



# FOOD RESOURCES AND PROGRAMS IN PRINCE WILLIAM & STAFFORD COUNTIES

Revised 5.21.19



## CommonHelp

CommonHelp is the Virginia Department of Social Services fast and easy way to apply online for many benefit programs.

<https://commonhelp.virginia.gov/access/>



## Capital Area Food Bank Hunger Lifeline

Find food resources in your area at [www.capitalareafoodbank.org/get-help](http://www.capitalareafoodbank.org/get-help) or call for personalized recommendations to community food resources. (571) 482-4770, Monday – Friday 9 am – 5 pm



## School Food & Nutrition Program

PWC Public Schools serves free and reduced price meals. Please call (703) 791-7314 or visit [www.pwcsnutrition.com](http://www.pwcsnutrition.com) for additional information.



SC Public Schools serves free and reduced price meals. Please call (540) 654-9040 or visit [www.staffordschools.net/Page/13844](http://www.staffordschools.net/Page/13844) for additional information.



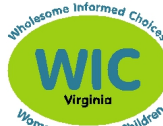
## Virginia Supplemental Nutrition Assistance Program (SNAP)

Free monthly support to help pay for groceries. For more information and instructions on how to apply visit [www.dss.virginia.gov/benefit/snap.cgi](http://www.dss.virginia.gov/benefit/snap.cgi)



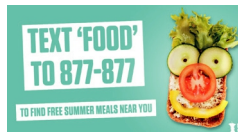
## Supplemental Nutrition Program for Women, Infants and Children (WIC)

The WIC program provides nutrition education and counseling, breastfeeding promotion and support, supplemental nutritious foods and screening and referrals to other health, welfare and social services. Call your nearest WIC office (703) 792-7319 (Woodbridge), (540) 659-3101 (Stafford) or visit [www.vdh.virginia.gov/wic](http://www.vdh.virginia.gov/wic) for more information.



## Free Summer Meal Program

The Free Summer Meals for Kids Program provides free nutritious meals to children ages 5 to 18 during the summer. To find a site near you, text "FOOD" to 877-877.



## Food Assistance Sites\*

### Northern Virginia Family Service of Prince William

10056 Dean Dr  
Manassas, VA  
(571) 748-2600

### Manassas Baptist Church

8730 Sudley Rd  
Room 46  
Manassas, VA 20110  
(703) 361-2146

### Holy Family Catholic Church

14160 Ferndale Rd  
Dale City, VA 22193  
(703) 730-1791

### Salvation Army – Prince William

1483 Old Bridge Rd  
Suite 102  
Woodbridge, VA 22192  
(703) 580-8991

### Action in Community Through Service (ACTS)

3900 ACTS Ln  
Dumfries, VA 22026  
(703) 368-4141

### Grace Church Bag of Hope Food Pantry

17889 Fraley Blvd, RT 1 North  
Dumfries, VA 22026  
(703) 445-1299

### St. Peter's Community Food Pantry

1201 Courthouse Rd  
Stafford, VA 22554  
(540) 659-6366

### S.E.R.V.E

15 Upton Ln  
Stafford, VA 22554  
(540) 288-6903

### Fredericksburg Food Bank

3631 Lee Hill Dr  
Fredericksburg, VA 22408  
(540) 371-7666

### Praise Temple Apostolic Faith Church of Virginia

10800B Courthouse Rd  
Fredericksburg, VA 22408  
(540) 479-1499

### St. Vincent de Paul

10643 Courthouse Rd  
Fredericksburg, VA 22407  
(540) 834-5555

\* Call site location to verify hours of operation and if residency restrictions apply.



