

**Child and Adult Care Food Program (CACFP)** - Ensures children and adults attending approved non-residential care facilities and at-risk afterschool programs receive nutritious meals.  
[www.nutritionnc.com/snp](http://www.nutritionnc.com/snp)

**Commodity Supplemental Food Program (CSFP)** - Provides a monthly package of food designed to supplement the nutritional needs of low-income senior citizens ages 60+. Food packages are distributed by approved local agencies. [www.ncagr.gov/fooddist/programs.htm](http://www.ncagr.gov/fooddist/programs.htm)

**Expanded Food and Nutrition Education Program (EFNEP)** - Teaches youth and adult participants skills and strategies to feed their families nutritious meals on a limited budget and improve their overall health. [www.ncefneep.org](http://www.ncefneep.org)

**Food Distribution Program on Indian Reservations (FDPIR)**- Provides USDA foods to income-eligible households living on the Eastern Band of Cherokee Indians reservation and to Native American households residing in designated counties (Jackson, Swain, Cherokee and Graham) near the reservation.  
[www.fns.usda.gov/fdpiir/applicant-recipient](http://www.fns.usda.gov/fdpiir/applicant-recipient)

**School Meals - National School Lunch Program, School Breakfast Program, and After School Snack Program (NSLP, SBP, ASSP)** - Provides children and teenagers breakfast, lunch and snacks that meet federal nutrition standards in public schools.  
<https://childnutrition.ncpublicschools.gov/programs/nslp>

**Senior Farmers' Market Nutrition Program (SFMNP)** - Provides eligible senior participants with benefits to purchase fruits and vegetables at local farmers' markets. *Program is not available statewide.* [www.ncdhhs.gov/documents/north-carolina-seniors-farmers-market-nutrition-program-sfmnp](http://www.ncdhhs.gov/documents/north-carolina-seniors-farmers-market-nutrition-program-sfmnp)

**Senior Nutrition Program - Congregate Meals and Home-delivered Meals** - Provides nutritious meals and socialization to older adults.  
[www.ncdhhs.gov/assistance/adult-services/nutrition-congregate-home-delivered-meals](http://www.ncdhhs.gov/assistance/adult-services/nutrition-congregate-home-delivered-meals)

**Supplemental Nutrition Assistance Program known in NC as Food and Nutrition Services (SNAP - FNS)** - Provides benefits to purchase food.  
[www.ncdhhs.gov/assistance/low-income-services/food-nutrition-services-food-stamps](http://www.ncdhhs.gov/assistance/low-income-services/food-nutrition-services-food-stamps)

**Supplemental Nutrition Assistance Program-Education (SNAP-Ed)** - Provides approaches to improve nutrition through direct education, multi-level interventions, community and public health approaches. Nine agencies in NC provide SNAP-Ed to different ages and locations.  
<https://www.ncdhhs.gov/divisions/social-services/food-and-nutrition-services-food-stamps/north-carolina-nutrition-education>

**Summer Nutrition Program** - Provides free meals to children during summer vacation. [childnutrition.ncpublicschools.gov/programs/sfsp](http://childnutrition.ncpublicschools.gov/programs/sfsp)

**The Emergency Food Assistance Program (TEFAP)** - Supplements the food needs of low-income households. Food packages are distributed by approved local agencies. [www.ncagr.gov/fooddist/programs.htm](http://www.ncagr.gov/fooddist/programs.htm)

**The Special Supplemental Nutrition Program for Women, Infants and Children (WIC)** - Provides nutrition education, breastfeeding promotion and support, access to healthy foods and referrals to healthcare and social services for pregnant, breastfeeding and postpartum women, infants and children under age 5. [www.nutritionnc.com/mywic/index.htm](http://www.nutritionnc.com/mywic/index.htm)

**WIC Farmers' Market Nutrition Program (FMNP)** - Provides eligible WIC participants with benefits to purchase fruits and vegetables at local farmers' markets. *Program is not available statewide.* [www.nutritionnc.com/wic/fmarket.htm](http://www.nutritionnc.com/wic/fmarket.htm)





NC DEPARTMENT OF  
HEALTH AND  
HUMAN SERVICES

# NC Food and Nutrition Resource Programs

[www.ncdhhs.gov/snac](http://www.ncdhhs.gov/snac)

Program Name	Food Delivery	Meal/Snack provided on site	Nutrition Education	Food Pick-up	Benefits to purchase food	Eligibility
CACFP		<input checked="" type="checkbox"/>				0-18 yrs and 60+
CSFP				<input checked="" type="checkbox"/>		60+
EFNEP			<input checked="" type="checkbox"/>			18+
FDPIR on Indian Reservations				<input checked="" type="checkbox"/>		All ages
School Meals		<input checked="" type="checkbox"/>				PreK-12 students
SFMNP			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	60+
Senior Congregate Meals		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			60+
Senior Home-delivered meals	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			60+
SNAP (FNS)					<input checked="" type="checkbox"/>	All ages
SNAP-Ed			<input checked="" type="checkbox"/>			All ages
Summer Nutrition Programs		<input checked="" type="checkbox"/>				Children 0-18 yrs
The Emergency Food Program				<input checked="" type="checkbox"/>		All ages
WIC			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	0-5 yrs. & pregnant, breastfeeding, postpartum women
WIC FMNP			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	2-4 yrs. & pregnant, breastfeeding, postpartum women

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