

**\*These resources are not all available in each of the nine counties MANNA serves.**

### **Online Food Access Databases**

**Food Resource Guide-** Online database of food and nutrition programs in Philadelphia, search by address/zip code. Food cupboards, soup kitchens, WIC offices, Home Delivered Meal Programs, Food Stamps.

[www.foodresourceguide.com](http://www.foodresourceguide.com)

**Food Trust Farmers Markets-** Database of farmers markets run by the Food Trust. They accept SNAP and Philly Food Bucks.

<http://thefoodtrust.org/farmers-markets>

**Philly Food Finder-** Search by zip code for farmers' markets, senior meals, food pantries, SHARE host sites, and soup kitchens with advanced search options such as requirements and wheelchair accessibility.

[www.phillyfoodfinder.org](http://www.phillyfoodfinder.org)

**Food Pantries-** Nationwide food pantry search by state and city.

[www.foodpantries.org](http://www.foodpantries.org)

**Healthy Corner Stores-** Map search for healthy corner stores in the Philadelphia area.

<http://foodfitphilly.org/eat-healthy-near-you/>

**Farmer's Markets-** Click Find a Farmer's Market to download a spreadsheet of updated market information.

<http://foodfitphilly.org/eat-healthy-near-you/farmers-markets/>

### **Emergency Food Access Hotlines**

**SNAP (Food Stamp) Hotline-** Call the Greater Philadelphia Coalition Against Hunger Food Stamp Hotline to get answers about the food stamp program and to apply by phone. Hotline counselors are available Monday through Friday, 9am to 5pm.

(215) 430-0556

**Food Information Line-** Listing of all local food pantries and soup kitchens.

1-800-366-3997

**Philabundance Helpline-** Call to find the nearest food cupboard, get free quality produce, join the community kitchen, or link up with the Mobile Food Center. Helpline counselors are available Monday through Friday, 8:30 a.m. to 4:30 p.m.

(800) 319-3663

**WIC (Women, Infants, and Children) -** WIC provides healthy supplemental foods and nutrition services for pregnant, postpartum and breastfeed women, infants and children under age of 5. Search by county to find office closest to you.

1-866-942-9467

**AACO (AIDS Activities Coordinating Office) -** AACO serves Bucks, Montgomery, Chester, Delaware, Philadelphia counties. It provides information and referral for medical case management services for people living with HIV/AIDS. Care Services include: housing, medications, emergency financial aid, home healthcare, nutrition.

1-800-985-2437

**PCA (Philadelphia Corporation for the Aging) -** Call for a variety of free services, including meal delivery, at-home care, employment assistance, home repair, transportation, legal assistance, information and referrals, protective services, and more.

(215) 765-9040

### **Food Access Resources**

**Drueding Center-** Created by the Coalition for Hunger as a green light pantry meaning that it provides healthier food choices, market-style. Call the number for an appointment. They usually ask for income verification and identification.

1321 North Lawrence Street. Tuesdays 9am-12pm. Thursdays 3:30-6:30pm. 3<sup>rd</sup> Saturday 10am-1pm.

(215) 787-3275

**Farm Stand Double Dollars Program-** The Farm Stand in Reading Terminal Market will match every 5 dollars spent with an EBT card, up to 10 dollars in coupons per week. It sells fresh fruits and vegetables, dairy, cheeses, eggs, meats and value-added foods from local farms. Reading Terminal (51 N 12<sup>th</sup> Street).

(215) 386-5211 x111

<http://www.fairfoodphilly.org/our-work/double-dollars/>

**St Peters Food Cupboard-** They have some fresh food, delivered from Philabundance. Customers can choose what food they get from the pantry. Bring a photo-id. 313 Pine Street. Saturdays 8-10am.

215-925-5968

<http://www.stpetersphila.org/serving/food-cupboard/>

**Snap Box by Greens Grow-** Greens Grow sells a reduced price box of client-chosen produce for SNAP-qualified individuals that can be paid for with access card. In 2015, it starts on July 9 and 10. Sign up on the website or call the number. West Philadelphia, 4912 Baltimore Ave. Fridays 3-6pm. North East Philadelphia, 2501 E. Cumberland Street. Thursdays 5-7pm.

