

Food Access in USA

Having access to food as a new immigrant in the USA is crucial for settling into your new life. Here are some general avenues for food access:

Local Grocery Stores: Most communities have grocery stores where you can purchase a variety of foods including fresh produce, meats, dairy products, and pantry staples. These stores range from large supermarkets to smaller neighborhood markets.

Farmers' Markets: Many cities and towns host farmers' markets where local farmers and vendors sell fresh fruits, vegetables, meats, cheeses, and other artisanal products. Farmers' markets are not only a great way to access fresh, locally grown food but also provide opportunities to connect with the community.

Ethnic Grocery Stores: Depending on your cultural background, you may find specialty grocery stores that cater to specific cuisines and dietary preferences. These stores often carry ingredients and products that may be familiar and comforting to you.

Community Food Banks and Pantries: If you're experiencing financial hardship, community food banks and pantries provide free or low-cost food assistance to individuals and families in need. They may offer canned goods, grains, fresh produce, and other essential items.

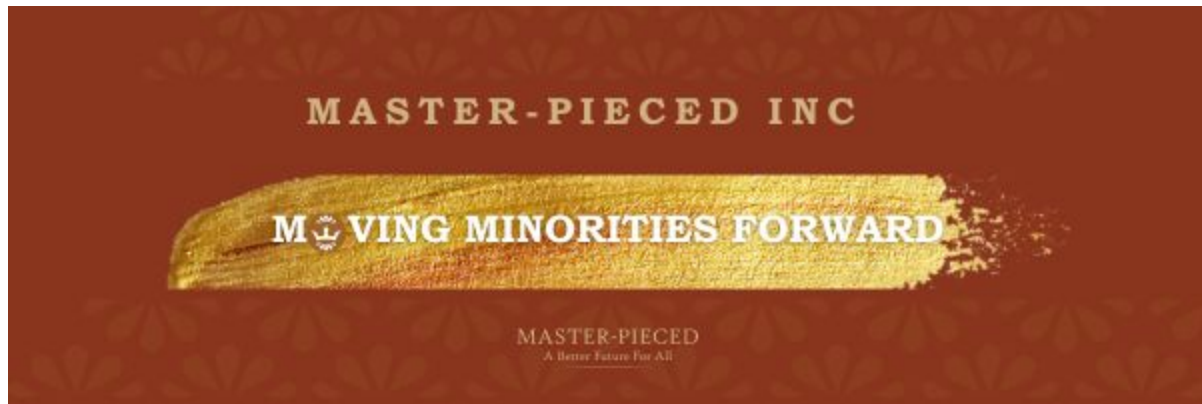
Food Assistance Programs: The Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, provides eligible individuals and families with electronic benefits to purchase food at authorized retailers. Eligibility requirements vary by state, so check with your local social services office for more information.

Soup Kitchens and Community Meals: Some communities offer free meals through soup kitchens, churches, community centers, or other organizations. These meals provide not only nourishment but also opportunities to socialize and connect with others in your community.

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Document Last Revised Date: January 2025



Food Delivery Services: In recent years, food delivery services have become increasingly popular, allowing you to order groceries or prepared meals online and have them delivered to your doorstep. This can be especially convenient if you have limited mobility or transportation options.

Cultural and Religious Organizations: Churches, mosques, temples, and other religious or cultural organizations may offer food assistance programs, community meals, or resources to help newcomers access culturally appropriate foods.

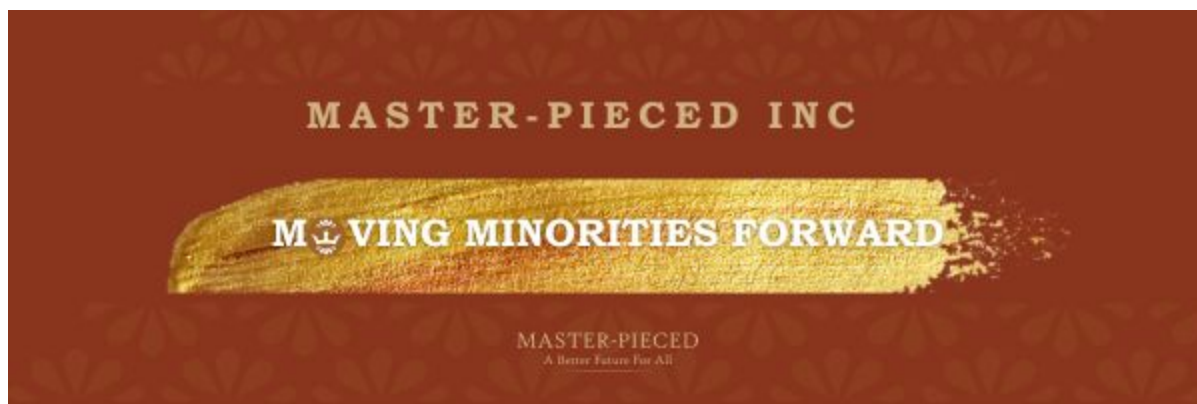
Cooking and Nutrition Classes: Consider participating in cooking and nutrition classes offered by local community centers, libraries, or health organizations. These classes can help you learn new cooking techniques, explore different cuisines, and make healthier food choices on a budget.

