



Coping with Food Insecurities

Supporting Each Other When Food Is Hard to Find

Access to nutritious food is a basic need—but for many individuals and families, it’s not always easy to meet. Rising grocery costs, unexpected expenses, and life challenges can make it difficult to keep food on the table. No one should have to face that alone.

During times of celebration, such as holidays, birthdays, or special gatherings, these challenges can feel even heavier. While many people look forward to sharing meals and traditions, for others, these occasions can serve as a painful reminder of food insecurity or limited resources.

How You Can Help

Small actions can make a big difference:

- Donate smartly: Choose shelf-stable, nutritious items like canned beans or chicken, nut butters, and whole-grain snacks.
- Check quality: Only donate items that are unopened, unexpired, and in good condition.
- Give flexibility: Cash or gift cards help food banks and families buy what’s most needed.
- Show kindness: Check in, listen, and share resources—your support matters.



Need Help?

CALL: 1-800-624-2593

VISIT: www.nationaleap.com/members

Resources for When Food Feels Hard to Find

Resource Links:

- **Feeding American** - Find Your Local Food Bank through this nationwide network
- **Food Finder:** This food pantry locator helps you find where and when you can get free food assistance in your area.
- **Contact 2-1-1:** for free, confidential help locating nearby food and community resources.



How National EAP Can Help:

- ▶ **EAP Services - Available 24/7.** Free, confidential support, counseling, and guidance to support emotional wellness, and navigate personal or family health concerns. Contact us for assistance finding a nearby food pantry.



Call 800-624-2593 or [Contact Us Online.](#)

- ▶ **Wysa: Mental Resilience App**
 - Download Wysa, our CBT-based app for personalized emotional support, and 150+ tools.
- ▶ **Member Portal**
 - Access tools, articles, and expert guidance to help you navigate food insecurity, find local assistance programs.

