

Is Your Plate Empty?



We May Be Able To Help!

**Call the Food and Nutrition Helpline at
1-800-481-4989.**

M-F 9am-5pm Se habla español
www.foodstamphelp.org

We can answer these questions for you:

- Can I get a Food Assistance “Bridge” card (“food stamps”)?
- How much help with food may I be able to get?
- How do I apply for help with food?
- What other food and nutrition services may I be able to get?

***NOTE: The Helpline cannot give out food or benefits. We can tell you how and where to apply at the Department of Human Services in your county.**

You **MAY** be able to get Food Assistance even if:

- You own a house and/or a car
- You work or get other benefits such as WIC
- You do not live with any children
- You live with other people
- You or someone else is not a U.S. citizen

***Remember: Food Assistance Program**

F – Free call to Helpline at 1-800-481-4989

A – Apply at DHS

P – Put food on your plate

This project has been partially funded by the United States Department of Agriculture (USDA) through partnerships with Michigan State University Extension and the Michigan Department of Human Services. Additional support is provided by private organizations, including MAZON: A Jewish Response to Hunger, the Presbyterian Hunger Program, and Share Our Strength. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.