

# Feeding Your Family During Coronavirus

## FOOD FOR YOUR FAMILY:

Federal and state agencies have increased funding for traditional food assistance programs including:

- [Supplemental Nutrition Assistance Program \(“SNAP”\)](https://www.benefits.gov/benefit/1348)  
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Formerly known as food stamps, SNAP is the primary federal and state government food assistance program. SNAP provides up to \$150 per family member for food at almost any store that sells groceries. Texas expanded SNAP by \$168 million in response to coronavirus. All value is applied through the LoneStar Card which works like a credit card. Must meet income requirements to be eligible. Apply online at [SNAP](#) or call 877-541-7905.
- [WIC Texas](#) - Additional financial assistance program for pregnant women, breastfeeding women, infants or families with children under 5. Eligibility requirements are similar to SNAP and based on income and family size as well as children’s ages.
- **School Meal Services:**  
Most North Texas school districts are offering free meals to families with school age children. Meals are distributed at the local schools. Visit the school district website for more information. DISD website link: [Food & Child Nutrition Services / Coronavirus Meal Service](#).
- **Food Banks and Pantries:**  
There are many food pantries available throughout the DFW metroplex.
  - [North Texas Food Bank](#) Largest food bank in Texas whose warehouses provide food to hundreds of partner food pantries throughout North Texas.
  - [Metroplex Foods Pantries](#) List of food pantry locations throughout DFW that distribute a broad range of food to people in need.

Making the Most of Your Food Dollars:

- Learn to cook at home. It can zero out your dining out expenses while feeding your body and your family healthy and delicious meals.
- Have to cook from home for the first time? [Here's what you need to know \(plus your first recipe!\)](#) — CNN
- [Need Help Cooking Through the Coronavirus Pandemic?](#) — NPR
- Cook bulk meals and freeze. Easy, inexpensive and a great time saver. [16 Bulk Meals in Under Two Hours!](#)

Cut your food expenses with these healthy \$2 recipes [here](#)

### Additional Resources:

[Article on coronavirus expansion](#)

[USDA website for emergency assistance](#)

[DISD Meal Assistance](#)

211: <https://www.211texas.org/>

126 MEALS FOR \$30! | [Emergency Extreme Budget Grocery Haul 2020](#)

[5 Tips from Chefs on Cooking From Your Pantry If You’re at Home](#) – Time



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[How To Make Nutritious Meals for \\$1 – \\$2/Day Per Person](#)

[20 Dinners Under \\$2 — Rachael Ray](#)

[10 Ways to Deal with Leftover Ingredients](#)

[75 Budget Friendly Dinners](#)

