



CAHIP CARES:

Resources for those affected by government shutdown
November 2025*

Flash food: <https://flashfood.com/>

Allows you to buy food at a significantly reduced rate. Download the app on your phone to use.

Free baby formula: <https://freeformula.exchange/>

Connects people who need formula with people who no longer need the formula. You don't need to submit anything or your income.

Free medically tailored groceries: Project Foodbox: <https://projectfoodbox.org/>

Customized by registered dietitians. May be covered by your insurance plan for FREE FOOD! Will need to confirm availability, and may be able to qualify for fresh food. Healthcare provider can also give a referral.

Too good to go: <https://www.toogoodtogo.com/>

World's largest food waste app. Surplus food from restaurant or grocery store at a reduced price or free. If you download the app it works better than the link.

The Emergency Food Assistance through USDA:

<https://www.fns.usda.gov/tefap/emergency-food-assistance-program>

Apply through here: <https://www.fns.usda.gov/tefap/program-contacts>

Select the state and send an email/phone call for the applicant information on how to apply.

Income requirements are much higher than SNAP benefits. This program allows for free meat, produce, etc. I would recommend applying if you haven't already.

Olio: <https://olioapp.com/en/>

Allows for people to arrange a pick up for food. People can share meals and groceries.

Resources for all Canadian and US: Call 211 for food/rent/diapers/clothing/free period supplies/mortgage/electricity/medical/childcare/phone resources in your area.

Free period supplies: <https://allianceforperiodsupplies.org/>

Go to the website to find resources in your area.

If you or someone you know is struggling during the government shutdown — or facing challenges like job loss or food insecurity — check out [Findhelp.org](https://findhelp.org) This free resource connects people with local programs for food, housing, healthcare, job support, and financial assistance — just enter your ZIP code to see what's available nearby.

Food bank resources:

<https://www.feedingamerica.org/find-your-local-foodbank>

<https://foodfinder.us/>

<https://www.food-finders.org/>

Meals on Wheels (also feeds pets): <https://www.mealsonwheelsamerica.org/>

**Please note: These resources were compiled from suggestions provided by CAHIP members to assist those affected by the government shutdown or loss of SNAP benefits. CAHIP does not specifically endorse or guarantee the services of any organizations listed. Thank you to those who have shared resources. To add to this list, reach out to info@cahip.com.*