

# OKLAHOMA FOOD RESOURCES

NEED URGENT FOOD HELP? CALL 2-1-1



## SNAP | Supplemental Nutrition Assistance Program

- Available to all ages
- Ages 18 years & up can apply by calling toll-free 1 (877) 760-0114
- Learn more: [www.hungerfreeok.org/groceries](http://www.hungerfreeok.org/groceries)



## WIC | Special Supplemental Nutrition Program for Women, Infants, & Children

- Available to pregnant, postpartum, & breastfeeding women, & to children under age 5 years
- Citizenship status is not required
- Learn more: [www.hungerfreeok.org/WIC](http://www.hungerfreeok.org/WIC)



## DUO | Double Up Oklahoma

- Available to SNAP participants (only at select farmers markets & grocery stores)
- Match SNAP dollars for up to \$20 in free produce daily
- To find a site or learn more: [www.doubleupoklahoma.org](http://www.doubleupoklahoma.org)



**DOUBLE UP  
OKLAHOMA**  
A PROGRAM OF HUNGER FREE OK

## Summer Meals

- Free meals available to all children & teens, 18 years & under
- No registration or ID required
- To find a site or learn more: [www.meals4kidsok.org](http://www.meals4kidsok.org)



## Free and Reduced-Price School Meals

- All students can apply throughout the school year
- Meal applications determine eligibility for free or reduced-price school meals & other benefits like P-EBT
- Apply through your child's school



## P-EBT | Pandemic Electronic Benefits Transfer

- P-EBT helps families buy groceries due to pandemic-related school closures or reduced hours
- May be available to families with students who receive free or reduced-price meals
- Learn more: [www.hungerfreeok.org/pebt](http://www.hungerfreeok.org/pebt)

For mobile access to this information, use your smartphone camera to scan the QR code on the grocery sack, or visit:

[bit.ly/FoodResourcesOKSchool](http://bit.ly/FoodResourcesOKSchool)