(267) 496-0148

<http://www.greensgrow.org/life/snapbox/>

**SHARE-** Get up to 50% off food packages or items in exchange for two hours of volunteer service per month. Pay by cash, credit card, money orders, cashier checks, EBT, or Farmers Market Checks. Some sites will deliver, others are pick-up only. Call to get started.

(215) 223-2220

[www.sharefoodprogram.org](http://www.sharefoodprogram.org).

**Farm to Families-** Buy a box of produce farm-fresh food from Lancaster, Pennsylvania worth \$20-\$30 for just \$10-\$15. Eggs, meat and fish are also sold if you order one week in advance. Pay with cash, SNAP or credit card.

St. Christopher's Hospital for Children or North Kensington Community Development Corporation.

(215) 516-1126

<http://www.scfchildren.org/farm-to-families-initiative>

**Philly Food Bucks-** Spend \$5 in SNAP at your farmers' market, and get a \$2 Philly Food Bucks coupon to buy more fruits and vegetables. For a list of markets and schedules, visit [www.thefoodtrust.org](http://www.thefoodtrust.org) or call 311.

(215)-575-0444

<http://thefoodtrust.org/what-we-do/farmers-markets/philly-food-bucks>

**Fresh for All-** Philabundance offers free produce year-round, weather permitting. Bring bags. No registration needed.

215-339-0900

Houseman Recreation Center, Summerdale and Godfrey Avenue. Thursday 10:30-11:30am.

St. John Baptist Church, 400 N. 30<sup>th</sup> Street Camden, NJ. Tuesday 9:30-10:30am.

South Philadelphia. Under the 95 Overpass at Front and Tasker Street. Friday 1:30-2:30pm.

<http://www.philabundance.org/programs-2/fresh-for-all/>

**WIC Farmers' Nutrition Program-** Eligible WIC participants can receive \$20 in FMNP checks. Recipients are given a list of participating farmers and farmers' markets when they receive their checks. There are over 1,000 FMNP participating farmers at 800 farm stands and 190 farmers' markets in Pennsylvania. Eligible WIC recipients receive FMNP during their quarterly WIC visit during the months of May – September.

(717) 772-2693

[http://www.agriculture.state.pa.us/portal/server.pt/gateway/PTARGS\\_0\\_2\\_24476\\_10297\\_0\\_43/AgWebsite/ProgramDetail.aspx?name=Farmers-Market-Nutrition-Program-\(FMNP\)-&Senior-Farmers-Market-Nutrition-Program-\(SFMNP\)&navid=12&parentnavid=0&palid=17&](http://www.agriculture.state.pa.us/portal/server.pt/gateway/PTARGS_0_2_24476_10297_0_43/AgWebsite/ProgramDetail.aspx?name=Farmers-Market-Nutrition-Program-(FMNP)-&Senior-Farmers-Market-Nutrition-Program-(SFMNP)&navid=12&parentnavid=0&palid=17&)

**Mazzoni Center Food Bank-** This food bank provides free groceries to individuals and families affected by HIV. Access to the food bank is available two times a month when you

can receive the equivalent of 4 meals for each household member. Must be referred by a doctor. Call for more information.

(215) 563-0652 x 221

21 S. 12<sup>th</sup> Street, 8<sup>th</sup> Floor

[www.mazzonicenter.org](http://www.mazzonicenter.org)

### **Home Delivered Meals**

**Mom's Meals-** Fresh meals sent by FedEx fresh lock packages. The meals stay fresh for 14 days in the refrigerator. Caters to diabetic, vegetarian, vegan, pureed, low sodium, gluten free, renal friendly, heart friendly, and cancer support. \$6.49/meal (\$7.49 puree) + \$14.95 shipping fee per order.

1-877-508-6667

[www.momsmeals.com](http://www.momsmeals.com)

**KleinLife Home Delivered Meals-** They are frozen meals that include a protein, starch and vegetable. This food is made by local synagogues and is strictly kosher. KleinLife meals cost 2 dollars each. There are also catered meals available for 5 dollars each. They deliver both kinds of meals once a week if you are within the area they deliver to. They serve Northeast, South and Center City Philadelphia, City Line Avenue area and Abington and Cheltenham Townships.

