

FOOD

Indiana Programs that Provide Assistance with Food and Nutrition

A variety of programs and services are available to assist Hoosier Families in ensuring their nutritional needs are met. Many families find that they benefit from more than one program. Please consider the following options:

Supplemental Nutrition Assistance Program (SNAP)

Indiana's Food Stamp Program, a part of the federal Supplemental Nutrition Assistance Program (SNAP), is designed to raise the nutritional level of low-income households. It enables low-income families to buy nutritious food through Electronic Benefits Transfer (EBT) cards.

Who is Eligible for Food Stamps?

To qualify, applicants must meet both non-financial and financial requirements. Non-financial requirements include state residency, citizenship/alien status, work registration, and cooperation with the IMPACT Program. Financial criteria include income and asset limits. The asset/resource limits are \$5,000 for most households. Assets include bank accounts, cash, real estate, personal property, vehicles, etc. The household's home and surrounding lot, household goods and personal belongings, and life insurance policies are not counted as assets in the Food Stamp Program. All households (except those with elderly or disabled members) must pass a gross income test (less than 130 percent of federal poverty level) to qualify for food stamps.

How to Apply:

To apply for the Food Stamp Program, contact the local [Division of Family Resources](#) office in your county of residence. You may apply by simply filing an application which contains the name, address and signature of a household member. Applications may be taken to the local DFR office, mailed or faxed. You may also apply online at <https://fssabenefits.in.gov/bp/#/>

WIC (Women, Infants and Children)

WIC is a nutrition program that provides a basic food package, nutrition education, referrals and breast-feeding support to women and children until their 5th birthday. A full [fact sheet on Indiana's WIC program](#), including eligibility, is a part of this series.

Who is Eligible for WIC?

To be eligible for WIC a household must include a pregnant woman and/or child(ren) under age five, breastfeeding woman (up to infant's 1st birthday), or a non-breastfeeding postpartum woman (up to 6 months after the birth of an infant or after pregnancy ends). Participants must meet income eligibility and be "nutritionally at risk." The specific criteria and parameters that indicate risk are determined by a health and dietary assessment performed by a health professional at the time of certification. Families receiving Medicaid, Food Stamps, and TANF are income eligible for the Indiana WIC Program.

How to Apply (WIC):

You will need to make an appointment at the WIC clinic location closest to you to apply. Call 1-800-522-0874 or visit <https://www.in.gov/health/wic/wic-clients/> to find the clinic nearest you.

The Emergency Food Assistance Program (TEFAP)

The Emergency Food Assistance Program (TEFAP) is a federal program that helps improve the diets of low-income Americans by providing them with emergency food and nutrition assistance at no cost. TEFAP plays a vital role in providing food assistance by supplementing other donated foods distributed by emergency feeding organizations. For more information about TEFAP, call The National Hunger Hotline: 1-866-3-HUNGRY or 1-866-8-HAMBRE.

Where can I Find Food and Nutrition Assistance in my Community?

Local emergency feeding organizations include:

- Food Pantries - Distribute food to low-income and unemployed households for home consumption.
- Soup Kitchens and Other Feeding sites - Provide meals to the needy and the homeless on a regular basis.

A list of food pantries and soup kitchens can be found on Indiana's Emergency Food Resource Network Website: <https://www.purdue.edu/indianasefrnetwork/> or call 2-1-1 for help finding emergency food resources available near you.

Free and Reduced-Price School Meal Programs

School age children may qualify for free or reduced-price school meals during the school year. Depending on what the school offers, this may include both breakfast and lunch. For information on additional Summer Break breakfast and lunch programs, visit: <https://idoenutrition.com/>.

Who is Eligible for Free or Reduced-Price School Meals?

Children from families with incomes at or below 130 percent of the poverty level are eligible for free meals. Those between 130 percent and 185 percent of the poverty level are eligible for reduced-price meals, for which students can be charged no more than 40 cents.

How to Apply (Free or Reduced-Price School Meals):

Your child's school can provide you with an application. Families should note that if their income or family size changes at some point within a school year they can request an application or reassessment at any time.

Programs and systems change often. It is important to ensure that you are using the most current information. This fact sheet was updated December 2024. Please check <https://www.inf2f.org/fact-sheets.html> for the most recent edition.

La versión en español de esta información está disponible [aquí](#).

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