



This resource list can also be found online, [here](#).

Due to the current federal government shutdown, SNAP benefits may not be issued starting November 1, 2025, affecting over 40 million Americans. If you, or someone you know, needs assistance, please use the resources below.

NATIONAL RESOURCES

Primary Food Assistance Locators:

Feeding America Food Bank Locator: [click here](#)

- Over 200 member food banks can connect you with free food, food pantries, soup kitchens, and mobile pantries in your community
- Enter your zip code to find local resources
- [All state partner America Food Bank sites are listed here](#)
- [Find a mobile pantry near you](#)

211 Helpline (Nationwide)

Call 211 for immediate food assistance, available 24/7 with confidential help from experts

- Call: 2-1-1 (works in all states)
- Text your zip code to: 898-211
- Available in 150+ languages

FoodFinder.us: [CLICK HERE](#)

- Interactive map displaying food pantries with addresses, contact information, and operating hours

USDA National Hunger Hotline

- **Phone: 1-877-842-6273 (Spanish)**
- **Phone: 1-866-348-6479 (English)**

STATE-BY-STATE RESOURCES

ALABAMA

- Call 211 for local food pantry locations
- [List of Alabama foodbanks](#)

ALASKA

- Call 211
- Alaska Food Bank resources available through [Feeding America network](#)

ARIZONA

- Call 211
- Local food banks through [Feeding America](#)
- [List of Arizona foodbanks](#)

ARKANSAS

Arkansas DHS is directing SNAP recipients to find local food pantries, churches and other organizations for temporary food assistance

- Call 211 for immediate assistance
- [List of foodbanks near you](#)
- [Arkansas Foodbank](#)

CALIFORNIA

CalFresh participants: [visit their website](#) for information on local food pantries. Gov. Gavin Newsom deployed the California National Guard to support food banks across California.

- Call 211
- [Los Angeles Regional Food Bank](#)
- [San Francisco-Marin Food Bank](#)
- [Second Harvest Food Bank \(Orange County\)](#)
- [Feeding America member banks throughout state](#)

COLORADO

Over 600,000 Coloradans use SNAP benefits. Gov. Jared Polis requested up to \$10 million for food banks and pantries. Visit: [feedingcolorado.org](#).

- Call 211
- [Food Bank of the Rockies](#)
- [Find a foodbank near you](#)
- [Care and Share Food Bank](#)

CONNECTICUT

Gov. Ned Lamont announced \$3 million in emergency funds to [Connecticut Foodshare](#). 18,168 families in New Haven receive SNAP benefits (42,930 people, 31% of city population)

- Call 211 Connecticut
- text FOODSHARE to 85511
- [Comprehensive list of Connecticut foodbanks](#)
- Local pantries: Loaves & Fishes, [Downtown Evening Soup Kitchen \(DESK\)](#)
- More info: [CT Public Radio](#)

DELAWARE

Over 120,000 Delaware residents use SNAP benefits. Gov. Matt Meyer announced assistance to food pantries.

- Call 211 or text zip code to 898-211
- Food Bank of Delaware: fbd.org
- Delaware 211: delaware211.org
- More info: WHYY.org

FLORIDA

- Call 211
- [Feeding Florida member food banks](#)
- [Feeding Tampa Bay](#)
- [Second Harvest Food Bank of Central Florida](#)

GEORGIA

- Call 211
- [Comprehensive list of food resources](#)
- [Atlanta Community Food Bank](#)
- [Feeding America member banks](#)

HAWAII

Hawaii opened applications for a relief program providing up to four months of support. Gov. Josh Green announced \$2 million to food banks.

- Call 211
- [Hawaii Foodbank](#) and [food assistance finder](#)
- [Feeding America Hawaii Foodbanks](#)
- Check: [Hawai'i Public Radio for updates](#)

IDAHO

Over 130,000 people participate in SNAP. The Idaho Foodbank serves about 216,000 people monthly through 400 partners.

- Call 211
- [Idaho Foodbank](#) and [food assistance locator](#)

ILLINOIS

Nearly 2 million people in Illinois participate in SNAP.

