

# FOOD RESOURCES FOR IMMIGRANT COLORADANS



## FOOD RESOURCES FOR IMMIGRANTS OF ALL STATUSES (INCLUDING UNDOCUMENTED)

Access to nutritious food is linked to good health. If you can't afford the food you need, you can get help from these nutrition programs. **Using the following programs will NOT hurt your current or future immigration status.**

### COMMUNITY FOOD SITES

**FOOD PANTRIES, FOOD BOXES AND MEAL SITES** offer free food/meals to families or individuals. Visit [HungerFreeColorado.org](https://www.hungerfreecolorado.org) to find sites near you.

**SCHOOL MEALS** are available for free to eligible students in most schools. **Contact your school district** to apply.

**SUMMER MEALS** are available during summer months to all youth (18 and under). Visit [KidsFoodFinder.org](https://www.kidsfoodfinder.org) to find summer meals sites near you.

### NUTRITION PROGRAMS

**THE SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN (WIC)** provides healthy food (such as fruits, vegetables, and baby food), nutrition education, breastfeeding support, and other free services for pregnant women, postpartum women, and children under the age of five. Request an appointment at [ColoradoWICSignUp.com](https://www.coloradowic.org).

**PANDEMIC EBT (P-EBT)** provides grocery money to families with children that are eligible for free or reduced-price lunch and missed school meals due to the pandemic. Learn more at [CDHS.Colorado.gov/P-EBT](https://www.cdhs.gov/P-EBT).

Many immigrant families can also use SNAP to buy the food they need:

### SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Some immigrants that meet income requirements can also receive **SNAP**. **SNAP** gives you funds on an EBT card each month to buy the food you choose. Applying for or receiving **SNAP** benefits will NOT hurt your current or future immigration status. **SNAP** is NOT considered in a public charge test. Learn more about public charge on the next page.

**You may qualify for SNAP if you or a family member are a:**

- > "Humanitarian" immigrant (this includes refugees; asylees; and survivors of trafficking, domestic violence, and other serious crimes)
- > Lawful permanent resident (with residency for 5+ years, a military connection, 40 qualifying work quarters, a disability, or under age 18)
- > U.S. citizen

Apply at [Colorado.gov/PEAK](https://www.colorado.gov/PEAK).

Visit  
[HungerFreeColorado.org](https://www.hungerfreecolorado.org)  
for more  
information

