Do you need food? How to connect with Food Assistance in your county.

<table>
<thead>
<tr>
<th>Available Programs</th>
<th>To qualify for the programs listed below your <strong>gross monthly income</strong> must be equal to or less than the amounts listed; based on household size.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Food Assistance / SNAP</strong></td>
<td>Household Size—1</td>
</tr>
<tr>
<td><strong>Contact:</strong> The Mid-Ohio Foodbank Outreach Team</td>
<td>$1,383</td>
</tr>
<tr>
<td><strong>Phone:</strong> 614-782-5503</td>
<td></td>
</tr>
<tr>
<td><strong>CSFP Program: Seniors 60+</strong></td>
<td>Household Size—1</td>
</tr>
<tr>
<td><strong>Contact:</strong> Kerry McCarthy Dir. of Programs and Agency Partnerships</td>
<td>$1,396</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:KMcCarthy@midohiofoodbank.org">KMcCarthy@midohiofoodbank.org</a></td>
<td></td>
</tr>
<tr>
<td><strong>WIC Women, Infants, &amp; Children</strong></td>
<td>Household Size—1</td>
</tr>
<tr>
<td><strong>Phone:</strong> 614-645-7280</td>
<td>$1,872</td>
</tr>
<tr>
<td><strong>School Reduced Price &amp; Free Lunches</strong></td>
<td>Household Size—1</td>
</tr>
<tr>
<td><strong>Apply Here:</strong> <a href="http://www.schoollunchapp.com">www.schoollunchapp.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>Food Pantry Appointments</strong></td>
<td>Household Size—1</td>
</tr>
<tr>
<td><strong>Phone:</strong> 211 or 614-702-7772 (M-F 8am-4pm)</td>
<td>$2146</td>
</tr>
<tr>
<td><strong>Online:</strong> <a href="http://www.handsoncentralohio.org/chat">www.handsoncentralohio.org/chat</a></td>
<td></td>
</tr>
<tr>
<td><strong>Free Community Produce Markets</strong></td>
<td>Household Size—1</td>
</tr>
<tr>
<td><strong>Online:</strong> midohiofoodbank.org/get-help/get-food/</td>
<td></td>
</tr>
</tbody>
</table>

⇒ Call the Mid-Ohio Foodbank Outreach Team with questions regarding any of the programs listed above. **Phone:** 614-782-5503.
⇒ All data and times are subject to change. “This institution is an equal opportunity provider, and employer.” **Rev.07/01/2021 AMT.**
Find Food Resources in Your Neighborhood

Visit [FreshTrak.com](https://www.FreshTrak.com) to find up-to-date listings of resources available in your zip code. Simply enter your zip code, resources will be shown along with the dates and times they are available.

### FreshTrak

**Pantry Name**
- **All Peoples Fresh Market**
  945 Parsons Ave.
  Columbus OH 43206
- **Neighborhood Services Inc.**
  1950 N. Fourth St, Ste. A.
  Columbus, OH 43201
- **NNEMAP**
  677 E. 11th Ave, 43211
- **Community Resource Ctr.**
  14 W. Lakeview Ave.
  Columbus, OH 43202
- **Heart to Heart Food Pantry**
  1320 Cambridge Blvd.
  Columbus, OH 43212
- **Broad Street Presbyterian Church Food Pantry**
  760 E. Broad Street
  Columbus, OH 43205
- **Bishop Griffin Center**
  2875 E. Livingston Ave. 43209

**Days, Hours or Distribution**
- **All Peoples Fresh Market**: Tues.-Fri.: 11am - 5pm
  Sat: 9am - 1pm
- **Community Resource Ctr.**
  Mon & Fri: 12pm-4pm
  Tues: 12pm-7pm
  Wed: 12pm-6pm
  Thurs: 12pm-7pm
- **Heart to Heart Food Pantry**
  Tue: 9am-12pm
  Wed. 5pm—7pm
  Thurs: 9am-12pm
- **Broad Street Presbyterian Church Food Pantry**
  Mon.-Fri.: 9:30am-11:00am
- **Bishop Griffin Center**
  Wed.: 9am-11:30am
  Fri.: 2:00pm-4:30pm

**Service Area Zip Code**
- **ALL ZIP CODES SERVED**
- **43202, 43214, 43220, 43221, 43235, 43210**
- **43201, 43202, 43210, 43211**
- **ALL ZIP CODES SERVED**

### Proxy

If you are ill, disabled or otherwise unable to make it to a pantry yourself, all Mid-Ohio Foodbank partner agencies use a proxy process where you can send someone you trust to pick-up food for you. Proxy letters in **English** and **Spanish** can be found on the Mid-Ohio Foodbank website in the Get Food Section. To download and print a proxy letter click here: [midohiofoodbank.org/get-help/get-food/](https://midohiofoodbank.org/get-help/get-food/)

### Pantry Name

**INPREM Resource Center & Food Pantry**
  5757 Karl Rd.
  Columbus, OH 43229
  614-516-1812
- **St. Stephens Community House**
  1500 E. 17th Avenue, 43219
  614-294-6347
- **NNEMAP**
  677 E. 11th Ave, 43211
  614-228-2498
- **Gladden Food Pantry**
  318 S. Glenwood Ave.
  Columbus, OH 43223
  614-228-2498
- **Worthington Resource Pantry**
  6700 Huntley Rd, 43229
  614-985-1766
- **Kroger Community Pantry**
  3960 Brookham Drive, 43123
  614-317-9487
- **Lutheran Social Services Online Pantry Ordering:**
  [LSSfoodpantries.org](https://LSSfoodpantries.org)
  OR CALL: 877-577-6325
- **Northside Food Pantry**
  4664 CLEVELAND AVE
  614-778-7516

**Days, Hours or Distribution**
- **INPREM Resource Center & Food Pantry**: Mon. Tue. Thur. 10-7pm,
  Wed. Fri. 10-6pm
- **St. Stephens Community House**: Mon, Wed, Fri: 12pm -3pm
  Tues, Thurs: 3pm-6pm
- **NNEMAP**: Mon.- Fri. 11am –2:45pm
- **Gladden Food Pantry**: Mon.- Fri. 11am –2:45pm
- **Worthington Resource Pantry**: Mon: 10am-2pm
  Wed: 3pm-7pm
  3rd & 4th Sat: 10am-12pm
- **Kroger Community Pantry**: Mon EVE 5:30pm - 8:00pm
  Tue-Thurs. DAY 9:30am - 3:30pm
  Tue.-Thurs. EVE 5:30pm - 8pm
  Fri. DAY 9:30am - 3:30pm
  Sat: DAY 9:30am - 3:30pm
  Sunday Closed
- **Lutheran Social Services Online Pantry Ordering:**
  [LSSfoodpantries.org](https://LSSfoodpantries.org)
  OR CALL: 877-577-6325
  Order online & make an appointment to pick-up your food at the LSS site of your choice.
- **Northside Food Pantry**: Sat: 9:30am—11:30am

**Service Area Zip Code**
- **ALL ZIP CODES SERVED**
- **43016, 43065, 43081, 43085, 43235, 43229, 43035, 43240**
- **43016, 43065, 43081, 43085, 43235, 43229, 43035, 43240**