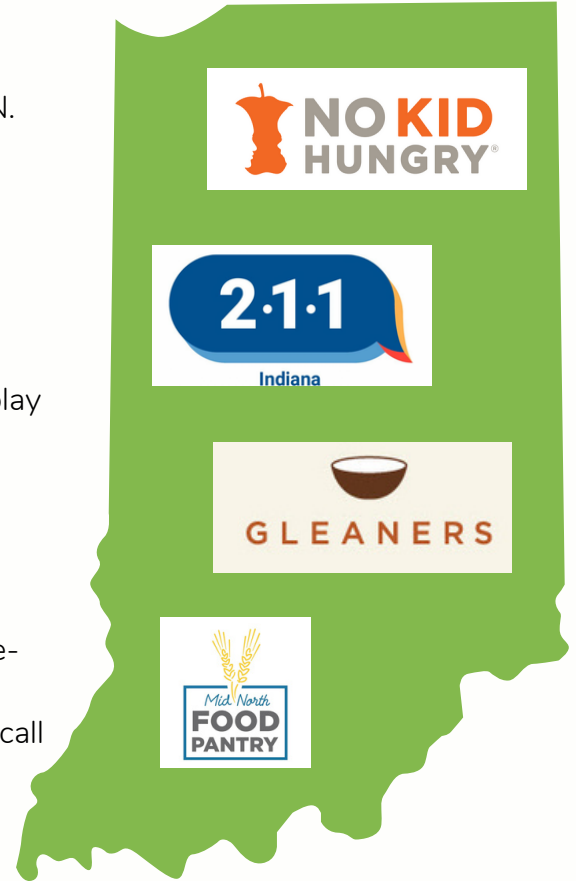


Indianapolis Food Access Information

Below are some organizations that aim to serve food-insecure families in the local community. Please feel free to share this sheet with anyone who might find these resources useful.

Free Meals and Groceries for Families and Kids:

- Gleaners Food Bank Indiana | (317) 925-0191 | 3737 Waldemere Ave, Indianapolis, IN 46241
 - Find a location: <https://www.gleaners.org/findhelp/>
- Mid-North Food Pantry and Garden | (317) 924-7900 | 3333 N. Meridian Street, Indianapolis, IN 46208
 - <https://www.midnorthfoodpantry.org>
- WIC: The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) provides low-income, high-risk mothers with funds to support their families.
 - [Health: WIC: Home \(in.gov\)](https://www.wic.in.gov)
 - Download the mobile INWIC app on App store or Google play
- No Kid Hungry: provides free meals to kids
 - www.nokidhungry.org/find-free-meals
- Supplemental Nutrition Assistance Program (SNAP): a SNAP debit card at farmer's markets in California can get you double dollars! (ie: \$20 worth of groceries for \$10)
 - www.fns.usda.gov/snap/supplemental-nutrition-assistance-program
- For additional resources visit <https://www.IN211.org> or simply call 2-1-1 from anywhere in Indiana
- Find Indianapolis Community Gardens:
 - <https://www.findhelp.org/food/community-gardens--indianapolis-in?postal=46208>



Free Summer Meals:

- Indiana Free Summer Meal Sites:
 - Indiana Department of Education interactive map of summer meal sites: idoenutrition.com
- Text "FOOD" to 304-304 for information on free summer meals for your kids.
- Call the USDA Hotline at 1-866-348-6479 to find free summer food service programs in your area.

Free Meal Delivery for the Elderly and Home-bound:

- Gleaners Food Bank: home delivery program for individuals living in Marion County who do not have reliable transportation.
 - (317) 742-9111 | text "Gleaners" to 55433 | <https://www.gleaners.org>
- Meal on Wheels Indiana: provides free meal delivery for elderly and home-bound individuals.
 - (317) 252-5558 | mealsonwheelsindy.org
- Mom's Meals: a food delivery service for the elderly, home-bound, people living with disability or chronic illness. Mom's Meals delivers refrigerated meals that can be medically tailored to certain nutritional needs.
 - <http://www.momsmeals.com/>



