Wreck Hunger Food Pantry
Help for Distant TTU Students

We care about our distance students at the Wreck Hunger Food Pantry. We help distance students when they come into Lubbock to meet with a professor, attend a short seminar series or present their thesis or dissertation! If you are ever in town, please feel free to use this service or just stop by to say hello. However, there are a few things you can take advantage of at the Food Pantry even from a far!

- Each week we post nutrition education resources on our Facebook page that covers topics like eating healthy on a small budget, low cost recipes, and community resources. You can also find some on our website like the Eat Well on $4/Day Good and Cheap Cookbook for low income families. If you have any questions about these materials or other nutrition questions you can message us on Facebook/Twitter or email us at wreckhunger@ttu.edu
- We also are able to skype with you if you need helping signing up for some governmental assistance to help provide your family with healthy foods. Below we provide some information on these resources so you can get help from wherever you may be in the United States.

Local Food Banks/Food Pantries and Online Assistance

Did you know that a food bank and a food pantry are different things? However, local food banks and food pantries are always a good resource if you need additional food to help make ends meet for one month or even six months. The largest Food Banks in America are part of the Feeding America network. They can help you stretch your food dollars. You can find your local food bank here. In addition, food pantries may be able to help with personal hygiene items and cleaning supplies. This link will take you to a website that lists Food Pantries that are accessible in your area.

Another idea that you may explore is looking into assistance online. One example, is the website Reddit. They have many subreddits that seek to help people through difficult situations. In most cases you can remain anonymous. One such example, is the Food Pantry Subreddit – you can post anonymously and you will be connected with those willing to help. Other subreddits that may help include: Food Bank, Assistance, Random acts of Kindness, Random acts of Pizza, Random acts of Pet food.

Supplemental Nutrition Assistance Program (SNAP)

The Supplemental Nutrition Assistance Program (SNAP) is the United States largest program that offers nutrition and food assistance to those in need to prevent hunger! The SNAP will provide a credit like card that can be used at grocery stores or even farmer’s markets. To see if you are eligible please visit this link. Information on how to apply to SNAP in your state can be found here. To find a local office you can visit this link. This link will walk you through ten steps to start helping you fill your grocery bag today!

Special Supplemental Nutrition for Women, Infants, and Children (WIC)

If you are a woman who is pregnant, breastfeeding, or have an infant you may be eligible for nutrition and food assistance through the Special Supplemental Nutrition for Women, Infants, and Children (WIC) Program. Children up to the the age of five can also benefit from this program too!

The program will provide you and your family free nutritious foods (a credit like card that can be used at grocery stores), nutrition education, counseling, screenings and referrals to other health, welfare and social
services to help make sure you and your family are being as healthy as you can be! WIC will also provide
infant formulas, including special infant formulas if your baby needs it! You can find your local WIC
program at this link. This link explains how to apply and the eligibility requirements in further detail. You
can also visit this FAQs about WIC.

Other Resources

Do you need help with diapers? We know that they can be very expensive. Please check out this link to
see if you can find some assistance.
The below lists the links for everything mentioned in this article.

**Wreck Hunger Food Pantry Information**
- Website: [http://ttuwreckhunger.weebly.com/](http://ttuwreckhunger.weebly.com/)
- Facebook Page: [https://www.facebook.com/ttwreckhunger/](https://www.facebook.com/ttwreckhunger/)
- Twitter Page: [https://twitter.com/ttwreckhunger](https://twitter.com/ttwreckhunger)
- Wreck Hunger Email Address: wreckhunger@ttu.edu
- Wreck Hunger Resources: [http://ttuwreckhunger.weebly.com/resources.html](http://ttuwreckhunger.weebly.com/resources.html)

**Local Food Banks/Food Pantries and Online Assistance**
- Find a food bank close to you: [http://www.feedingamerica.org/find-your-local-foodbank/](http://www.feedingamerica.org/find-your-local-foodbank/)
- Find a food pantry close to you: [http://www.foodpantries.org/](http://www.foodpantries.org/)
- Reddit Food Pantry Subreddit: [https://www.reddit.com/r/Food_Pantry/](https://www.reddit.com/r/Food_Pantry/)
- Reddit Food Bank Subreddit: [https://www.reddit.com/r/Food_Bank/](https://www.reddit.com/r/Food_Bank/)
- Reddit Assistance Subreddit: [https://www.reddit.com/r/Assistance/](https://www.reddit.com/r/Assistance/)

**Supplemental Nutrition Assistance Program (SNAP)**

**Special Supplemental Nutrition for Women, Infants, and Children (WIC)**
- Find a WIC program near you: [http://www.fns.usda.gov/wic/wic-contacts](http://www.fns.usda.gov/wic/wic-contacts)
- How to apply and eligibility requirements: [http://www.fns.usda.gov/wic/wic-how-apply](http://www.fns.usda.gov/wic/wic-how-apply)

**Other Resources**
- Find diaper assistance: [http://nationaldiaperbanknetwork.org/need-diapers-now/](http://nationaldiaperbanknetwork.org/need-diapers-now/)