

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Help with purchasing food

Description	The Supplemental Nutrition Assistance Program (SNAP) helps low-income households purchase food. Families and individuals can receive a monthly benefit to buy healthy food. They can double their benefits value by shopping at participating vendors that support the Double Up Food Bucks program.																		
Eligibility	<p>You may qualify for SNAP benefits if you:</p> <ul style="list-style-type: none"> - Make low wages - Have an income less than 200% of the Federal Poverty Level (FPL) as shown in the table - Are unemployed or work part-time - Receive other assistance payments like Colorado Works, Supplemental Security Income, etc. - Are a child - Are a student - Are an adult between 18 and 54 with no children in your home (known as ABAWDs, or able-bodied adult without dependents) <p><i>View the income limits table to determine eligibility based on your household size. (Note: These values were last updated on Oct. 1, 2024.)</i></p> <p>You can also check your eligibility with the pre-screening tool on the Colorado PEAK website.</p> <table style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th style="text-align: left;">Household size</th><th style="text-align: left;">Gross monthly income limits</th></tr> </thead> <tbody> <tr><td>1</td><td>\$2,510</td></tr> <tr><td>2</td><td>\$3,408</td></tr> <tr><td>3</td><td>\$4,304</td></tr> <tr><td>4</td><td>\$5,200</td></tr> <tr><td>5</td><td>\$6,098</td></tr> <tr><td>6</td><td>\$6,994</td></tr> <tr><td>7</td><td>\$7,890</td></tr> <tr><td>8</td><td>\$8,788</td></tr> </tbody> </table> <p>Each additional member (add) +\$898</p>	Household size	Gross monthly income limits	1	\$2,510	2	\$3,408	3	\$4,304	4	\$5,200	5	\$6,098	6	\$6,994	7	\$7,890	8	\$8,788
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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) 																		



	<ul style="list-style-type: none"> - Billing statements or repayment agreements - Medicare card, indicating Part B - Mileage or transportation costs to/from medical appointments
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://peak.my.site.com/peak/s/peak-landing-page?language=en_US - 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://drive.google.com/open?id=0BztoLK7fIWYIVXREYnZKSXhsQmNqSmhTMkdySXFpQTgyTmZn - English application - https://drive.google.com/open?id=0B9eaXW7_92zSUHM1cC1sd3l4RE0 - Spanish application - https://drive.google.com/open?id=0BztoLK7fIWYIVFVYeWN4VWwybVFYWmhEOHpyUFBXcUEycm1v - Large-print application - https://drive.google.com/open?id=0B9eaXW7_92zSUHM1cC1sd3l4RE0 - 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	To learn more: https://cdhs.colorado.gov/snap

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>Colorado Springs - 1520 Verde Dr, 80910 (719) 888-6851 Mondays, Wednesdays, and Thursday, 2 p.m. – 6 p. m. By appointment only</p> <p>Pueblo - 1230 E. 8th St., 81001 (719) 470-1004 By appointment only</p>
Eligibility	Anyone in the Sunny Side Market neighborhood can shop at Sunny Side Market, there are no eligibility or income requirements.
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	https://sunnysidemarket.org/

CARE AND SHARE FOOD BANKS FOR SOUTHERN COLORADO	
Description	<p>Find Food Pantries, Mobile Markets, and Mobile Food Pantries and programs near you.</p> <p>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.</p> <p>At Care and Share Food Bank, our mission is to ensure equitable and sustainable access to nutritious food and education by partnering with neighbors, communities, organizations, and supporters across Southern Colorado because we believe no one should go hungry. Our vision is to place people first to maximize access to nutritious food and meet the unique needs of each neighbor we serve. Our core values are people, resilience, integrity, dignity, equity, and excellence. Since 1972, Care and Share has grown from an all-volunteer-led organization working out of a neighborhood garage in Colorado Springs to the sole food bank serving 29 counties across 47,000 square miles. We are continually adapting and responding to ever-changing factors, such as fluctuations in the economy and the rising costs of essentials.</p>
How It Works	Go to the following webpage and insert your zip code: https://careandshare.org/findfood/
Contact us	719-528-1247
Webpage	https://careandshare.org/



