

FOOD AND NUTRITION RESOURCES FOR NMCCCL COMMUNITY



Federal and Military Resources

<https://tricare.mil/HealthWellness/HealthyLiving/Food-Insecurity>

Military Leaders Food Security Toolkit

<https://www.militaryonesource.mil/resources/millife-guides/food-security-resources-and-support-programs/>

Camp Lejeune Woman, Infants, & Children (WIC)

800.367.2229

910.347.5002

- Help provide supplemental foods and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age 5 who are found to be at nutritional risk.
- <https://www.ncdhhs.gov/ncwic>

Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps)

800.221.5689

910.455.4145

- For state-specific information on eligibility: <https://www.fns.usda.gov/snap/state-directory>
- Click on the state of residence, and then select the preferred type of application (e.g., online, mail-in)
- Assistance with applying for SNAP: <https://apply.mrelief.com/>

USDA Food and Nutrition Services

910.803.0280

- All Programs: <https://www.fns.usda.gov/programs>
- Military specific webpage: <https://www.fns.usda.gov/military-and-veteran-families>
- **Summer Food Service Program** - Designed to feed children breakfast and/or lunch during the summer at feeding sites that can include schools, churches, community centers, summer camps, Indian reservations, and more.
- **National School Lunch Program** - Provides nutritionally balanced, low-cost or no-cost lunches to children each school day at public and nonprofit private schools and residential childcare institutions - <https://www.fns.usda.gov/nslp/household>

USDA's MyPlate Resource

- Basic nutrition information, budget-friendly recipes, and tools for health-related goals
- Phone app available on the website can be used with SNAP
- <https://www.myplate.gov/>

Basic Needs Allowance

- Eligible for active service member if household income if it is below 150% of federal poverty guidelines
- <https://www.militaryonesource.mil/financial-legal/personal-finance/taking-care-of-people/#basicneeds>

U.S. Department of Veterans Affairs

- https://www.nutrition.va.gov/Food_Insecurity.asp

Military One Source Non-Medical Counseling

- Can provide counseling that includes assistance in eligibility determinations and registration for programs
- <https://www.militaryonesource.mil/non-medical-counseling/>

Military and Family Support Centers

910.449.9766

- One-stop shop for family readiness information and services. Centers are open to all service members and their families, regardless of the service member's branch.
- <https://lejeunenewriver.usmc-mccs.org/marine-family-support/military-family-life>

Defense Commissary Agency Benefits

- <https://corp.commissaries.com/stronger-together>

Senior Resources

- Home delivered meals for each county
- Meals on Wheels 910.455.2747
- Onslow County Senior Services 910.455.2747
- Pender County Adult Service, INC. 910.259.9119
- New Hanover County Senior Resource Center 910.798.6400
- Duplin County Senior Service 910.296.2140
- <https://www.mealsonwheelsamerica.org/>

Feeding America

- Online food bank locator: <https://www.feedingamerica.org/find-your-local-foodbank>
- Other resources to find local food banks/pantries:
 - <https://www.findhelp.org/>
 - <https://foodfinder.us/>

The National Hunger Hotline. **1-866-3-HUNGRY** (1-866-348-6479) or **1-877-8-HAMBRE** (1-877-842-6273)(For Spanish).
For emergency food resources.

Local Food Banks/Pantries

- Abundant Life Baptist Church Food Pantry 910.345.2356
- Bethlehem Baptist Church Food Pantry 910.803.0280
- CenterView Baptist Church Food Pantry 910.347.6691
- Ecclesia Ministries Food Pantry 910.430.0099
- Enon Chapel Midway Park Food Pantry 910.353.5403
- First United Methodist Church Food Bank 910.327.4011
- Folkstone Original Freewill Baptist Food Pantry 910.803.0280
- Infant of Prague Food Pantry 910.347.4196
- Lutheran Church of Our Savior Food Pantry 910.347.2207
- Mt. Carmel Inc H.E.L.P. 910.455.2747
- Northwoods United Methodist Church Food Pantry 910.346.9727
- Onslow Community Outreach Food Pantry 910.455.5733
- Richlands Community Outreach 910.346.8800
- Salvation Army Food Pantry 910.346.8800
- Share the Table 910.616.8897
- St. Anne's Episcopal Church Pantry 910.347.3774
- White Oak Ecumenical Outreach Ministries Food Pantry 910.326.1955

Pet Food Services

- Jaded Paws of Rescue Food Pantry 910.389.2372