

## SELF HELP AND RESOURCE EXCHANGE (SHARE)

Self Help And Resource Exchange (SHARE) is a nationwide self-help food program. It is a network of churches, community centers, unions, and other facilities serving as "host" organizations, which are the local community registration and distribution sites. Its purpose is to help everyone have enough food. How does SHARE work?

- Sign up in advance, once a month, at any host site.
- Pay \$16.00 for each bag of groceries you want to purchase. The bags of groceries are worth approximately \$40.00+ at local grocery stores.
- Complete two hours of volunteer service for each unit (bag) of groceries you are purchasing. (Community service receipt must be turned in when picking up your food.)
- Receive a food package of at least 15 items, such as meats, fruit, vegetables, packaged foods, and staples (potatoes, rice, pasta), on distribution day.

What is in the Food Package? A typical month includes six to eight pounds of meat, fresh fruits and vegetables, and staple items; rice, pasta, potatoes, etc. The package is designed to supplement a family's food budget with savings of 60 percent over local grocery store prices and the package is different each month. A sample food package may contain:

- |   |  |
|---|--|
| <input type="checkbox"/> 2 lbs Turkey Roast             | <input type="checkbox"/> 3 lbs. Chicken Thighs         |
| <input type="checkbox"/> 1 lb. Turkey Breakfast Sausage | <input type="checkbox"/> 1/2 lb. Sliced Beef Deli Meat |
| <input type="checkbox"/> 2 packages Frozen Vegetables   | <input type="checkbox"/> 1 head of Cabbage             |
| <input type="checkbox"/> 2 lbs. Onions                  | <input type="checkbox"/> 3 lbs. Potatoes               |
| <input type="checkbox"/> 1 head of Lettuce              | <input type="checkbox"/> 2 ½ lbs. Apples               |
| <input type="checkbox"/> 4 lbs. Oranges                 | <input type="checkbox"/> 2 Grapefruits                 |
| <input type="checkbox"/> 1 lb. Pasta                    | <input type="checkbox"/> 1 package English Muffins     |
| <input type="checkbox"/> 2 4-packs Chocolate Pudding    | <input type="checkbox"/> 1 jar Peach Jam               |
| <input type="checkbox"/> 1 package Coleslaw Mix         | <input type="checkbox"/> 1 lb. Salad Mix               |

Each host site sets its own registration/sign-up dates and times, but they are usually at the beginning of the month. There are no income restrictions or other qualifications in order to participate in the program. SHARE is self-help, not charity or government assistance. For more information on the SHARE program or to find a convenient host site, call the SHARE Peninsula office at 596-7188 or [trev@foodbank.ws](mailto:trev@foodbank.ws).

