

# Related Resources

## Hunger



### Top Resources

1

#### **Hunger Free America: NYC Borough Food Guides**

Download NYC food guides by borough. These maps show where you can find food resources in or near your neighborhood.

<https://www.hungerfreeamerica.org/neighborhood-guides-food-assistance>

4

#### **NYC Food Bank: Find Your Nearest Food Bank**

Search local food resources in your neighborhood, including food banks and places to enroll in SNAP benefits.

<https://www.foodbanknyc.org/get-help/>

2

#### **NYC Schools: Healthy Food Options in Your School**

NYC offers healthy lunch alternatives for all schools. Click here to view different menu options and information on how to get healthier options in your lunchroom.

<https://www.schools.nyc.gov/school-life/food/free-meals-for-all>

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#### **Aunt Bertha: Find Services in Your Community**

Search for free or reduced cost services in your neighborhood. Locate health, food, and education services on Aunt Bertha.

<https://www.auntbertha.com/>

3

#### **NY State: Women, Infant, and Children (WIC) Programs**

Learn more about New York State nutrition programs for women, infant, and children. Click here to understand how families qualify and how to enroll.

<https://www.health.ny.gov/prevention/nutrition/wic/>

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### Additional Resources

NYC Schools: Apply for Breakfast in the Classroom

<https://www.schools.nyc.gov/school-life/food/free-meals-for-all>

NYC Schools: Summer Food Service Program

<https://www.schools.nyc.gov/school-life/food/free-meals-for-all#summer>

Buying Good Food on a Tight Budget

<https://www.ewg.org/goodfood/index.php>

USDA: Building a Healthy Eating Style

<https://www.choosemyplate.gov/eathealthy/start-simple-myplate>

KidsHealth: What is Hunger?

[https://kidshealth.org/en/parents/?search=y&q=hunger&datasource=kidshealth&section=parents\\_tens\\_kids&lang=english&start=0&rows=10#cathealthy-eating](https://kidshealth.org/en/parents/?search=y&q=hunger&datasource=kidshealth&section=parents_tens_kids&lang=english&start=0&rows=10#cathealthy-eating)

healthychildren.org: Nutrition Choices for Kids

<https://www.healthychildren.org/english/healthy-living/nutrition/pages/default.aspx>

Sesame Street: Healthy Eating Resources

<https://sesamestreetincommunities.org/topics/eating/>

Wellness in the Schools: Resources for Homes and Schools

<http://www.wellnessintheschools.org/>