**Tri-County Health Department Nutrition Services** [**www.tchd.org**](http://www.tchd.org)

**General Information: (303) 220-9200**

**WIC** orThe Special Supplemental Nutrition Program for Women, Infants and Children provides nutritious foods and education for income-eligible women who are pregnancy or breastfeeding and children to age five. WIC is a Federal program that has locations state-wide.

**Nutrition Education-**Registered Dietitians working at Tri-County Health Department are available for nutrition presentations for community organizations, child care staff, health fairs and schools.

**HCP** or Health Care Program for Children with Special Health Care Needs provides multiple resources for children with special health care needs including a Registered Dietitian.

**Hunger Free Hotline: http://www.hungerfreecolorado.org/**

Help is just a phone call away for families, seniors and other individuals who are in need of food assistance anywhere in Colorado.The Hunger Free Hotline is a multilingual toll-free number that connects Coloradans to needed food. It is a free “one-stop” resource that offers geographically-based referrals to both public and private food assistance programs throughout the state. Our food assistance navigators provide helpful and thorough referrals based on each caller’s need. They not only answer questions but also ensure that callers receive needed information—from directions to applying for public health nutrition programs.

Learn [what help is available](http://www.hungerfreecolorado.org/initiatives/hunger-free-hotline.html#help) via the hotline and [what to expect when you call](http://www.hungerfreecolorado.org/initiatives/hunger-free-hotline.html#call). **Call the hotline toll-free at (855) 855-4626**. It is available Monday through Friday from 8 a.m. to 4:30 p.m. The Hunger Free Hotline:

* Screens for all federal nutrition assistance programs
* Keeps all information confidential
* Is open to all individuals, regardless of legal status

**What help is available?**We can connect Colorado families and individuals to food pantries, congregate feeding sites, the Supplemental Nutrition Assistance Program (formerly known as food stamps), the Summer Food Service Program, WIC (Women, Infants, and Children) and many other nutrition programs. Food assistance navigators can also provide:

* Help applying for the Supplemental Nutrition Assistance Program (SNAP) and answering specific questions about the SNAP application
* Referrals to food pantries and free meals, including distance from home, directions, hours of operations, types of food available, holiday meal times and other pertinent information
* Dates, times and locations of nearby sites participating in the Summer Food Service Program
* Nearby locations where one-on-one assistance is available with the SNAP application process
* Information about food and nutrition resources in Colorado

**What happens when I call?**Food assistance navigators ask callers high-level screening questions, so that their recommendations are tailored to each caller’s unique situation in English and Spanish. They provide callers with detailed information about eligibility requirements and help prepare clients to apply for and access the federal nutrition assistance programs, like SNAP.

For more information about the Hunger Free Hotline, please email Enika Stasko, Hotline Lead Navigator