you live in.</p>																														
Contact	888-467-0418																														
Hours	Monday – Friday 8:00am – 5:00pm																														
Webpage	https://cdhs.colorado.gov/TEFAP																														



Women, Infants, and Children

Food Assistance

Description	In addition to food assistance, they also provide nutrition education; breastfeeding counseling and pumps; and the support you need to keep your family healthy.
Eligibility	To qualify for WIC, you must live in Colorado and be a: <ul style="list-style-type: none">- Pregnant woman- Mom breastfeeding a baby under 1 year of age- New mom who had a baby or was pregnant in the past 6 months- Baby- Child younger than 5 years <p>WIC welcomes all parents and caregivers! If you are a dad, grandparent, foster parent or any caregiver of a child under 5 years of age, you may get WIC for your child.</p> <p>You do not have to be a U.S. citizen to be eligible for the WIC program</p>
Requirements	When you enroll or re-enroll in WIC, we will ask for proof of address and income for the family and proof of ID for each person applying for WIC benefits. You may submit these proofs electronically or show them in person. Below is a list of acceptable documents. Proof of Identification: Each family member applying for WIC must provide a proof of identification. Documents must be original and cannot be expired. <ul style="list-style-type: none">- Medicaid card (or WIC staff can use the Medicaid portal to verify identity).- Child Health Plan Plus (CHP+) card.- Driver’s License or Colorado ID card (Colorado Digital ID accepted).- Work/student/military ID.- Passport/U.S. Government ID.- Matricula/Consular card.- Birth certificate.- Social Security card.- Foster child papers.- U.S. Immunization records (infants and children only).- U.S. hospital documents (infants only).- I-94 noting Special Immigrant Status (SQ/SI Parole) Proof of Address: This document must show your current physical address. A PO box cannot be accepted. <ul style="list-style-type: none">- Medicaid card (or WIC staff can use the Medicaid portal to verify current address).- Government mail, including eligibility notices from Medicaid, SNAP, or TANF.- Driver’s License.- Matricula/Consular card.- Government ID / document.- Utility bill (water, electric, gas).- Rental agreement/mortgage receipt/statement from landlord.- Bank or credit card statement.- Car registration/title/insurance.- Pay stub/W2. Proof of income: Documentation of participation in Medicaid, SNAP, TANF, or FDPIR can be used as proof of income. <ul style="list-style-type: none">- Medicaid card (or WIC staff can use the Medicaid portal to verify status).- Award letter from SNAP (identifying applicant), TANF, or FDPIR.



	<p>If your family is not participating in Medicaid, SNAP, TANF, or FDPIR, please submit proof of income for the last 30 days for all members of the family.</p> <ul style="list-style-type: none"> - Check stubs from employment. - W-2 forms or income tax forms. - Military Leave and Earnings Statement (LES). - SSI letter or check stub. - Written statement from employer. - Self-employment documentation. - Child support/alimony document. - Student award letter.
Application	<ul style="list-style-type: none"> - Speak with a WIC representative at the ACS Main Center (6303 Wetzel Ave., Bldg. 1526) on Mondays, 1:00-4:00pm. Walk-ins are welcome! - Start your online application here https://www.healthinformatics.dphe.state.co.us/WICSignUp After you submit your application, someone from a WIC office will contact you to see if you qualify and schedule an appointment.
Contact	719-526-4590 or 719-578-3199
Address	<ul style="list-style-type: none"> - ACS Main Center on Mondays, 1:00-4:00pm. Walk-ins are welcome! 6303 Wetzel Ave., Bldg. 1526 - Valley Hi WIC Clinic 2948 E. Fountain Ave. Colorado Springs, CO 80910
Hours	<ul style="list-style-type: none"> - ACS Main Center, Walk-ins on Mondays, 1:00-4:00pm. - Valley Hi WIC Clinic, Monday – Friday, 7:45am – 4:15pm
Webpage	https://www.coloradowic.gov/homepage



CARE AND SHARE | FOOD BANKS FOR SOUTHERN COLORADO

Description	Find Food Pantries, Mobile Markets, and Mobile Food Pantries and programs near you. BEST FOR: Individuals and families looking for permanent locations that provide a traditional food pantry shopping experience. Some may also provide outdoor walk-up, drive-up options. This is the best option if you are looking to consistent access to food along with other services.
How It Works	Go to the following webpage and insert your zip code: https://careandshare.org/findfood/
Webpage	https://careandshare.org/

