

Additional Food Resources

Nutrition Assistance Programs

Programs to help you obtain healthy, nutritious foods for yourself and your family.

SHARE Food Network

Non-profit organization with multiple locations throughout the Baltimore/DC area. Once a month, families can order, pay for, and pick up groceries from host sites at a 50% discount.

No application required!

For a list of host site locations and more information, please visit: <https://www.catholiccharitiesdc.org/program/share-food-network/>

Supplemental Nutrition Assistance Program (SNAP)

Helps people buy the food they need for good health. There are numerous ways to file an application:

- Online at <https://mydhrbenefits.dhr.state.md.us/>.
- At your local Department of Social Services.
- Download application and mail in or drop off in person.
- For more information and to see if you qualify, please visit:

<https://dhs.maryland.gov/supplemental-nutrition-assistanceprogram/about-the-food-supplement-program/>

Maryland Women, Infants and Children (WIC) Program

Provides healthy supplemental foods, formula and breastfeeding support for pregnant women, new mothers, infants, and children under the age of five.

To apply, call 1-800-242-4WIC or your local WIC agency:

<https://health.maryland.gov/phpa/wic/Pages/wic-apply.aspx>.

Benefits One Application

Mobile friendly app where eligible Marylanders can apply for Medicaid, Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF), Women, Infants and Children (WIC) and energy assistance in a single application from a computer or smartphone.

<https://benefits.maryland.gov>

Did You Know?

You may qualify for other programs available in the state of Maryland! Call 211 or visit 211md.org to find out more about what is available in your area. In addition to food resources, 211 can also help you find assistance with:

- Housing and Shelter
- Substance Use
- Legal Services
- Utility Assistance
- And more!

For a list of other services including food programs, visit www.FindHelp.org

For more information, please call the Nutrition Department at **443-923-2730**, scan the QR code or visit **KennedyKrieger.org/departments-medicalspecialties/nutrition-department**



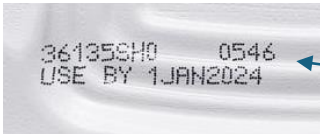
Reducing Food Waste Through Better Understanding of Food Product Dating

Dates indicate best quality, not food safety!

There is no uniform or universal food dating system in the United States.



Federal regulations require baby formula to have a “use by” date. This date ensures the nutrients and quality are maintained.



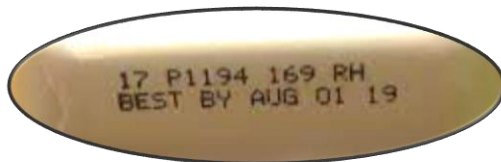
Except for baby formula, product dating is not required by federal law and does not indicate product safety.

“Best By” dates explain when a product will be of best flavor or quality

“Sell by” dates tell the store how long to display the product for sale

“Use by” dates indicate the last date the product will be at peak quality

“Freeze By” dates indicates when a product should be frozen to maintain peak quality
- It is not a purchase or safety date



These various product dates indicate the optimum period for food quality, sale, usage, and freezing depending on the food, its characteristics, the packaging, preservatives, and length of storage time.

The USDA estimates 30% of the food supply is lost or wasted at the retail or consumer levels. Misunderstandings about dates on food is one source of food waste as consumers may be discarding wholesome foods.

Regardless of date, pay attention to signs of spoilage.

A food product can be safe until spoilage is apparent. Pay attention to odor, flavor, and texture that can indicate presence of spoilage or bacteria



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