

## Food Programs:

Food Support benefits are for single people and for families with or without children. Food programs are county-run program that helps Minnesotans with low incomes get the food they need for sound nutrition and well-balanced meals. The program issues electronic food support benefits that can help stretch your household food budget

[Eligibility Screening Tool](http://www.bridgetobenefits.org/) website: <http://www.bridgetobenefits.org/>

This is merely a screening tool not an application for benefits. People must fill out an application with Kandiyohi County Family Services to have eligibility determined.

For links to more information about Food Programs, please see Additional Details on the left side of the Family Services Department page.

### Resources:

University of Minnesota Extension Service

Information on Nutrition

website: <http://www.extension.umn.edu/nutrition/>