

resources for low-income families & single parents

These are just a few examples of the resources available for low-income families and single parents. There are many organizations and individuals who are willing to offer support and assistance.

1. **Supplemental Nutrition Assistance Program (SNAP):** This federal program provides low-income families with financial assistance to purchase food.
2. **Medicaid:** This program provides low-cost or free health insurance to eligible low-income families.
3. **Temporary Assistance for Needy Families (TANF):** This program provides financial assistance to low-income families with children, as well as job training and other support services.
4. **Women, Infants, and Children (WIC):** This program provides nutrition assistance to pregnant women, new mothers, and young children.
5. **Head Start:** This program provides early childhood education, health, and nutrition services to low-income families with young children.
6. **Low-Income Home Energy Assistance Program (LIHEAP):** This program helps low-income families with their energy bills.
7. **Local non-profits:** There are many non-profit organizations that provide support and services to low-income families in their communities.

If you are a single parent, connect with friends, family members, or other single parents who can offer emotional support and practical assistance.

DID YOU KNOW?

Single-parent households are more likely to be low-income: **In 2019, the poverty rate for single-parent households was 35.7%, compared to 7.3% for married-couple households.**