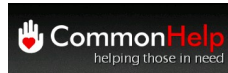
# RECURSOS Y PROGRAMAS DE ALIMENTOS EN EL CONDADO DE PRINCE WILLIAM & STAFFORD

Revisado 5.21.19



## CommonHelp

CommonHelp es la forma fácil y rápida del Departamento de Servicios Sociales de Virginia de solicitar en línea para muchos programas de beneficios. <https://commonhelp.virginia.gov/access/>



## Banco de Alimentos

Encuentre recursos alimenticios en su área en [www.capitalareafoodbank.org/get-help](http://www.capitalareafoodbank.org/get-help) o para recomendaciones especializadas llame a las organizaciones que proveen recursos alimenticios al (571) 482-4770 de Lunes a Viernes de 9 am – 5 pm



## School Food & Nutrition Program

Las Escuelas Públicas de PWC sirven comidas gratis o a precio reducido. Llame al (703) 791-7314 o visite [www.pwcsnutrition.com](http://www.pwcsnutrition.com) para obtener información adicional.



Las Escuelas Públicas de SC sirven comidas gratis o a precio reducido. Llame al (540) 654-9040 o visite [www.staffordschools.net/Page/13844](http://www.staffordschools.net/Page/13844) para obtener información adicional.



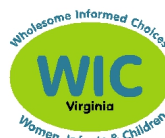
## Programa de Asistencia de Nutrición Suplementaria

Soporte mensual gratuito para ayudar a pagar las compras. Para obtener más información e instrucciones sobre cómo solicitar, visite [www.dss.virginia.gov/benefit/snap.cgi](http://www.dss.virginia.gov/benefit/snap.cgi)



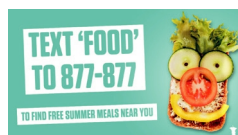
## Programa de Nutrición Suplementaria para Mujeres, Infantes y Niños

El programa WIC brinda educación y asesoramiento sobre nutrición, promoción y apoyo a la lactancia materna, alimentos nutritivos suplementarios y exámenes de detección y referencias a otros servicios sociales, de salud y de bienestar. Llame a su oficina de WIC más cercana al (703) 792-7319 (Woodbridge), (540) 659-3101 (Stafford) o visite [www.vdh.virginia.gov/wic](http://www.vdh.virginia.gov/wic) para obtener más información.



## Programa de Comidas Gratis en Verano

El Programa de Comidas Gratis en Verano provee comida nutritiva y gratuita a niños desde los 5 a los 18 años durante todo el verano. Para encontrar la ubicación más cercana a usted, envíe el mensaje de texto "FOOD" al 877-877.



## Lugares para Asistencia Alimenticia\*

### Northern Virginia Family Service of Prince William

10056 Dean Dr  
Manassas, VA  
(571) 748-2600

### S.E.R.V.E

15 Upton Ln  
Stafford, VA 22554  
(540) 288-6903

### Fredericksburg Food Bank

3631 Lee Hill Dr  
Fredericksburg, VA 22408  
(540) 371-7666

### Manassas Baptist Church

8730 Sudley Rd  
Room 46  
Manassas, VA 20110  
(703) 361-2146

### Praise Temple Apostolic Faith Church of Virginia

10800B Courthouse Rd  
Fredericksburg, VA 22408  
(540) 479-1499

### Holy Family Catholic Church

14160 Ferndale Rd  
Dale City, VA 22193  
(703) 730-1791

### St. Vincent de Paul

10643 Courthouse Rd  
Fredericksburg, VA 22407  
(540) 834-5555

### Salvation Army – Prince William

1483 Old Bridge Rd  
Suite 102  
Woodbridge, VA 22192  
(703) 580-8991

### Action in Community Through Service (ACTS)

3900 ACTS Ln  
Dumfries, VA 22026  
(703) 368-4141

\* Llame a la ubicación del sitio para verificar las horas de operación y si se aplican restricciones de residencia.

### Grace Church Bag of Hope Food Pantry

17889 Fraley Blvd, RT 1 North  
Dumfries, VA 22026  
(703) 445-1299

### St. Peter's Community Food Pantry

1201 Courthouse Rd  
Stafford, VA 22554  
(540) 659-6366