

Community nutrition programs help fight hunger and food insecurity.

COMMUNITY NUTRITION PROGRAMS

Hunger vs. Food Insecurity

Hunger: “feeling” one has when they don't have food.

Food insecurity: consistent lack of access to enough food.

Source: USDA

Effects of Childhood Hunger Include:

- Inability to concentrate
- Learning difficulty
- Anxiety
- Depression
- Vitamin/mineral deficiencies

COMMUNITY NUTRITION PROGRAMS

CHILD AND ADULT CARE FOOD PROGRAM (CACFP)

Ensures children (up to age 12) and adults have access to nutritious meals and snacks in childcare centers, in-home day cares or adult daycare centers.

Contact:

- IL: Illinois State Board of Education, Nutrition Department. 217-782-2491
- MI: Michigan Department of Education, Office of Health & Nutrition Services. 517-241-5374 or 517-241-5376

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

Provides nutritious food/formula, healthy eating information and healthcare referrals for women, infants and children (up to age 5) who are at nutrition risk.

- Approved foods: Infant Cereal | Baby Food | Iron-Fortified Adult Cereal | Fruits | Vegetables | Vitamin C-Rich Fruit Or Vegetable Juice | Eggs | Milk | Cheese | Yogurt | Soy-Based Beverages | Tofu | Peanut Butter | Dried And Canned Beans/Peas | Canned Fish | Whole Wheat Bread | Iron-Fortified Infant Formula.

Contact:

- IL: Illinois Department of Human Services, Bureau of Family Nutrition. 217-782-2166
- MI: Department of Health & Human Services, WIC Division, Lewis Cass Building. 517-335-8448

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Supplemental Nutrition Assistance Program (SNAP). Provides food-purchasing benefits to help families buy healthy food.

- Approved foods: Fruits and vegetables | Meat, poultry and fish | Dairy products | Bread and cereal | Snack foods and non-alcoholic beverages | Seeds and plants (to produce food for a household)

Contact:

- IL: Illinois Department of Human Services, 800-843-6154
- MI: Food Assistance Program, 888-642-7434

FARMERS MARKET NUTRITION PROGRAM (FMNP)

Provides WIC participants “coupons” to buy locally grown produce from authorized farms, farmers markets and/or roadside stands.

Contact:

- IL: Illinois Department of Human Services, Bureau of Family Nutrition. 217-782-2166
- MI: Department of Health & Human Services, WIC Division, Lewis Cass Building. 517-335-8448

USDA COOPERATIVE EXTENSION SYSTEM (CES)

Provides educational opportunities to youth, families, farmers and consumers.

Contact:

- IL: State Extension Office, Office of Extension and Outreach. 217-333-5900. Extension@illinois.edu
- MI: MSU Extension Director's Office. 517-355-2308



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