

Food Help



In order to save money, you may be tempted to reduce food costs. Rather than going hungry, there are programs to help you maintain a proper diet.



Food Stamps

The Food Stamp program offers help to low-income families or individuals. The amount received depends on family size, income and certain expenses such as child care costs. You can be working and still be eligible for this program. Non-citizens who are permanent lawful residents may also be eligible to apply. For further information, call: 211 for more locations or www.211.org.

NV State Welfare Division
(702) 486-5000 or visit <http://dwss.nv.gov>

The above office will provide the location nearest you, based upon your zip code.

Food Pantries and Meals

There are many community-based food pantries and meals for emergency food needs. The following can provide groceries or meals. For more information and locations, call:

Catholic Charities	(702) 387-2291
F. I. S. H.	(702) 735-0300
Giving Life Ministries (Henderson)	(702) 565-4984
Hopelink (formerly HACA)	(702) 566-0576
Jewish Family Services	(702) 732-0304
Lutheran Social Services	(702) 639-1730
Salvation Army	(702) 649-8240

Women, Infants and Children (WIC)

WIC is a federally funded nutrition and food supplemental program for eligible pregnant or breast feeding women, their children and foster children ages 0-5 regardless of immigration status. It supplies vouchers used to purchase items such as milk, cheese, juice, eggs, cereal and infant formula. Families must be low-income to be eligible.

For a WIC office nearest you, call:
(800) 863-8942

School and Summer Food Programs

Children from low-income families are eligible to receive free or reduced cost breakfast and lunch during the school year or during the summer at certain sites regardless of immigration status. For information call your child's school, or call:

Clark County School District
(702) 799-8123

Nevada Department of Education
Summer Food Service Program
(702) 486-7902



Your guide to unemployment, health care, legal assistance and other basic needs.

Help For Tough Times

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