



# “I need more food.”

Here are some resources that can help.

## 2-1-1

Get information on free meal sites and food pantries, finding housing, paying your bills, and more. Dial 2-1-1 to talk to an Information and Resource Specialist 24 hours a day or go to <http://www.211wisconsin.org/>.

## FoodShare Helpline (Quest Card)

Get information, one-on-one help applying for money on a Quest card for groceries, and help with FoodShare renewals. Call 1-877-366-3635 or go to [GetAQuestCard.org](http://GetAQuestCard.org)

## Women, Infants and Children (WIC)

Get help getting healthy foods, nutrition education, and breastfeeding support for pregnant and postpartum women, infants, and children under age 5. Call the Maternal and Child Health Hotline at 1-800-722-2295 or go to <https://www.dhs.wisconsin.gov/wic/wic-offices.htm> to find the county WIC office in your area.

## Online Recipes and Tips for Healthy Eating on a Budget

- USDA What's Cooking Recipes - [www.whatscooking.fns.usda.gov/](http://www.whatscooking.fns.usda.gov/)
- Good & Cheap Cookbook - [www.leannebrown.com](http://www.leannebrown.com)
- Meeting Your MyPlate Goals On A Budget - <http://tinyurl.com/healthyonabudget>  
<https://www.choosemyplate.gov/budget>
- MyPlate Tip Sheets - <https://www.choosemyplate.gov/myplate-tip-sheets>