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	<p>To qualify for WIC, you must live in Colorado and be a:</p> <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> <p style="text-align: center;">WIC Gross Income Eligibility Guidelines: Effective July 1, 2025 - June 30, 2026</p> <table border="1"> <thead> <tr> <th>HOUSEHOLD SIZE*</th><th>YEARLY</th><th>MONTHLY</th><th>TWICE- MONTHLY</th><th>BI-WEEKLY</th><th>WEEKLY</th></tr> </thead> <tbody> <tr> <td>1</td><td>\$28,953</td><td>\$2,413</td><td>\$1,207</td><td>\$1,114</td><td>\$557</td></tr> <tr> <td>2</td><td>\$39,128</td><td>\$3,261</td><td>\$1,631</td><td>\$1,505</td><td>\$753</td></tr> <tr> <td>3</td><td>\$49,303</td><td>\$4,109</td><td>\$2,055</td><td>\$1,897</td><td>\$949</td></tr> <tr> <td>4</td><td>\$59,478</td><td>\$4,957</td><td>\$2,479</td><td>\$2,288</td><td>\$1,144</td></tr> <tr> <td>5</td><td>\$69,653</td><td>\$5,805</td><td>\$2,903</td><td>\$2,679</td><td>\$1,340</td></tr> <tr> <td>6</td><td>\$79,828</td><td>\$6,653</td><td>\$3,327</td><td>\$3,071</td><td>\$1,536</td></tr> <tr> <td>7</td><td>\$90,003</td><td>\$7,501</td><td>\$3,751</td><td>\$3,462</td><td>\$1,731</td></tr> <tr> <td>8</td><td>\$100,178</td><td>\$8,349</td><td>\$4,175</td><td>\$3,853</td><td>\$1,927</td></tr> <tr> <td>For each additional family member, add:</td><td>+\$10,175</td><td>+\$848</td><td>+\$424</td><td>+\$392</td><td>+\$196</td></tr> </tbody> </table> <p>NOTE: If you are pregnant, count yourself as two.</p> <p>Families receiving these benefits are automatically eligible:</p> <ul style="list-style-type: none"> • Temporary Assistance for Needy Families (TANF). • Health First Colorado (Colorado's Medicaid Program). • Supplemental Nutrition Assistance Program (SNAP). • Food Distribution Program on Indian Reservations (FDPIR). 					HOUSEHOLD SIZE*	YEARLY	MONTHLY	TWICE- MONTHLY	BI-WEEKLY	WEEKLY	1	\$28,953	\$2,413	\$1,207	\$1,114	\$557	2	\$39,128	\$3,261	\$1,631	\$1,505	\$753	3	\$49,303	\$4,109	\$2,055	\$1,897	\$949	4	\$59,478	\$4,957	\$2,479	\$2,288	\$1,144	5	\$69,653	\$5,805	\$2,903	\$2,679	\$1,340	6	\$79,828	\$6,653	\$3,327	\$3,071	\$1,536	7	\$90,003	\$7,501	\$3,751	\$3,462	\$1,731	8	\$100,178	\$8,349	\$4,175	\$3,853	\$1,927	For each additional family member, add:	+\$10,175	+\$848	+\$424	+\$392	+\$196
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Requirements	<p>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.</p> <p>Proof of Identification: Each family member applying for WIC must provide a proof of identification.</p> <p>Documents must be original and cannot be expired.</p> <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. 																																																																

	<ul style="list-style-type: none"> - 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) <p>Proof of Address: This document must show your current physical address. A PO box cannot be accepted.</p> <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. <p>Proof of income: Documentation of participation in Medicaid, SNAP, TANF, or FDPIR can be used as proof of income.</p> <ul style="list-style-type: none"> - Medicaid card (or WIC staff can use the Medicaid portal to verify status). <p>Award letter from SNAP (identifying applicant), TANF, or FDPIR.</p>
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	<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, 12:30-3:30pm. Walk-ins are welcome! - Start your online application here https://www.healthinformatix.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



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><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>\$601.92</td><td>\$2,608.33</td></tr><tr><td>2</td><td>\$813.46</td><td>\$3,525.00</td></tr><tr><td>3</td><td>\$1,025.00</td><td>\$4,441.67</td></tr><tr><td>4</td><td>\$1,236.54</td><td>\$5,358.33</td></tr><tr><td>5</td><td>\$1,448.08</td><td>\$6,275.00</td></tr><tr><td>6</td><td>\$1,659.62</td><td>\$7,191.67</td></tr><tr><td>7</td><td>\$1,871.15</td><td>\$8,108.33</td></tr><tr><td>8</td><td>\$2,082.69</td><td>\$9,025.00</td></tr><tr><td>For each addl. family member, add:</td><td>\$211.54</td><td>\$916.67</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	\$601.92	\$2,608.33	2	\$813.46	\$3,525.00	3	\$1,025.00	\$4,441.67	4	\$1,236.54	\$5,358.33	5	\$1,448.08	\$6,275.00	6	\$1,659.62	\$7,191.67	7	\$1,871.15	\$8,108.33	8	\$2,082.69	\$9,025.00	For each addl. family member, add:	\$211.54	\$916.67
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Application	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.																														
Contact	888-467-0418																														
Hours	Monday – Friday 8:00am – 5:00pm																														
Webpage	https://cdhs.colorado.gov/TEFAP																														

