GOVERNMENT RESOURCES & ASSISTANCE FOR LOW-INCOME PARENTS

Child Care & Early Learning Opportunities
  • Contact Info for a Head Start Program Near You: http://eclkc.ohs.acf.hhs.gov/hslc/HeadStartOffices

Feeding & Nourishing Your Family
• Special Supplemental Nutrition Program for Women, Infants and Children (WIC):
  • State WIC Contact Info: http://www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies
• Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps):
  http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap
  • State SNAP Contact Info: http://www.fns.usda.gov/snap/outreach/map.htm

Financial Support for You, Your Family & Your Education
• Federal Student Aid | Correcting or Updating Your FAFSA: https://studentaid.ed.gov/fafsa/next-steps/correct-update
• Temporary Assistance for Needy Families (TANF): http://www.acf.hhs.gov/programs/ofa/programs/tanf/about
  • State TANF Contact Info: http://www.acf.hhs.gov/programs/ofa/help

Help Keeping the Lights On
• Low-Income Housing Energy Assistance Program (LIHEAP): http://www.acf.hhs.gov/programs/ocs/programs/liheap
  • State LIHEAP Contact Info: http://www.acf.hhs.gov/programs/ocs/resource/division-of-energy-assistance-federal-staff

Keeping You & Your Child Healthy
• Children’s Health Insurance Program (CHIP): http://chipmedicaid.org/
  • Health Insurance Marketplace: http://healthcare.gov