Neighbors and Community Networks: Don't hesitate to reach out to neighbors, coworkers, or other members of your community for support and advice on where to find the best food options in your area. Building connections with others can enhance your sense of belonging and help you navigate life as a new immigrant in the USA.

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Food Access in Lexington KY

- Lexington Area/Fayette County
 - God's Pantry is a food bank providing food staples, though only for Fayette County residents. God's Pantry no longer accepts self-referrals, so clients must be referred by an agency social worker. Please contact CRCKY or Southland Church for a referral. You can also contact Adam Kuhn at The Nest (859-259-1974, x222, and he speaks Spanish) if you are a Spanish speaking immigrant, and KRM (859-226-5661) if you are an immigrant who speaks a language other than Spanish or English. Intake staff is available Monday – Friday from 9am to 12pm and 1pm to 3pm. For help in other Kentucky counties, God's Pantry lists meal programs at: <https://godspantry.org/help/>.
 - Moveable Feast prepares and delivers meals five days a week to low-income people in Lexington-Fayette County who have HIV/AIDS and those under the care of Bluegrass Care Navigators (*formerly Hospice of the Bluegrass*). Caregivers and dependent children are also fed. Call: 859-252-2867.
 - Qualified immigrants and US citizens may be eligible for SNAP (Supplemental Nutrition Assistance Program, formerly known as food stamps. To see if you or a U.S. citizen child are eligible, go to https://kynect.ky.gov/benefits/s/snap-program?language=en_US or call 855-306-8959.
 - NourishLex is offering a new delivery service from Tuesday-Friday. Fill out this form if you would like food delivered: for English, go to <https://tinyurl.com/8n4ahv3k>. If picking up a meal in person, please practice social distancing upon arrival and keep 6 feet away from anyone in line. Find out more at: <http://foodchainlex.org/> or call 859-428-8380. No identification is needed.

Catholic Action Center - Provides 3 meals, 7 days a week

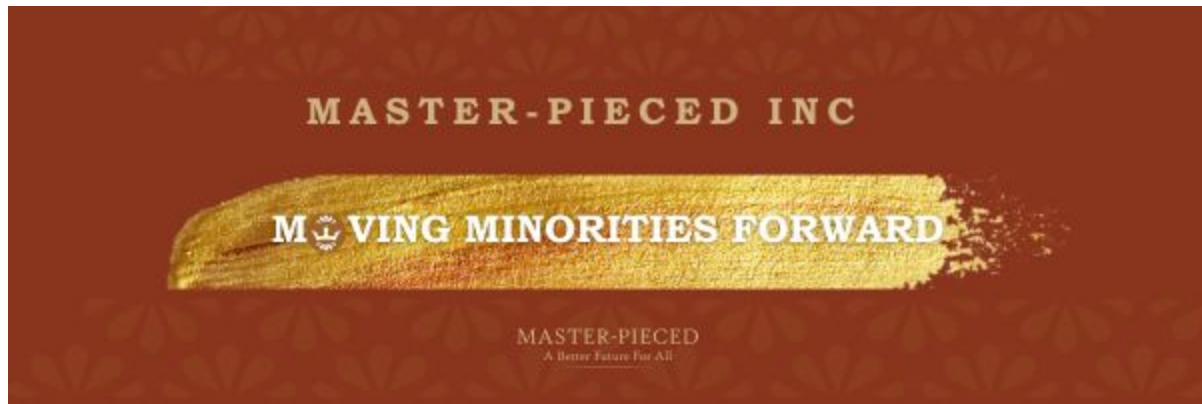
Breakfast 9a/ Lunch 12pm/ Dinner 5:30pm

1055 Industry Road Lexington KY / 859- 514-7210

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Lighthouse Ministries - Provides lunch (12pm) and dinner (6pm) Monday - Saturday
190 Spruce Street Lexington KY (859) 259-3434

Lexington Rescue Mission - hot lunches are served from 12pm to 1 pm on Tuesdays, wednesdays, Thursdays and Saturdays. Coffee and pastries served Monday through Saturday from 9am-12pm.
444 Glen Arvin Avenue Lexington KY (859) 381-9600

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