

RESOURCE GUIDE – FOOD & HOUSING INSECURITY

FOOD INSECURITY

Sadly, food insecurity remains a serious problem in central and eastern North Carolina. In these counties, more than 600,000 people struggle to access nutritious and adequate amounts of food necessary for a healthy life.

Government Assistance Programs

- SNAP

SNAP, the Supplemental Nutrition Assistance Program, is the program formerly known as food stamps. It is a federal nutrition program that helps you stretch your food budget and buy healthy food. SNAP benefits are given to you each month on a plastic card called an EBT card, which works like a debit card. Paper coupons are no longer used. SNAP is a nutrition program. It is not a welfare cash assistance program. You do not have to be receiving TAFDC to get SNAP — these are separate programs. SNAP is a federal entitlement program. This means anyone who is eligible will receive benefits. You will not be taking away benefits from someone else if you apply.

To find out if you are eligible call a FoodSource Hotline counselors at 1-800-645-8333

- WIC

WIC is a federal benefit program for new mothers and children younger than 5 years of age. It provides healthy food supplements to fight malnourishment and nutrition-related diseases like anemia. Studies have shown that women who are enrolled in WIC have safer pregnancies, and children who are enrolled in WIC have better mental health and better grades.

Who is eligible for WIC?

To be eligible for WIC, you must have a child who is younger than 5 years of age. Though the program is called Women, Infants and Children, you do not have to be a biological mother in order to claim WIC benefits on behalf of your children. To qualify for WIC, you must be low-income and medically determined to be at nutritional risk. Post-partum women are eligible in some states, but not all.

RESOURCE GUIDE – FOOD & HOUSING INSECURITY

Food Banks

In Wake County, there are the Food Bank of Central and Eastern North Carolina, North Raleigh Ministries, Catholic Parish Outreach, and Urban Ministries. The Food Bank serves a network of more than 800 partner agencies such as soup kitchens, food pantries, shelters, and programs for children and adults through 6 branches in Durham, Greenville, New Bern, Raleigh, Sandhills and Wilmington.

- Food Bank of Central and Eastern North Carolina

<http://www.foodbankcenc.org/site/PageServer?pagename=FBCENHome>

<p>Food Bank of Central and Eastern North Carolina - Raleigh 1924 Capital Blvd. Raleigh, NC 27604</p> <p>Phone: 919-875-0707 Monday-Friday, 8:30 am to 5:00 pm</p>	<p>Food Bank of Central and Eastern North Carolina - Durham 2700 Angier Avenue, Suite A Durham, NC 27703</p> <p>Phone: 919-956-2513 Monday-Friday, 8:30 am to 5:00 pm</p>
--	---

For more information to find a Food Bank in your area please visit

<https://feedingthecarolinas.org/>

- Catholic Parish Outreach

<http://www.cporaleigh.org/>

Catholic Parish Outreach is the largest food pantry in Wake County, NC. They serve any resident of Wake, Johnston, or Franklin County who is referred to us in writing by an agency, church (any denomination), community, or public service organization, based on need. Services are provided to those of all faiths, or no faith tradition.

- MANNA FoodBank (Western North Carolina)

<https://www.mannafoodbank.org/>

MANNA FoodBank is a private, not-for-profit service organization, that links the food industry with over 200 partner agencies in 16 counties of WNC. MANNA is an acronym and stands for Mountain Area Nutritional Needs Alliance. We are a member of Feeding America, the nation’s largest domestic hunger relief organization. Together we can solve hunger.

RESOURCE GUIDE – FOOD & HOUSING INSECURITY

- Raleigh Vineyard Church - Bread of Life Food Pantry

<https://www.raleighvineyard.org/food-pantry>

The Bread of Life food pantry is affiliated with Feeding America and the Food Bank of Central and Eastern North Carolina. We are funded through contributions from the Raleigh Vineyard Church, local businesses and personal contributions of cash and food drive items.

- Inter - Faith Food Shuttle

<https://www.foodshuttle.org/food-distribution>

The Food Shuttle saves 6 million pounds of healthy food from being thrown away and re-routes it to these people in need. Almost 35% of what we distribute is fresh produce. This food comes from retail food donations, the Food Shuttle Farm, volunteer food drives, and field gleaning. We feed people through programs such as Backpack Buddies, Mobile Markets, Grocery Bags for Seniors, School Pantries, our Mobile Tastiness Machine, and by partnering with over 80 local agencies in neighborhoods throughout our service area to reach people at their point of need.