- Call 211
- Visit the IDHD food bank finder
- Greater Chicago Food Depository
- Feeding America: Illinois
- Northern Illinois Food Bank
- Central Illinois Foodbank

INDIANA

Roughly 600,000 people participate in SNAP.

- Call 211
- [Find an Indiana food pantry](#)
- [Gleaners Food Bank \(Indianapolis\)](#)
- [Food Bank of Northwest Indiana](#)
- [Feeding America: Indiana](#)

IOWA

- Call 211
- [Find food assistance in your community](#)
- [Food Bank of Iowa](#)
- [Northeast Iowa Food Bank](#)

KANSAS

- Call 211
- [Find food assistance in your community](#)
- [Harvesters \(Kansas City area\)](#)
- [Kansas Food Bank \(Wichita\)](#)

KENTUCKY

- Call 211
- [God's Pantry Food Bank](#)
- [Dare to Care Food Bank \(Louisville\)](#)
- [Louisville food assistance](#)

LOUISIANA

- Call 211
- [Second Harvest Food Bank \(New Orleans\)](#)
- [Food Bank of Northeast Louisiana](#)
- [Feeding America: Louisiana](#)
- [Find food assistance near you](#)

MAINE

- Call 211
- [Good Shepherd Food Bank](#)
- [Main Food Assistance listed by town](#)

MARYLAND

- Call 211 Maryland: 2-1-1 or [visit their website](#)
- Text zip code to 898-211
- [Maryland Food Bank](#)
- [Capital Area Food Bank with an interactive map to find assistance](#)

MASSACHUSETTS

- Call 211
- [Find a local foodbank](#)
- [Greater Boston Food Bank](#)
- [Worcester County Food Bank](#)

MICHIGAN

About 1.4 million people (13% of Michigan's population) receive SNAP benefits. Almost half a million children benefited from the program. Fair Food Network's Double Up Food Bucks program temporarily lifted daily limits and expiration periods.

- Call 211 or visit them online
- [Find a foodbank near you](#)
- [Feeding America West Michigan](#) (serves 40 counties)
- [Gleaners Community Food Bank](#) (Detroit)

MINNESOTA

Gov. Tim Walz announced \$4 million to the state's food pantries.

- Call 211
- [Find food assistance near you](#)
- [Second Harvest Heartland](#)
- [The Food Group](#)

MISSISSIPPI

- Call 211
- [Find food assistance near you](#)
- [Mississippi Food Network](#)

MISSOURI

- Call 211
- [Missouri government food pantry list](#) (PDF)
- [Farmer's Care food pantry list](#)
- [St. Louis Area Foodbank](#)
- [Harvesters](#) (Kansas City)

MONTANA

- Call 211
- [Montana Food Bank Network](#)
- [Montana Food Pantries and Community Meals](#)

NEBRASKA

- Call 211
- [Comprehensive Nebraska Food Pantry list](#) (PDF)
- [Food Bank for the Heartland](#)
- [Food Bank of Lincoln](#)

NEVADA

- Call 211
- [Nevada Independent's list of food pantries and food access](#)
- [Three Square Food Bank \(Las Vegas\)](#)
- [Food Bank of Northern Nevada](#)
- [Veteran Services list of Southern Nevada food pantries](#)

NEW HAMPSHIRE

- Call 211 or [visit their list of food pantries](#)
- [Comprehensive list of New Hampshire food resources](#) (PDF)
- [New Hampshire Food Bank](#)

NEW JERSEY

- Call 211
- [Comprehensive list of all state food pantries](#)
- [Community FoodBank of New Jersey](#)

NEW MEXICO

- Call 211
- [Roadrunner Food Bank](#)
- [New Mexico Association of Food Banks](#) (find one near you)
- [Comprehensive list of food resources](#)

NEW YORK

New Yorkers received more than \$647 million in SNAP benefits in May.

