

## Quick Reference Guide

### SNAP. Supplemental Nutrition Assistance Program

- Accomack County Social Services Department  
22554 Center Parkway, Accomac, VA 23301  
757-787-1530
- Northampton County Social Services Department  
5265 The Hornes, Eastville, VA 23347  
757-678-5153
- Foodbank of Southeastern Virginia and the Eastern Shore: Eastern Shore Branch  
24530 Coastal Blvd., Tasley, VA 23441  
757-787-2557

Or go to

- <https://commonhelp.virginia.gov/access/>

### WIC. Special Supplemental Nutrition Programs for Women, Infants and Children

- Accomack County Health Department  
23191 Front St., Accomac, VA 23301  
757-302-4241
- Northampton County Health Department  
7114 Lankford Hwy., Nassawadox, VA 23413  
757-414-6231

### Foodbank. The Foodbank of Southeastern Virginia and the Eastern Shore

- Eastern Shore Branch  
24530 Coastal Blvd., Tasley, VA 23441  
757-787-2557

### Virginia Cooperative Extensions Family Nutrition Program

- 16392 Courthouse Dr., Eastville, VA 23347  
757-678-7946

### Senior Nutrition Program

- Eastern Shore Area Agency on Aging  
5432-A Bayside Rd., Exmore, VA 23350  
757-442-9652 or 800-542-5977



[eshealthycommunities.org](http://eshealthycommunities.org)



Eastern Shore Healthy Communities



[well-being\\_eshc](https://www.instagram.com/well-being_eshc)

# Need help with food?

When you fear that you won't have enough money to put food on the table for yourself and your family, resources exist.

This brochure will help you navigate those resources.



Eastern Shore Healthy Communities is a coalition that supports Eastern Shore resident health, self-sufficiency, and well-being. Many of our partners serve as resource hubs for community needs. This brochure will help you understand and connect with SNAP, WIC, Foodbank, Virginia Cooperative Extension and Eastern Shore Area on Aging/Community Action Agency resources.

## Food insecurity happens to many people, rich or poor.

The loss of a job or the unavailability of family and friends as support can be scary. It causes stress that over time can negatively impact the whole family. It can even be associated with physical and behavioral health problems. Minimize that toxic stress and improve family health by taking action. Review the multiple resources available to you and your family here. Seeking help when you need it shows resilience.

Eastern Shore Healthy Communities partners care about you and your family. That's why we created this brochure just for you.



## SNAP Supplemental Nutrition Assistance Program

SNAP is a U.S. federal government program where people who are in need and qualify get help to buy basic needs like food. Your income and the number of dependents are calculated to determine your benefit. You must pass certain eligibility requirements.

**To apply**, go to your local Social Services Department, Foodbank, or apply online.

- Provide your name, address, phone number and social security number.
- Show evidence of payment for rent, car, utility bills, proof of income and proof of any child support payments.

The amount of resources you receive depends on the number of dependents you have. Others who live with you do not have to be a citizen or have a social security number to be included on your application, though the applicant must be a citizen with a social security card.

## Visit the following locations for assistance:

**Accomack County Social Services Department**  
22554 Center Parkway, Accomac, VA 23301  
757-787-1530

**Northampton County Social Services Department**  
5265 The Hornes, Eastville, VA 23347  
757-678-5153

**Foodbank of Southeastern Virginia and the Eastern Shore**  
24530 Coastal Blvd., Tasley, VA 23441  
757-787-2557

Or go to

<https://commonhelp.virginia.gov/access/>

**One application** helps you access multiple services & programs

- Food
- Child Care
- Heating and Cooling Bills
- Health Care
- Cash Assistance



## How to keep your SNAP benefits

- Complete your SNAP renewal online or in person every 6 months.
- You will receive a renewal reminder in the mail at your current address.
- If your address changes, update your address on CommonHelp or by calling your Social Services Department.

## How to use your SNAP dollars

- Use your EBT (Electronic Benefit Transfer) card like a debit card at your grocery store.
- SNAP Dollars don't expire, use leftover money in the following month or whenever you need it.



# Benefits for qualified seniors age 60 years or older



## Senior Farmers Market Nutrition

To help seniors access locally-grown fruits, vegetables, and cut herbs while also supporting local farmers and farmers markets, income-qualified local residents aged 60 years or older can apply for Senior Farmers Market Nutrition vouchers. Each qualifying year, as an individual you receive \$45 in vouchers (\$90 as a couple), in \$5 increments. You must act quickly. Senior Farmers Market Nutrition vouchers are in limited supply and go fast. Contact:

### Eastern Shore Area Agency on Aging

5432-A Bayside Rd., Exmore, VA 23350 • 757-442-9652  
Senior Farmers Market Nutrition Program vouchers are redeemable at specified local farmers markets, from June 1 – November 1. The markets change from year to year, so check first with Eastern Shore Area Agency on Aging for the qualified markets that accept Senior Farmers Market Nutrition vouchers.

### Congregate Meals

Gather with fellow seniors to socialize, recreate, enjoy educational programs and a hot lunch at one of two Senior Centers. A donation of \$2 per meal is suggested for seniors age 60 and older and \$5 for seniors younger than 60 years.

### Hare Valley Senior Center

5432 Bayside Rd., Exmore, VA 23350  
757-442-9652 • Monday – Friday



### Central Accomack Senior Center

A new center will open in September 2021. Check back with the Hare Valley Senior Center at that time for a location and telephone number.

