

## Food Resources

### TENNESSEE

**Community Food Resources:** Locations where families can find immediate assistance such as mobile pantries and Emergency Food Boxes that provide two to three days of staple food items based on the number of members in each household.

#### For all patients

- Vanderbilt Food Resource page with links to many useful websites and resources:  
[www.ineedfoodnow.org](http://www.ineedfoodnow.org)
- 211: Dial 211 or visit <https://www.211.org>

#### Middle TN

- Second Harvest Food Bank of Middle TN:
  - Visit: <https://www.secondharvestmidtn.org/get-help/>

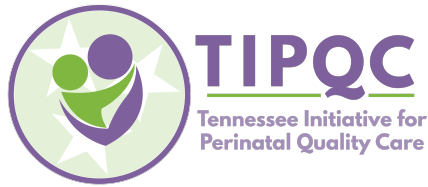


- Or text FEEDS to 797979 for a list of food pantries closest to your home
- Interactive Google Map of food resources in the Nashville area  
(Scan with phone camera to link to site)



#### Southwest TN (Memphis Area)

- Mid-South Food Bank: <https://www.midsouthfoodbank.org/find-assistance>



#### South East TN (Chattanooga Area)

- Chattanooga Area Food Bank: <http://www.chattfoodbank.org/hungry>

#### East TN (Knoxville Area)

- Second Harvest Food Bank of East Tennessee: <https://secondharvesttn.org/find-a-food-pantry/>

#### Northeast TN

- Second Harvest Food Bank of Northeast TN: <https://secondharvesttn.org/find-a-food-pantry/>

**SNAP:** The Supplemental Nutrition Assistance Program provides nutritional assistance benefits for those in need. It supplements monthly food budgets of low-income families

#### Middle Tennessee

- \*Call or text 615-310-0752 for assistance from Second Harvest staff in completing a SNAP application.

#### Tennessee

- Information: <https://www.tn.gov/humanservices/for-families/supplemental-nutrition-assistance-program-snap.html>
- Online Application: <https://faonlineapp.dhs.tn.gov/>
- \*Family Assistance Service Center: 866-311-4287

*\*Interpreter services available*

**WIC:** The Women, Infants, and Children Program (WIC) is a program designed to provide supplemental food assistance to low-income pregnant, postpartum and breastfeeding women. It also provides for infants and children until age five.

#### Tennessee

- WIC Clinic Address and & Phone number (by county): <https://www.tn.gov/content/tn/health/health-program-areas/fhw/wic/redirect-wic/wic-clinics.html>
- Call: 1-800-DIAL-WIC (1-800-342-5942)