Ways to help increase food accessibility

For volunteers: Indy Hunger Network partners with many food banks and gardens that are always looking for volunteers in Indianapolis. Find a list of organizations accepting volunteers here:

<https://www.indyhunger.org/volunteer-with-our-partners/>

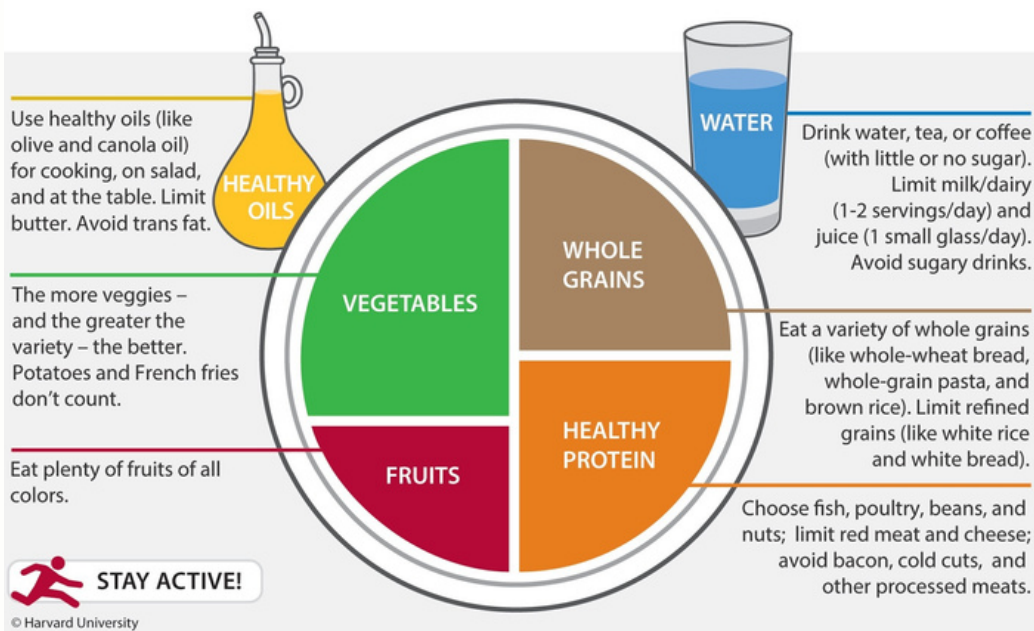
For families looking to get involved in local community gardens or start their own, Plant It Forward Indy provides tools, resources, and training to help you get started: <https://www.growingplacesindy.org/plant-it-forward>

Eating locally sourced foods: An interactive map to groceries stores and markets across that buy their produce locally: <https://www.indianagrown.org/shop-local/>

How to eat healthy at no extra cost

Visit www.hsph.harvard.edu/nutritionsource/healthy-eating-plate for up-to-date information on nutrition.

HEALTHY EATING PLATE



Did you know you can get plenty of protein from plants? AND it's generally more cost effective than buying animal products. Here are some great plant protein sources to try and home: lentils, tofu, nuts, chickpeas (all beans!), broccoli, seeds, sprouts, edamame, quinoa, and dark leafy greens.



Try to consume added sugars in moderation. The [American Heart Association](#) recommends limiting added sugars to no more than 6% of calories each day (about 6-9 tsp/day for women/men). For children, the recommendation is to limit sugar intake to a maximum 5 tsp/day.

Americans eat on average about 3,400 mg of sodium/day. However, the [Dietary Guidelines for Americans](#) recommends that adults limit intake to less than 2,300 mg/day (equal to about 1 teaspoon of table salt). For children, it's even less!

To manage salt and sugar intake, a good rule-of-thumb is to limit processed and fried foods.

For more information on how to practice plant-forward eating habits:

<https://sustainability.yale.edu/blog/how-eat-plant-forward-diet>

For tips & tricks on how to navigate healthy and affordable food at the grocery store:

www.kidsinnutrition.org/tips-tricks

