

Food Security Resources and Support Programs



Military OneSource Community Resource Finder

Find [food banks and community food resources](#) organized by state using this extract from the Community Resource Finder.

Defense Commissary Agency Benefits:

<https://www.commissaries.com/economic-security>

Learn how commissaries promote food security by providing quality products at low prices, as well as tips on nutrition.



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



SNAP is funded by the federal government, but financial eligibility differs for each state. Although only a very small percentage of members utilize SNAP, the reasons for not utilizing this program are multifaceted and do not mean that food insecurity is not an issue in the military.

Service members may not know about SNAP. To determine if someone qualifies for SNAP, visit 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). You can also call the SNAP information line at 800-221-5689.

Family Supplemental Subsistence Allowance

FSSA is a DOD program that supplements an eligible active service member's household income if it's below 130% of federal poverty guidelines (maximum payment is \$1,100 per month). FSSA is only available for service members with at least one dependent in their households who are serving overseas (not including Puerto Rico, the U.S. Virgin Islands or Guam).

For more about the FSSA program or any other assistance, service members should contact their family support center, command or community services financial management counselors. The FSSA Application, DD Form 2857 is available on the WHS DOD Forms website, <https://www.esd.whs.mil/Directives/forms/>.

Special Supplemental Nutrition Program for Women, Infants and Children

WIC's target population are low-income, nutritionally at risk:

- Pregnant women (through pregnancy and up to six weeks after birth or after pregnancy ends).
- Breastfeeding women (up to infant's first birthday).
- Non-breastfeeding postpartum women (up to six months after the birth of an infant or after pregnancy ends).
- Infants (up to first birthday). WIC serves 53% of all infants born in the United States.
- Children up to their fifth birthday.



To learn more about eligibility for WIC, visit <https://www.fns.usda.gov/wic/wic-eligibility-requirements>.

To determine if someone qualifies for WIC, visit <https://www.fns.usda.gov/contacts/contact-map?f%5B1%5D=program%3A32>, click on the state of residence, and then select Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

Coast Guard Work-life Offices

To contact the Work-Life staff nearest you, call 1-202-475-5100 and enter the appropriate extension listed below:

| | |
|-----------------------|----------------------------|
| Alameda (6) | LA/Long Beach (6) |
| Astoria (7) | Miami Beach (3) |
| Boston (1) | New Orleans (4) |
| Cape Cod (1) | New York (1) |
| Cape May (2; press1) | Petaluma (6) |
| Charleston (3) | Portsmouth (2; press 3) |
| Cleveland (5) | San Diego (6) |
| Detroit (5) | San Juan, PR (3) |
| Honolulu (8) | Seattle (7) |
| Houston/Galveston (4) | St. Louis (4) |
| Juneau/Ketchikan (9) | Washington DC (2; press 2) |
| Kodiak (9) | Yorktown (2; press 3) |

Military and Family Support Centers

Installation-based Military and Family Support Centers are a 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. Find your local installation’s center by visiting [MilitaryINSTALLATIONS](#).

Connect those at risk to helpful resources, such as **Coast Guard Mutual Assistance (CGMA)**: Offers a variety of grants and zero-interest loans. Programs are available for emergency assistance, permanent change of station (PCS) moves, baby formula shipment, and more. Visit their [webpage](#) for the most up to date information.

[CG SUPRT](#): CGSUPRT.com, 855-CG SUPRT or **Military OneSource (For DoD members)**: www.militaryonesource.mil or 800-342-9647.