- Second Harvest Food Bank of Southeast North Carolina

<https://hungercantwait.org/about-us/>

Second Harvest Food Bank of Southeast North Carolina was established in 1982, we are a nonprofit organization that has provided food for people at risk of hunger in 7 counties for over 36 years. We serve a network of more than 260 partner agencies such as soup kitchens, food pantries, shelters, and programs for children and adults through distribution centers in Bladen, Cumberland, Duplin, Harnett, Hoke, Robeson, and Sampson counties.

- Second Harvest Food Bank of Northwest NC

<http://www.hungernwnc.org/index.html>

Second Harvest Food Bank of Northwest NC serves an 18-county region as an essential, central resource for a network of on-the-ground, non-profit partners. Beyond providing healthy food, we support our partner network through capacity building microgrants, nutrition guidance and educational programming, Food and Nutrition Services outreach services, tools for advocating for families and more. Together with our partners and people like you, we help set the table for neighbors when they cannot and work collaboratively with others in our communities to address the causes of persistent hunger.

RESOURCE GUIDE – FOOD & HOUSING INSECURITY

<p>Catholic Parish Outreach 2013 Raleigh Boulevard Raleigh, NC 27604</p> <p>Phone: 919-873-0245 10 am to 1 pm, Monday - Saturday</p>	<p>Inter-Faith Food Shuttle 1001 BLAIR DRIVE, RALEIGH, NC, 27603</p> <p>Phone: 919-250-0043 8 am to 4 pm, Monday - Friday, 8 am to 2 pm Saturday</p>	<p>Emergency Food Pantry Christian Assembly 5516 N Roxboro St, Durham, NC 27712</p> <p>PHONE: 919-471-0220 2nd and 4th Thursdays of each month from 4:00 to 6:00 p.m.</p>
<p>Second Harvest Food Bank of Southeast North Carolina 406 Deep Creek Rd Fayetteville, NC 28312</p> <p>Phone: 910-485-6923 8 am to 4:30 pm, Monday - Friday</p>	<p>Second Harvest Food Bank of Northwest NC 3655 Reed Street, Winston- Salem, NC 27107</p> <p>Phone: 336-784-5770 9 am to 5 pm, Monday - Friday</p>	<p>Calvary Baptist Church 1204 Lynn Road Durham, NC 27703</p> <p>(919) 596-2592 Monday- Thursday: 7:00 am-3:00 pm 3rd Thursday of each month</p>
<p>Bread of Life Food Pantry 6894 Litchford Rd, Raleigh, NC 27615</p> <p>Phone: 919-790-0001 2nd and 4th Saturday of the month from 10:00AM until 12 noon</p>		

For more information to find a Food Bank in your area please visit

<https://feedingthecarolinas.org/>

RESOURCE GUIDE – FOOD & HOUSING INSECURITY

HOUSING INSECURITY/ HOMELESSNESS RISK

Communities across the state have coordinated assessment systems that help refer people to homeless programs and housing. Below we have provided some individual and some single family homeless shelters and programs.

Raleigh

- NC Housing Search

<http://nchousingsearch.org/>

NCHousingSearch.org is a free, online housing search service that links people who need housing with the housing they need. We hope it helps you make more informed decisions when exploring your housing options.

- FREE searching and listing of rental housing
 - Detailed listings with maps that can include pictures, eligibility requirements (if applicable), information about nearby amenities such as hospitals and schools, and much more
 - Simple and detailed search options that are easy to use
 - Helpful tools, including an affordability calculator, rental checklist, and information about renters' rights and responsibilities
 - 24/7 access online and support from a toll-free, bilingual call center, available at 1-877-428-8844, Monday - Friday 9:00 am - 8:00 pm EDT.
 - Housing information that is updated daily to keep it relevant
 - A resource for families displaced during times of disaster
- Raleigh Rescue Mission

<https://www.raleighrescue.org/our-solution/get-help-today/>

There focus is on assisting those who are ready to make a commitment to transforming their life, and working to overcome the negative factors that led to homelessness. Most clients who commit to our programs end up spending an average of one year under our roof. For others who need emergency shelter, we work with our Coordinated Entry Partners to find the right place to meet their needs. Raleigh Rescue Mission is a place with a long-term purpose and steadfast strategy to break the cycle of poverty and homelessness. We are here for those who need a second chance and are willing to do the work it takes to rebuild their lives.