- Call 211
- [Find Your Regional Foodbank](#)
- [City Harvest \(NYC\)](#)
- [Food Bank of Central New York](#)
- [Regional Food Bank of Northeastern New York](#)

NORTH CAROLINA

- Call 211
- [Comprehensive list of food access across the state](#)
- [Food Bank of Central & Eastern North Carolina](#)
- [Second Harvest Food Bank of Northwest NC](#)
- [Manna Foodbank](#)

NORTH DAKOTA

Over 75,000 people participate in SNAP

- Call 211
- [North Dakota Food, Shelter, and Resources](#)
- [Great Plains Food Bank](#)

OHIO

- Call 211
- [List of Ohio Foodbanks](#)
- [Cleveland Foodbank](#)
- [Mid-Ohio Foodbank \(Columbus\)](#)
- [Freestore Foodbank \(Cincinnati\)](#)

OKLAHOMA

Oklahoma is advising recipients to identify food pantries and other groups that help with food

- Call 211
- [Regional Food Bank of Oklahoma](#)
- [Oklahoma Food Pantry List](#) (PDF)
- [Hunger-Free Oklahoma Resource List](#)

OREGON

- Call 211
- [Oregon Foodbank finder](#)
- [Oregon Food Bank](#)
- [Marion-Polk Food Share](#)

PENNSYLVANIA

- Call 211 or text zip code to 898-211
- [211 Food Resources finder](#)
- [Greater Pittsburgh Community Food Bank](#)
- [Philabundance \(Philadelphia\)](#)
- [Central Pennsylvania Food Bank](#)

RHODE ISLAND

- Call 211
- [Find food assistance near you](#)
- [Rhode Island Community Food Bank](#)

SOUTH CAROLINA

South Carolina is activating a statewide charity fund typically used after hurricanes.

- Call 211
- [Comprehensive list of South Carolina Food banks and Food resources](#)
- [Harvest Hope Food Bank](#)
- [Second Harvest](#)
- [Golden Harvest](#)

SOUTH DAKOTA

South Dakota's Department of Social Services urges recipients to look for food banks or pantries.

- Call 211
- [Feeding South Dakota: find food near you](#)

TENNESSEE

Roughly 700,000 people participate in SNAP.

- Call 211
- [Second Harvest Food Bank of Middle Tennessee](#) and also [Find a Pantry](#)
- [Mid-South Food Bank \(Memphis\)](#)

TEXAS

More than 3.5 million Texans receive SNAP. Feeding Texas estimates approximately 126,000 Texans could be affected each day

- Call 211 or visit [Feeding Texas](#) or [Find your local Foodbank](#)
- [Houston Food Bank](#)
- [North Texas Food Bank \(Dallas\)](#)
- [San Antonio Food Bank](#)
- [Central Texas Food Bank \(Austin\)](#)

UTAH

- Call 211
- [Utah Food Bank](#)
- [Find a Utah Foodbank](#)
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VERMONT

- [Call 211](#)
- [Vermont Foodbank](#)
- [Find a Vermont Food shelf \(groceries, meals, etc\)](#)

VIRGINIA

Gov. Glenn Youngkin announced Virginia is building its own food assistance system funded through state surplus, costing approximately \$37.5 million per week

- Call 211 Virginia: 2-1-1 or [visit them online](#)
- [Virginia Emergency Nutrition Assistance \(VENA\)](#)
- [Feeding Southwest Virginia](#)
- [Foodbank of Southeastern Virginia](#)

WASHINGTON

- Call 211
- [Hunger-free Washington: find a food bank](#)
- [Northwest Harvest](#)
- [Second Harvest \(Spokane\)](#)

WASHINGTON, D.C.

Over 130,000 people participate in SNAP.

- Call 211
- [Capital Area Food Bank](#)
- [DC Emergency Food and Resources Access](#)

WEST VIRGINIA

Food pantries are struggling to meet needs, with demand at one pantry almost doubling in a week. Local charities lack resources to meet the need.

- Call 211
- [Mountaineer Food Bank](#)
- [Find your closest food pantry](#)

WISCONSIN

Roughly 700,000 people participate in FoodShare (Wisconsin's SNAP program).

- Call 211 or [visit their list of all Wisconsin Food pantries](#)
- [Feeding America Eastern Wisconsin](#)
- [Second Harvest Foodbank of Southern Wisconsin](#)

WYOMING

Roughly 30,000 people participate in SNAP.

- Call 211
- [Wyoming Food Bank of the Rockies](#)
- [Find a food pantry near you](#)