

Thousands of Coloradans get help with food.



**YOU
CAN,
TOO.**

FOR EVERYONE

SNAP, or food stamps, help thousands in our state make ends meet by providing cash for groceries. Maximum benefits are available through at least May which are: \$194 a month for a single person or \$646 for a family of four. If you have lost or reduced your income (either temporarily or permanently), or don't have any income at all you can qualify easily online. [Colorado.gov/PEAK](https://colorado.gov/PEAK)

FOR FAMILIES WITH SMALL CHILDREN

WIC works for pregnant women and families with children under five. In addition to food assistance, WIC also provides nutrition education, breastfeeding counseling and pumps and the support you need to keep your family healthy. Call your local WIC office to apply and your benefit card can be mailed to your home for immediate use. [ColoradoWIC.gov](https://coloradowic.gov)

FOR FAMILIES WITH KIDS IN SCHOOL

School districts across the state are providing free breakfast and lunch for any child ages 0-18. These meals are available for any child, no ID required. Visit the Colorado Department of Education's website for a full list of sites or text "food" to **877-877**.

FOR OLDER ADULTS

Anyone over the age of 60 can call their Area Agency on Aging for help with food, including food delivery in many cases. These agencies can also help with things like transportation to the doctor's office, and help navigating issues such as their long-term care facilities. You can call **1-844-265-2373**.

Call 2-1-1 for additional information or resources related to unemployment, housing, medical, mental health, taxes or legal affairs.