# HAMPTON ROADS FOOD ASSISTANCE INFORMATION

## **Fleet and Family Support Centers of Hampton Roads, Virginia**

*Little Creek*  
(757) 462-7563

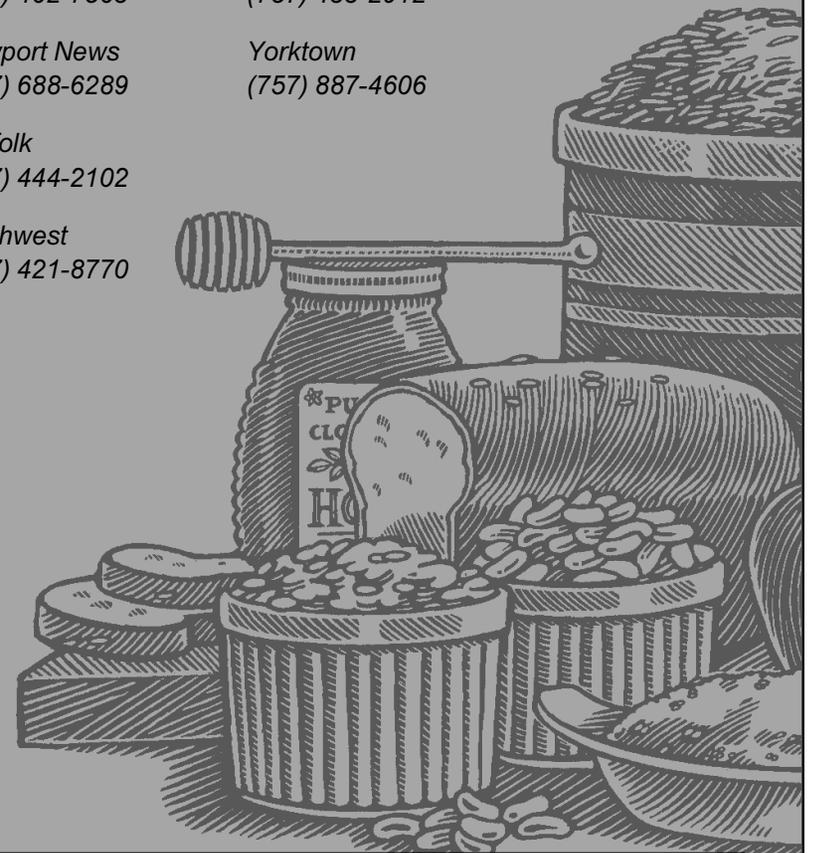
*Oceana*  
(757) 433-2912

*Newport News*  
(757) 688-6289

*Yorktown*  
(757) 887-4606

*Norfolk*  
(757) 444-2102

*Northwest*  
(757) 421-8770



## VIRGINIA FOOD STAMP PROGRAM

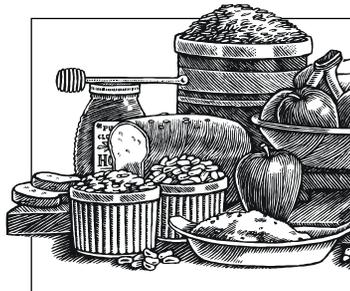
As of 1 October 2003 to 30 September 2004, the following information details the newest criteria for qualifying for food stamps:

| Number of People<br>in Family Unit | Gross Income<br>Per Month |
|------------------------------------|---------------------------|
| 1                                  | \$ 973                    |
| 2                                  | \$1,313                   |
| 3                                  | \$1,654                   |
| 4                                  | \$1,994                   |
| 5                                  | \$2,334                   |
| 6                                  | \$2,674                   |
| 7                                  | \$3,014                   |
| 8                                  | \$3,354                   |
| Each additional member             | + 341                     |

Gross income includes all items listed in the income section of the service member's Leave and Earnings Statement (LES). Liquid assets cannot exceed \$2000. However, if a household member is age 60 or older and/or handicapped, the resource limit cannot exceed \$3000. If the service member/family owns a car, they count the trade-in value that exceeds \$4650 as part of their total assets. If the service member/family owns a home, it is exempt from assets as long as they reside in it. All members of the household must provide their social security numbers upon application for food stamps assistance.

To apply, contact the Department of Social Services for the city you live in:

- Chesapeake ..... 382-2000
- Virginia Food Stamp Information/  
Hotline ..... 1-800-552-3431
- North Carolina Food Stamp Information/  
Hotline ..... 1-800- 662-7030
- Hampton ..... 727-1800
- Newport News .. 369-3160 (Denbigh Only)  
..... 926-6300 (All Others)
- Norfolk ..... 664-6000
- Portsmouth ..... 405-1800
- Suffolk ..... 923-3000
- Virginia Beach ..... 437-3200
- Williamsburg ..... (757) 220-6161
- York County/Poquoson ..... 890-3787



## WOMEN, INFANTS & CHILDREN (WIC)

Women, Infants, & Children (WIC) is sponsored by the U.S. Department of Agriculture and is a supplemental food and nutrition education program. It provides nutritious foods and dietary counseling to pregnant, post-partum and breast-feeding women, infants, and children under the age of five with special nutritional and financial needs. In Virginia, a doctor, nurse, or nutritionist at a local health department must determine that the WIC applicant is eligible, based on income guidelines, and has a special nutritional need. Such needs of pregnant women include anemia, teenage pregnancy, underweight or overweight, and poor diet.

Eligibility is based on total family income and size. For military members, income is considered to be basic pay, separate rations, career sea pay, submarine pay, flight deck pay, hazardous duty incentive pay, aviation career incentive pay, foreign duty pay, or any other "pays" being received, but does NOT include basic allowance for housing (BAH). WIC application and physical examination forms are available at the local WIC offices and from the Information & Referral Specialist or Resource Specialist at a Fleet and Family Support Center. When applying for the WIC program, the physicals need to be less than 60 days old.

In Virginia, the WIC program is administered by the local Departments of Health:

- Chesapeake ..... 382-8608
- Hampton ..... 727-1140 (press #4)
- Newport News (Headquarters) ..... 594-7305/7520
- Newport News (Denbigh/York County) ..... 886-2810
- Newport News (East End Health Facility) ..... 247-2170/8079
- Elizabeth City, N.C. .... (252) 338-4444
- Norfolk (Headquarters) ..... 683-9243
- Norfolk (East Little Creek) ..... 531-2150
- Portsmouth ..... 393-5340
- Suffolk ..... 686-4900/4956
- Virginia Beach (Main Office) ..... 518-2789
- Virginia Beach (Beach Office) ..... 491-5183
- Virginia Beach (Green Run) ..... 424-9970
- Virginia Beach (NAS Oceana) ..... 491-5928
- Williamsburg ..... (757) 253-4741

Please have a Leave and Earnings Statement (LES) available when contacting the WIC office.