

## Food Security Resources and Support Programs



### Military OneSource Community Resource Finder

Find [food banks and community food resources](#) organized by state using this extract from the Community Resource Finder.

**DECA Benefits:** <https://www.commissaries.com/economic-security>

Learn how commissaries promote food security by providing quality products at low prices, as well as tips on nutrition.



### Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps)



SNAP is funded by the federal government, but financial eligibility differs for each state. Although only a very small percentage of members utilize SNAP, the reasons for not utilizing this program are multifaceted and do not mean that food insecurity is not an issue in the military.

Service members may not know about SNAP. To determine if someone qualifies for SNAP, visit [www.fns.usda.gov/snap/state-directory](http://www.fns.usda.gov/snap/state-directory), click on the state of residence, and then select the preferred type of application (e.g., online, mail-in). You can also call the SNAP information line at 1-800-221-5689.

### Family Supplemental Subsistence Allowance (FSSA)

FSSA is a DOD program that supplements an eligible active service member's household income if it's below 130% of federal poverty guidelines (maximum payment is \$1,100 per month). FSSA is only available for service members with at least one dependent in their households who are serving overseas (not including Puerto Rico, the U.S. Virgin Islands, or Guam).

For more about the FSSA program or any other assistance, service members should contact their family support center, command, or community services financial management counselors. The FSSA Application, DD Form 2857 is available on the WHS DOD Forms website – [visit their site](#).

### Special Supplemental Nutrition Program for Women, Infants and Children

WIC's target population are low-income, nutritionally at risk:

- Pregnant women (through pregnancy and up to 6 weeks after birth or after pregnancy ends).
- Breastfeeding women (up to infant's 1st birthday).
- Non-breastfeeding postpartum women (up to 6 months after the birth of an infant or after pregnancy ends).
- Infants (up to 1st birthday). WIC serves 53 percent of all infants born in the United States.
- Children up to their 5th birthday.



To learn more about eligibility for WIC, visit <https://www.fns.usda.gov/wic/wic-eligibility-requirements>

To determine if someone qualifies for WIC, visit <https://www.fns.usda.gov/contacts/contact-map?f%5B1%5D=program%3A32>, click on the state of residence, and then select *Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)*.



### **Military and Family Support Centers**

Installation-based Military and Family Support Centers are a one-stop shop for family readiness information and services. Centers are open to all service members and their families, regardless of the service member's branch. Find your local installation's center by visiting [MilitaryINSTALLATIONS](#).

Connect those at risk to helpful resources, including **Military OneSource**: [www.militaryonesource.mil](http://www.militaryonesource.mil) or 800-342-9647.