## PUBLIC CHARGE

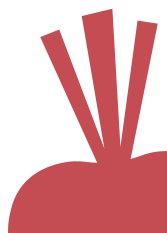
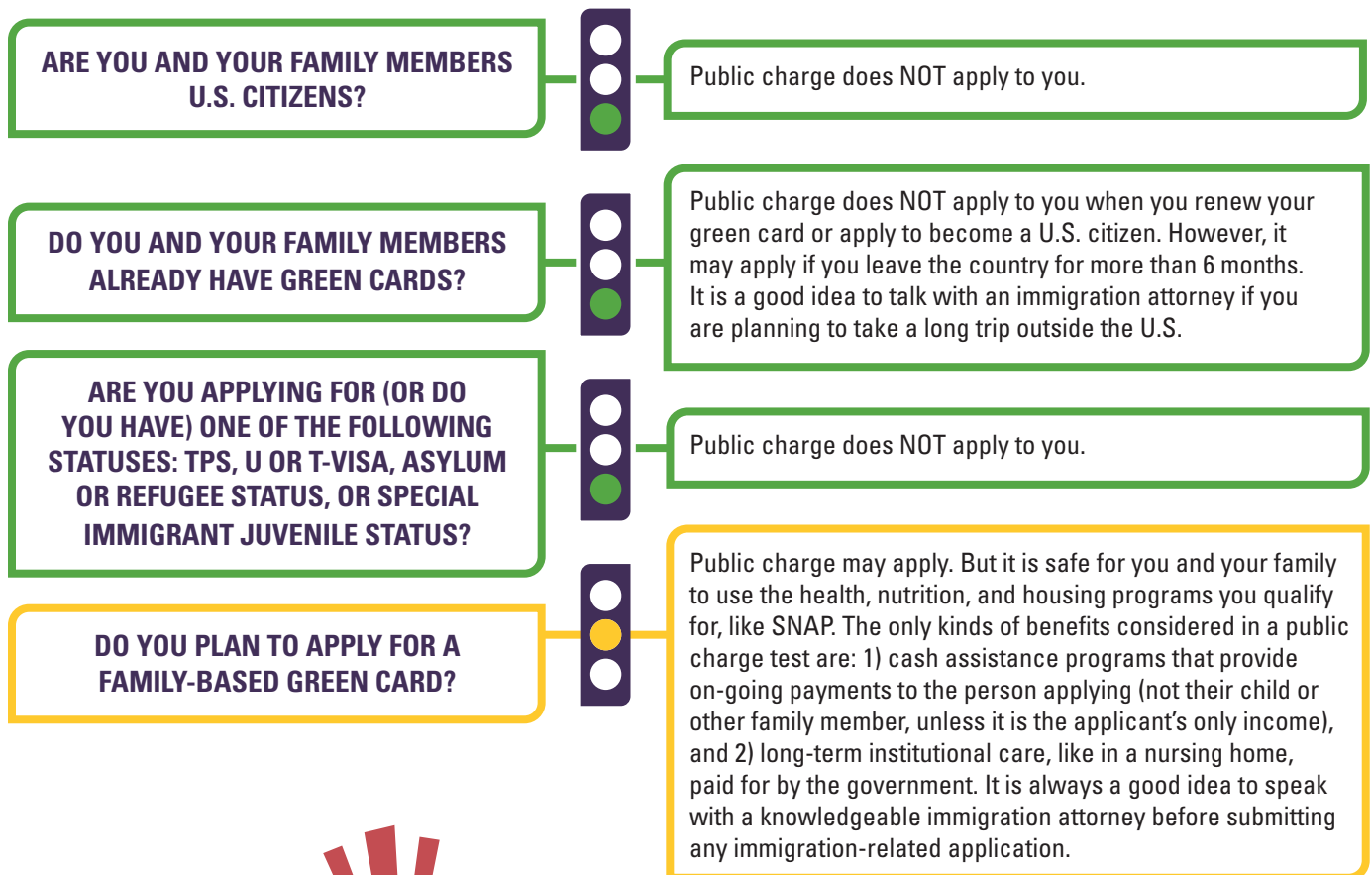
Some immigrants worry that using public benefits could hurt their chance to get a green card in the future because of public charge, but this is not true for most programs. **No food and nutrition programs are considered in the public charge test.**

## WHAT IS PUBLIC CHARGE?

Some people who apply for a green card (lawful permanent resident status) or a visa to enter the U.S. must pass a “public charge” test. This test looks at whether the person is likely to depend primarily on government services in the future. Immigration officials look at all of a person’s circumstances, including their age, income, health, education or skills, and family situation. This includes whether a family member of another person with enough income or resources (a sponsor) has promised to support you. Only two kinds of public benefits are considered in the public charge test:

- >> Cash assistance programs that provide on-going payments. For example, SSI, TANF (Colorado Works), or General Assistance
- >> Long-term institutional care, like a nursing home, paid for by the government.

## WHO DOES PUBLIC CHARGE APPLY TO?



**HUNGER**  
**FREE COLORADO**  
HUNGERFREECOLORADO.ORG



FOR MORE RESOURCES: [PIFCoalition.org](http://PIFCoalition.org) GET A FREE PERSONALIZED SCREENING: [KeepYourBenefits.org](http://KeepYourBenefits.org)  
This document is not legal advice. If you have questions that are specific to your individual or family situation, please contact an immigration attorney ([ImmigrationLawHelp.org](http://ImmigrationLawHelp.org)).

*This document is up to date as of October 2022*