RESOURCE GUIDE – FOOD & HOUSING INSECURITY

- Catholic Charities of the Diocese of Raleigh

<https://www.catholiccharitiesraleigh.org/raleigh/>

This program is a highly collaborative effort of the Raleigh / Wake 10 Year Plan to End Homelessness in Wake County. Catholic Charities coordinates the efforts of the faith community to help families living in homeless shelters in Wake County transition to permanent housing. The goal of the Support Circle Program is to engage members of congregations to end homelessness by partnering with individuals and families to assist them in their transition from homeless shelters to permanent housing.

- South Wilmington Street Center

<http://www.wakegov.com/humanservices/locations/swsc/Pages/default.aspx>

In 2001, the County opened a newly renovated emergency and transitional shelter for homeless men that changed the way we offer services to the homeless population. The South Wilmington Street Center provides a tier of services both on- and off-site that are designed to lead men to self-sufficiency. The shelter provides some short-term emergency dorms with overnight shelter only, while other dorms offer longer-term shelter to men who engage in services. Those services range from case management, budgeting and credit counseling, mental health/substance abuse treatment and referrals to other programs.

Other Raleigh individual and single-family housing Services:

<p>Wake County Housing Resource and Referral Line 919-861-1195</p> <p>Monday-Friday, 9 AM-5 PM</p>	<p>Cornerstone Center 220 Snow Avenue Raleigh, NC 27603 Monday, Tuesday, Thursday and Friday: 8:30 a.m.–noon and 1–5 p.m. Wednesday: 1–5 p.m.</p>	<p>AME Night Shelter 412 Capital Boulevard Raleigh, NC 27603 919-834-3734</p> <p>24 hours per day, 7 days per week, 365 days per year.</p>
<p>Program: The New Life Plan - Agency: Raleigh Rescue Mission 919-828-9014</p> <p>314 East Hargett Street Raleigh, NC 27611 Monday - Friday, 8:00 a.m. - 4:00 p.m.</p>	<p>Program: Shelter for Families Agency: Family Promise of Wake County 919-832-6024 903 Method Road Raleigh, NC 27606 Mon. – Fri., 7:00 a.m. - 6:00 p.m., Sat., 8:30 a.m. - 5:30 p.m., Sun., 7:45 a.m. - 5:30 p.m.</p>	<p>Program: Helen Wright Center for Women Agency: Urban Ministries of Wake County 919-833-1748 401 West Cabarrus Street Raleigh, NC 27601 Shelter: 24 hours per day, 7 days per week, 365 days per year.</p>

RESOURCE GUIDE – FOOD & HOUSING INSECURITY

<https://www.nc211.org/homeless-shelters> for all homeless shelters in your area.

IN IMMEDIATE NEED OF ASSISTANCE:

If you are currently homeless, in immediate danger of becoming homeless, have received an eviction notice from your landlord or are facing a possible eviction after receiving a late notice, please call:

Wake County Housing Resource and Referral Line
919-861-1195
Monday-Friday, 9 AM-5 PM

Affordable Housing Options:

DHIC’s supportive housing communities are for single individuals who live with very low income, who may have been homeless in the past, or otherwise need access to more intensive social services. Our residents are provided with access to resources, education and opportunities to enhance their quality of life and potential for long-term success. DHIC worked in partnership with Wake County Human Services to bring this successful housing model to Wake County.

<https://dhic.org/properties/supportive-housing/>

NCHousingSearch.org is a free, online housing search service that links people who need housing with the housing they need. We hope it helps you make more informed decisions when exploring your housing options.

<http://www.nchousingsearch.org/About.html>

<p>BROOKRIDGE Durham - 919-779-9450</p> <p>3930 Durham Drive Raleigh, NC 27603</p> <p>Office hours are: 8:30AM - 5:30PM Monday, Wednesday, and Friday</p>	<p>LENNOX CHASE - Raleigh 919-828-7400</p> <p>2534 Lake Wheeler Road Raleigh, NC 27603</p> <p>Office hours are: 8:30AM - 5:30PM Tuesday and Thursday</p>
---	--

RESOURCE GUIDE – FOOD & HOUSING INSECURITY

Durham

- Urban Ministries of Durham

UMD's Community Shelter has 81 beds for men, 30 for women and nine family rooms with a total of 38 beds for parents and their children, for a total of 149 beds. There are also 30 overflow cots that supplement the bed space when needed during severe weather known as White Flag nights, for a total of 179 beds. The shelter now seeks to provide every single client not just with food and shelter, but also with a future, offering case management to end their homelessness through our Journey Programs.

