

# Public Assistance Information

Our ability to have our basic needs met is essential to our health, well-being, and quality of life.  
Everyone deserves to have the resources to meet their basic needs.  
The information on this form reviews how to go about accessing various forms of assistance.

## Medicaid

Medicaid is public health insurance. It is granted by individual states and eligibility may depend on where you live, the amount of money you make, and a variety of other factors.

For information on how to apply for Medicaid, visit [bit.ly/publicinsuranceinfo](https://bit.ly/publicinsuranceinfo)

## Supplemental Nutrition Assistance Program (SNAP)

Supplemental Nutrition Assistance Program (SNAP) helps low-income individuals and families by providing assistance paying for food.

For more information about SNAP, visit [bit.ly/snapstateinfo](https://bit.ly/snapstateinfo)

## WIC

**Assistance for people who are pregnant/breastfeeding,  
infants & children**

WIC stands for Women, Infants, and Children as is a SNAP program. WIC provides assistance for pregnant and breastfeeding people, as well as infants and children under 5 determined to be at nutritional risk.

For more information on WIC, [www.fns.usda.gov/wic](https://www.fns.usda.gov/wic)

## Temporary Assistance for Families with Children

Temporary Assistance for Needy Families (TANF) is a program that aims to provide temporary assistance to help parents and caregivers can provide for their child(ren)'s needs.

For more information on TANF, visit [bit.ly/tanfinfo](https://bit.ly/tanfinfo)

## Unemployment Insurance

Unemployment Insurance is financial assistance for individuals who have lost employment through no fault of their own and meet other eligibility criteria.

For more information on Unemployment Insurance, visit [bit.ly/unemploymentins](https://bit.ly/unemploymentins)