

Visiting a Food Pantry

What is a food pantry?

A center where individuals and families in need of food can receive a 3-day supply at no cost. Food pantries are not government agencies, they are charity organizations whose purpose is to feed you and your family.

How can you find a food pantry?

Ask your neighbor, or organizations that support you, for help in finding a food pantry.

Also, you can visit **FreshTrak.com** for a listing of pantries and meal programs in your zip code area.

What to expect and what should you bring to a food pantry on your first visit?

1. Expect there to be a line and that you may have to wait up to 30 minutes before being served. Try visiting later in the day.
2. You will share how many people are living in your household and their ages.
3. You must meet income guidelines at the time of service to receive the food. This is self-reported and no proof will be required.
4. You will be asked to sign that all your information shared is correct.

What type of food will you receive from a food pantry?

Food items may vary at each pantry. It's a good idea to visit a pantry first to see what is available and think about what items will go together to create a meal.

At some pantries, you will be allowed to enter the food pantry and do your own shopping. Others will have a drive-through where you can pick up prepackaged boxes of food. Volunteers will load your car for you.

Some Tips:

- Ask about "extras" *such as diapers and wipes, pet food or personal care items.*
- If you have a friend that can help with translation, bring them with you.
- If you have special dietary needs, please inform the pantry personnel.
- Ask about help with other services such as food or medical assistance.
- Go on different days of the week.
- Be polite to workers.