



**American
Heart
Association.**

Access to nutritious food is an important part of your health and wellbeing. Use this information to help get the healthy food you and your family need to thrive.



Call 211: It is a free and confidential information center to connect you with community resources including food support. To speak with a representative dial 211 from any phone or call 239-433-3900. You can chat online from 10am-2pm at <https://unitedwaylee.org/need-help/>



Apply to SNAP benefits. Monthly benefits to buy food at grocery stores, farmers markets, etc. More info: <https://tinyurl.com/foodsnap> There are community organizations available to assist you.



Use you phone to scan the QR code or type the link below, to access a schedule of mobile food distributions near you.



St. Matthew's House

<https://Tinyurl.com/SMHfood>

Phone: 239-326-0151



Community Cooperative

<https://Tinyurl.com/PantryCC>

Phone: 239-332-7687



Harry Chapin Food Bank

<https://rb.gy/oehuy>

Phone: 239-332-7687



**Free Summer
Meals Program**

Swipe your EBT card at participating farmers markets and you'll multiply your benefits. For example, if you spend \$10, your purchasing power will be \$20. A list of participating markets is available.

During the summer there are free meals for children under 18 at certain locations in Lee County. <https://www.nokidhungry.org/find-free-meals>



Some schools have food pantry available. Call your child's school to find out if they have a meal distribution available.



Churches, community centers, and other organizations near you can help. If you live in San Carlos Park, Estero, Bonita Springs or North Naples you can call Love INC at 239-405-8595 for additional assistance.

Farmer's Markets accepting SNAP benefits or EBT cards



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Cape Coral Farmer's Market. Saturdays. 8am-1pm at Club Square, SE 47th Terrace and SE10th place, South Cape



Sunshine Market Mid-Cape. October-May. Tuesdays. 10 am- 3pm. Mercola Market & Café at 125 SW 3rd Place.



SWFL Produce. Local Family-operated farm. They offer discounts on purchases with EBT cards. You can shop online and pick up at selected locations in Cape Coral, Estero, Punta Gorda. www.swflproduce.com.
Phone: 239-464-6595.



Sunflower Discount Market. They offer discounts on fruits and vegetable when you use SNAP benefits/EBT card. Located at 1001 Palm Ave, North Fort Myers, FL 33903



Use your SNAP card or EBT card to get free or reduced admission to museums

Find a museum near you at <https://museums4all.org/>