



USDA SUPPORTS AMERICA'S HEROES

MILITARY AND VETERAN FAMILIES: THESE PROGRAMS SERVE YOU!

You served proudly and honorably, and earned our country's lasting gratitude. You deserve to know that through USDA's nutrition programs, you may be eligible for assistance to ensure you, your family, and fellow veterans have the assistance to ensure you have nutritious meals in times of need.

BENEFITS FOR WHICH YOU MAY BE ELIGIBLE

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

SNAP helps families buy nutritious food with an electronic benefit transfer (EBT) card that is like a debit card. SNAP benefits can be used at stores across the country and at some farmer's markets. SNAP can help you and your family eat right when money is tight. To be eligible, households must meet income tests. Combat pay, Hostile Fire pay, and Imminent Danger Pay are not counted as income for SNAP. All other pay and allowances are counted as income.

HELPFUL LINKS

- [To apply for SNAP benefits](#)
- [To find authorized SNAP retailers in your area](#)
- [To purchase foods on-line](#)

SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS AND CHILDREN (WIC)

WIC provides nutritious food to low income women, infants, and children up to age 5 who are at nutritional risk. Participants also get information about healthy eating and referrals to health care and other social services. WIC rules provide states the option to exclude certain housing payments and other allowances provided to military personnel in determining WIC eligibility. These include Basic Allowance for Housing, Family Separation Housing, Overseas Housing Allowances, and Overseas Continental U.S. Cost-of-Living Allowances.

HELPFUL LINKS

- [How to apply](#)
- [Moving to another state](#)

SUMMER FOOD SERVICE PROGRAM (SFSP) – FOOD THAT'S IN WHEN SCHOOL IS OUT!

The SFSP is designed to feed children breakfast and/or lunch during the summer at feeding sites that can include schools, churches, community centers, summer camps, Indian reservations, and more.

Find a summer site in your community with our [Summer Meal Site Finder](#) mapping tool. You can also text "Summer Meals" to 97779 or call 1-866-348-6479 to find a site near you.

FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDPIR)

Veterans who live on Indian reservations or other approved areas may be eligible to participate in FDPIR. If interested, contact your [Indian Tribal Organization](#) or [state agency](#).

CONTACTING PROGRAMS IN YOUR STATE

- To get information about SNAP or to apply for benefits, contact your local SNAP office with the information in this [SNAP State Directory of Resources](#)
- For all other FNS programs, you can find contact information through [FNS's State Contacts page](#).

ADDITIONAL INFORMATION AND SUPPORT FOR VETERANS

Visit the [USDA Veterans page](#) for additional information on Employment, Education and Entrepreneurship opportunities.

THANK YOU FOR YOUR SERVICE!