

WIC

WIC is a nutrition education, health promotion and supplemental food program to assist women, infants, and children who have nutritional needs. Benefits include: nutrition education guidance for women and their children at no cost, breastfeeding education and support, referrals for health care, and nutritious foods to supplement your diet, such as fresh or frozen fruits and vegetables, cheese, milk, eggs, cereal, infant formula and infant foods at no cost.

For more information: Visit: www.louisianawic.org Call: 1-800-251-BABY

MEDICAID PROGRAM

The Louisiana Medicaid Program may help to pay for medical care and related services for eligible children, parents, pregnant women, persons age 65 or older, and blind and/or disabled individuals receiving SSI or FITAP. If you qualify for Medicaid, you also qualify for CSFP. **To apply for Medicaid: Visit: www.Medicaid.dhh.la.gov Call: 1-888-342-6207**

TEMPORARY ASSISTANCE FOR NEEDY FAMILIES (TANF) PROGRAM

TEFAP provides a food package to eligible participants every three months. Food items may be different each time.

For more information: Visit: www.fns.usda.gov Call: 225-922-1319

CHILD SUPPORT ENFORCEMENT PROGRAM

This program can help locate a missing parent, establish paternity, establish child and medical support orders, and enforce compliance with child and medical support orders. You must be a Louisiana resident to qualify.

To learn more visit: www.dcf.la.gov Call: 1-800-256-4650

SNAP (FORMERLY THE FOOD STAMP PROGRAM)

Supplemental Nutrition Assistance Program (SNAP) The program provides monthly benefits to help low-income households to be used for the purchase of food at grocery or retail stores. If eligible, you may receive both SNAP and Commodity Supplemental Food Program.

Apply for SNAP benefits: Visit: www.dcf.louisiana.gov Call: 1-800-524-3578

SUPPLEMENTAL SECURITY INCOME

SSI pays monthly benefits to persons aged 65 and older, blind, or have a disability and have low income.

To learn more: Visit: www.socialsecurity.gov Call: 1-800-772-1213

MEDICARE

Medicare provides health insurance to persons aged 65 and over, disabled persons under the age of 65 who have received social security disability cash benefits for at least 24 months, and persons with end stage renal disease (ESRD). There is a Part A of Medicare and a Part B that covers different care, services and equipment for beneficiaries. Various deductibles and cost sharing amounts may apply that are the responsibility of the beneficiary or any supplemental insurance.

For more information: Visit: www.medicare.gov Call: 1-800-MEDICARE or 1-800-633-4227

SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP)

The Senior Farmers' Market Nutrition Program (SFMNP) is designed to allow seniors to buy locally grown fruits, vegetables, honey and herbs at farmers markets and roadside stands. Eligible participants over the age of 60, must apply every year to receive food benefits. For more information on eligibility and benefits, please visit the Louisiana Department of Agriculture & Forestry at:

Visit: www.la.gov/food/farmers-market-nutrition-programs/seniors

FOR MORE INFORMATION ABOUT COMMODITY SUPPLEMENTAL FOOD PROGRAM, VISIT OUR WEBSITE:

<https://www.feedinglouisiana.org/csfp>

CALL US FOR MORE INFORMATION **877-354-7192**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g. Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling, (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- (2) fax: (833) 256-1665 or (202) 690-7442; or
- 3) email: program.intake@usda.gov.