### Home Delivered Meals

If you are 60 years or older, homebound and cannot prepare your meals, you may qualify for Home Delivered Meals. Older adults residing in Accomack or Northampton County may call 757-442-9652 and ask for the Home Delivered Meals Case Manager. A home visit from the Case Manager for an initial eligibility assessment will be scheduled. Telephone follow up, annual reassessment for eligibility, and additional home visits will be conducted as necessary. Ten frozen meals are delivered by staff twice a month and delivery schedule depends on meal recipient location. There is no minimum charge for meals, however voluntary contributions are accepted and encouraged according to one's financial ability. Contributions support the operation of the Home Delivered Meals program.

# Foodbank

## The Foodbank of Southeastern Virginia and the Eastern Shore



The foodbank collects food, organizes and distributes food, and partners with other organizations who offer food pantries and soup kitchens to supply food. Listed below are locations where food is distributed.

### Eastern Shore Branch

24530 Coastal Blvd., Tasley, VA 23441 • 757-787-2557  
Weekly, Tuesdays & Thursdays, 9 am – noon; 1–3 pm

## ACCOMACK COUNTY

### Food Hub

Access free, healthy food options and services to meet a variety of needs.



### Mary N. Smith Cultural Enrichment Center

24577 Mary N. Smith Rd., Accomack, VA 23301 • 757-787-2557  
Weekly, Fridays, 10 am – 2 pm

### Food Pantries

#### Bloxom Methodist Church

25460 Shoremain Dr.  
Bloxom, VA 23421  
757-894-2014  
Monthly, 1st Monday,  
9 – 11 am

#### Hollies Baptist Church

17691 Hollies Church Rd.  
Keller, VA 23401  
757-787-4655  
Call for distribution times

#### Manna Café: Christ United Methodist Church

6253 Church St.  
Chincoteague, VA 23336  
757-336-6394

Hot lunch served weekly,  
Mondays, 11 am – 1 pm  
TEFAP Distribution,  
2nd Wednesday of each  
month, 11 am – 1 pm

#### Operation Help – New Beginnings

United Methodist Church  
32347 Chincoteague Rd.  
New Church, VA 23415  
757-824-0750  
Monthly, 2nd Saturday,  
10 am – noon

#### Pungoteague Community Church

45436 Pungoteague Rd.  
Pungoteague, VA 23422  
757-442-9596  
Monthly,  
2nd Wednesday, 6 – 8 pm;  
2nd Saturday, 8 – 10 am

#### Rock Church

27112 Lankford Hwy.  
Onley, VA 23418  
757-787-7415  
Monthly, 3rd Tuesday,  
11 am – 1 pm



## Mobile Pantry Sites

### Atlantic Mobile Pantry

St. John's United Methodist Church  
10352 Atlantic Rd.  
Atlantic, VA 23303  
757-824-0186  
Monthly, 2nd Wednesday,  
11 am – noon

### Saxis Mobile Pantry – Saxis United Methodist Church

20137 Saxis Rd.  
Saxis, VA 23427  
757-854-3940  
Monthly, 3rd Wednesday,  
11:30 am – 12:30 pm



## NORTHAMPTON COUNTY

### Food Pantries

#### African Baptist Church

4224 Sunnyside Rd.  
Cheriton, VA 23418  
757-787-2557  
Monthly, 3rd Wednesday,  
10 am – 12:30 pm

#### Franktown Methodist Church

7551 Bayside Rd.  
Franktown, VA 23354  
757-442-3439  
Monthly, 3rd Friday,  
11 am – 2 pm

#### Cornerstone Seventh-Day Adventist Church

3431 Main St.  
Exmore, VA 23350  
269-208-9077  
Free Lunch, Wednesdays



## Temperanceville Mobile Pantry:

Jerusalem Baptist Church  
10011 Jerusalem Rd.  
Temperanceville, VA 23442  
757-990-2764  
Monthly, 3rd Saturday,  
10 – 11:30 am

### Trinity United Methodist Church

109 Plum St.  
Cape Charles, VA 23310  
757-331-4275  
Monthly, 2nd Wednesday,  
1 pm – 3 pm

### Emergency Distribution

Lower Northampton Baptist Church  
24280 Lankford Hwy.  
Eastville, VA 23347  
757-350-0941  
Call for  
distribution times

### Hot Meals Served

Epworth United Methodist Church  
4158 Seaside Rd.  
Exmore, VA 23350  
757-442-6391  
Weekly, Wednesdays,  
5:30 pm



# WIC

## Special Supplemental Nutrition Programs for Women, Infants and Children



Available at the local health departments, WIC is designed to provide nutrition education and nutritious foods to pregnant and lactating women, infants and children up to age five. You must be Accomack or Northampton county residents to enroll and meet income criteria.

If you already receive SNAP benefits, Medicaid, or Temporary Assistance for Needy Families (TANF) you may automatically qualify.

WIC application can be done electronically during the COVID-19 State of Emergency. To apply go to myvawic.org or contact the WIC representative at either Eastern Shore Health District office location.

### Accomack County Health Department

23191 Front St.  
Accomack, VA 23301  
757-302-4241

### Northampton County Health Department

7114 Lankford Hwy.  
Nassawadox, VA 23413  
757-414-6231

### Benefits of WIC enrollment include:

- Nutrition education designed to improve dietary habits and health status, emphasizing the relationship between nutrition and health
- Breastfeeding information, support and encouragement
- Referrals for other health services
- Food benefits include juice, milk, cereal, cheese, eggs, fruits, vegetables, whole wheat bread, canned fish, legumes and peanut butter. Also included are formula, infant cereal, infant fruits, vegetables and meat.

## Learn how to stretch your food dollars

### Virginia Cooperative Extension Family Nutrition Program

#### Through the program, you will:

- Learn how to save money
- Improve your family's health
- Taste healthy recipes
- Win prizes with free classes

1693 Courthouse Rd., Eastville, VA 23347 • 757-678-7946

