

Food is Medicine: Eating Well With **Free and Low-Cost Food Programs**

You're not alone!

**59% of the people with cancer we
help struggle to afford food**

**If you're having trouble affording
food for yourself or your family
during cancer treatment, follow
these steps to get help:**



01

Talk to your care team

Let your social worker, nurse navigator, or another member of your care team know. Your treatment center may have:

- An on-site food pantry
- Partnerships with local food banks or nonprofits that provide free groceries or meals

02

Apply for SNAP benefits

The Supplemental Nutrition Assistance Program (also known as SNAP or food stamps) helps people with low incomes pay for groceries. To find out if you're eligible and apply, visit:

www.fns.usda.gov/snap/state-directory.



03

Visit Family Reach's Financial Resource Center

At familyreach.org/gethelp, you can:

- Enter your zip code to find local and national support programs
- Connect one-on-one with a Resource Navigator
- Access financial tips and guidance
- Work with your healthcare provider to apply for available financial assistance

04

Reach out to local religious organizations

Some churches, mosques, synagogues, and other religious groups offer food pantries or host community meals that are open to anyone in need, regardless of their religious affiliation.

05

Call 211

211 is a free, confidential service that connects you to local support, including food assistance programs.

06

Stretch your grocery budget

Shop on the day new grocery flyers come out to get deals from both the old and new coupons. Sign up for your store's loyalty card to access discounts and additional savings.