During each person's 14-day new arrival period, our staff gets to know him or her and uses assessment tools to pair the person with the best Journey Program case manager to help end their homelessness. In collaboration with his or her case manager, each person makes a Housing Plan, a series of goals that need to be accomplished to leave the shelter for their own apartment. People working toward their Housing Plan goals can stay in the shelter as long as they need, typically one to three months. Case managers offer coordinated referrals to our partner service providers in the community, who help with goals such as finding a job, improving literacy, resolving legal issues, getting health and mental health care, and others.

- Durham Rescue Mission for men

The Durham Rescue Mission provides food, shelter and other programs and services to the homeless men of Raleigh-Durham-Chapel Hill through our men's program. By offering safe shelter, three meals a day, clean clothing, Biblical counseling, financial planning, vocational training, GED/education and employment assistance, we've helped mend the shattered lives of many homeless men since opening in 1974. We have approximately 267 beds available, with a max of 312 beds including mats for emergency situations and currently house an average of 270 men a night.

- Durham Rescue Mission for women and mothers with children

At the Durham Rescue Mission, they offer safe shelter, three meals a day, clean clothing, Biblical counseling, financial planning, vocational training, GED/education and employment assistance to help the homeless in the Raleigh-Durham-Chapel Hill area get back on their feet. The women and children's shelter, known as the "Good Samaritan Inn," has helped many homeless, addicted and otherwise hurting women and children learn marketable skills they can use to find a decent paying job in the Triangle that will help them provide for their children. They currently house an average of 130 women and children a night.

RESOURCE GUIDE – FOOD & HOUSING INSECURITY

Other Durham individual and single-family housing Services:

<p>Program: The NEST Agency: Families Moving Forward 919-683-5878 300 North Queen Street Durham, NC 27701 Monday - Friday, 6:00 a.m. - 10:00 p.m. Saturday - Sunday, 8:30 a.m. - 10:00 p.m.</p>	<p>Program: Community Shelter Agency: Urban Ministries of Durham 919-682-0538 410 Liberty Street Durham, NC 27701 Shelter available 24 hours per day, 7 days per week, 365 days per year.</p>
<p>Program: Women and Children's Division Shelter Agency: Rescue Missions Ministries 919-688-9641 ext. 5050 507 East Knox Street Durham, NC 27701 Monday - Friday, 8:00 a.m. - 4:30 p.m. Shelter open 24 hours per day, 7 days per week, 365 days per year.</p>	<p>Program: Men's Division Shelter Agency: Rescue Missions Ministries 919-688-9641 ext. 5034 1201 East Main Street Durham, NC 27701 Monday - Friday, 8:00 a.m. - 4:30 p.m. Shelter open 24 hours per day, 7 days per week, 365 days per year.</p>

<https://www.nc211.org/homeless-shelters> For all homeless shelters in your area.

IN IMMEDIATE NEED OF ASSISTANCE:

For homeless families with children, please contact the Durham Department of Social Services for assistance with finding an emergency shelter: 919-560-8000

400 E. Main Street, Durham, NC

The department’s “Emergency Services” division interviews people Monday through Friday between 8 AM and 5 PM. People can call to schedule an appointment. Walk-ins are welcome, and ordinarily will be seen on the same day, if they arrive by 3 PM.

For single adults who need shelter, please contact Urban Ministries of Durham, which is the main point of entry for shelter, triage and services: 919-683-0538 x 221 (410 Liberty Street, Durham, NC). Accepts walk-ins for shelters on Monday mornings. Requests for emergency shelter at other times must be made via referrals from a community agency.

Survivors of domestic violence may contact Durham Crisis Response Center directly: 919-489-3652. Families and single adults also may seek shelter and housing assistance from the Durham Rescue Mission which operates independently of Durham's’ Coordinated Intake and Assessment processes: 919-688-9641.

RESOURCE GUIDE – FOOD & HOUSING INSECURITY

HEALTH & SAFETY

DOMESTIC VIOLENCE/ SEXUAL ASSAULT

InterAct of Wake County

<https://interactofwake.org/>

InterAct is the only provider of domestic violence and sexual assault services in Wake County, North Carolina - saving lives, rebuilding lives and securing safer futures for individuals and families in our community.

24 HOUR CRISIS LINES

DOMESTIC VIOLENCE

919-828-7740

866-291-0855 toll-free

SEXUAL ASSAULT

919-828-3005

866-291-0853 toll-free

SOLACE CENTER

919-828-3067

866-291-0854 toll-free

SPANISH

844-203-8896