(267) 441-5917

<http://kleinlife.org/adults-55/home-delivered-meals/>

**Aids for Friends-** Homebound and isolated individuals receive friendly visitors weekly that bring 7 frozen dinners

215-464-2224

[www.aidforfriends.org](http://www.aidforfriends.org).

**Homelink Inc. Home Deliveries-** Homelink provides meals to older adults and persons with disabilities who are having difficulty with meal production. The meals are frozen dinners with protein, starch, vegetable, bread, juice, milk and dessert. They cater to low sodium, low cholesterol, diabetic desserts, and pureed meals. The fee is 5 dollars a meal, but

sometimes there are donations. Homelink serves North Philadelphia: 19120, 19132, 19133, 19140 North West Philadelphia: 19119, 19126, 19129, 19138, 19141, 19144, 19150 West Philadelphia: 19104, 19131, 19139, 19143, 19151 South Philadelphia: 19142, 19145, 19146, 19147, 19148, 19153. If outside these zip codes, you can pick up meals from a site in 19119.

(267) 682-1020

[www.homelinkinc.org](http://www.homelinkinc.org)

### **Senior Specific**

**Meals on Wheels-** Meals for seniors 60+ in need, delivered directly to the home or to congregate locations. Find locations nearest to you searching by zip code.

1-888-998-6325

<http://www.mowaa.org/findameal>

**Catholic Health Care Services Home Delivered Meals-** Home delivered meals for homebound seniors over 60 in Philadelphia. They focus on South Philadelphia, but can refer you to other services if you are outside the catchment area. They send 7 meals weekly. It is based in St. Charles Senior Community Center, Center City.

(215) 732 1140

<http://catholichealthcareservices.org/in-home-support/>

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**Catholic Health Care Services In Home Support Program-** The in Home Support Program can provide transportation (65+) and home delivered meals (60+) for homebound seniors in Philadelphia. They focus on South Philadelphia, but can refer you to other services if you are outside the catchment area. If signed up for home-delivered meals, you

will receive 7 meals weekly. It is based in St. Charles Senior Community Center, Center City.

(215) 732 1140

<http://catholichealthcareservices.org/in-home-support/>

**KleinLife In Home Support-** KleinLife provides 3-4 months of services to temporarily homebound 60+ seniors in Philadelphia, but can be extended after that. They can connect you to many services such as provide home delivered meals, house-keeping, incontinence supplies, home repairs etc.

215-698-7300 x180

<http://kleinlife.org/in-home-support/>

**Philabundance CSFP Senior Food Box-** Seniors 60+ at or below 130% of poverty line in Bucks, Delaware, or Philadelphia counties get free, monthly food boxes containing vegetables, fruit, juice, pasta, milk, cereal, cheese, canned meat and non-meat protein. Boxes are distributed to local agencies for seniors or their caregivers to pick up.

(800) 319-3663

<http://www.philabundance.org/programs-2/senior-food-box/>

**Senior Farmers' Market Nutrition Program- Qualifying** seniors (60+ and under 185% of the poverty income guidelines) can receive \$20 in FMNP checks. Recipients are given a list of participating farmers and farmers' markets when they receive their checks. There are over 1,000 FMNP participating farmers at 800 farm stands and 190 farmers' markets in Pennsylvania. Eligible senior recipients receive the SFMNP by going to a distribution site in their county.

For more info, call the Philadelphia Corporation for Aging 215-765-9040.

[http://www.agriculture.state.pa.us/portal/server.pt/gateway/PTARGS\\_0\\_2\\_24476\\_10297\\_0\\_43/AgWebsite/ProgramDetail.aspx?name=Farmers-Market-Nutrition-Program-\(FMNP\)-&-Senior-Farmers-Market-Nutrition-Program-\(SFMNP\)&navid=12&parentnavid=0&palid=17&](http://www.agriculture.state.pa.us/portal/server.pt/gateway/PTARGS_0_2_24476_10297_0_43/AgWebsite/ProgramDetail.aspx?name=Farmers-Market-Nutrition-Program-(FMNP)-&-Senior-Farmers-Market-Nutrition-Program-(SFMNP)&navid=12&parentnavid=0&palid=17&)

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