

New Hampshire Food and Nutrition Programs



Adult and Older Adult Nutrition Programs

Commodity Supplemental Food Program (CSFP)

Provides a monthly food package for income-eligible adults over 60. **To apply, adults can contact the State CSFP agency at 800-942-4321 or visit www.dhhs.nh.gov/supplemental-food-older-adults.**

Congregate and Home-Delivered Meals

Provides prepared meals for eligible adults at a congregate meal site or at home. **To learn how to apply, adults can visit www.dhhs.nh.gov/food-meals-nutrition-older-adults.**

Senior Farmers Market Nutrition Program (SFMNP)

Provides CSFP participants with a one-time, fresh, local produce bundle during the summer. **To learn more, participants can visit www.dhhs.nh.gov/supplemental-food-older-adults.**

Food Assistance Programs

Supplemental Nutrition Assistance Program (SNAP)

Provides monthly benefits to help income-eligible people buy food at approved retailers or online. **To apply, individuals and families can call Client Services at 603-271-9700 or visit nheasy.nh.gov.**

Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

Provides nutritious foods, nutrition education, breastfeeding support, and referrals for income-eligible pregnant and postpartum women and children under 5. **To apply, families can call 1-800-942-4321 or visit www.nhwic.com/preapplicationportal.**

The Emergency Food Assistance Program (TEFAP)

Provides income-eligible households with nutritious food at food pantries, soup kitchens, and other food access points. **To learn more, contact your local Community Action Program at (603) 225-3295 ext. 1120.**



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Learn more at
www.dhhs.nh.gov/food-meals-assistance

Child Nutrition Programs

National School Breakfast and Lunch Programs

Provides low-cost or free meals that meet federal nutrition standards in public schools. **Families can contact their student's school and ask to fill out a School Meals Application to see if they're eligible.**

Summer Food Service Program (SFSP)

Provides free, nutritious meals for children 18 and under during the summer. **To find an open site location, families can visit fns.usda.gov/summer/sitefinder.**

Program	Food Delivery	Meal or Snack Provided	Nutrition Education	Food Pick-up	Benefits to Purchase Food	Eligibility
CSFP			x	x		60+
Congregate Meals		x	x	x		60+ or 18-59 with chronic illness, disability, homebound
Home-Delivered Meals	x	x	x			60+ or 18-59 with chronic illness, disability, homebound
School meals		x				Pre-K to 12 th grade students
SFMNP			x	x		60+ participating in CSFP
SNAP					x	All ages
SFSP		x		x		18 and under
TEFAP				x		All ages
WIC			x		x	Under 5, Pregnant, breastfeeding, postpartum women



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