



Need help finding food assistance?

The state and federal government have implemented various changes to federal nutrition programs to make it easier for people to get food during the COVID pandemic. Following is information about key programs and how to access them. Changes are occurring regularly so always check with the appropriate agency for the latest information.

SNAP Assistance

Several temporary changes have been made to the Supplemental Nutrition Assistance Program (SNAP, aka food stamps) to make it easier for people to receive benefits. These include:

- Eliminating the interview requirement,
- Allowing hard copy applications to be submitted without a signature,
- Allowing people to apply over the phone.

With county welfare offices still largely closed to the public, residents are encouraged to apply for SNAP or cash assistance online at [NJHelps.org](https://www.njhelps.org). This site can also be used to apply for Temporary Aid to Needy Families (TANF) and General Assistance. SNAP benefits have been increased through June for certain households that were not receiving the maximum benefit based on household size.

Any needed documentation (i.e. pay stubs, tax returns) or other paperwork can be mailed, faxed or uploaded online. (You can take a picture on your phone and then upload using the online application). Some county welfare agencies have drop boxes outside offices where applicants can leave documentation. SNAP provides monthly benefits through Electronic Debt Transfers (EBTs) for recipients to buy food at grocery stores and other retail outlets.

For more info, visit [NJSNAP.org](https://www.njsnap.org).

WIC Assistance

The Supplemental Nutrition Assistance for Women Infants and Children, commonly known as WIC, provides nutrition to pregnant women, mothers of young children, infants and toddlers receive assistance. Many rules for this program have also been suspended to make it easier to receive this help.



To apply, visit [NJ WIC](#).

Free Summer Meals for Kids

Communities will be distributing free meals for children, ages 18 and under, at roughly 2,300 sites across New Jersey. Rules have been relaxed so parents can safely pick up meals. Many districts are offering multiple days of meals at various distribution sites. Others are delivering food to families using buses or other methods. To find meal sites, visit summerfoodrocks.org, text "food" to 877-877 or call 1-866-3-HUNGRY or for Spanish 1-877-8-HAMBRE. **Parents and other caregivers should also check with their local school district to find meal sites.**

Pandemic EBT

New Jersey parents with children receiving free or reduced-price school lunch are also entitled to a SNAP supplement of about \$416 per child. For families already receiving SNAP, additional benefits will be added to their card. For families not currently receiving SNAP, a card should be mailed to them. [Learn more about P-EBT](#).

School breakfast and Lunch

Since many families are facing sudden and prolonged unemployment, they may now qualify for free or reduced-price school meals when their children return to school in the fall. Parents and other guardians should check the district website or call for information about how to apply.

Emergency Food Providers

Food banks and pantries throughout New Jersey continue to help in a variety of ways. For links to New Jersey's major food banks and more information on nutrition programs, visit hungerfreenj.org.

Visit hungerfreenj.org for the latest info on efforts to address hunger during this time.