

CUMBERLAND, VA - RESOURCES FOR ASSISTANCE, SUPPORT, ETC.

Nutrition Related Assistance

SNAP- Supplemental Nutrition Assistance Program

About: <https://www.dss.virginia.gov/benefit/snap.cgi>

Apply: https://www.dss.virginia.gov/files/division/bp/fs/intro_page/forms/032-03-0824-38-eng.pdf

Aplicar: https://www.dss.virginia.gov/files/division/bp/fs/intro_page/forms/032-03-0824-38-spa.pdf

Monthly Income Limits:

https://www.dss.virginia.gov/files/division/bp/fs/intro_page/income_limits/Income_Chart_eff_102021.pdf

EBT-The Virginia EBT card is a "debit" card that your SNAP and/or cash benefits are put on each month.

About: <https://www.connectebt.com/vaebtclient/#>

Apply: https://www.connectebt.com/pdf/VA_Q&A_EN.pdf

Aplicar: https://www.connectebt.com/pdf/VA_Q&A_Spanish.pdf

P-ebt

About: <https://www.dss.virginia.gov/benefit/pebt/index.cgi>

WIC-Special Supplemental Nutrition Program for Women, Infants and Children

About: <https://www.vdh.virginia.gov/wic/>

Apply/Aplicar: <https://www.dss.virginia.gov/files/division/bp/tanf/forms/032-03-0824-38-eng.pdf>

Cumberland Food Pantry- Delma's Pantry

About: <https://delmaspantry.com/>

Info on Delma's Pantry Website (applications and distribution days/times) :

as available- inquire at Delma's Pantry

TEFAP- The Emergency Food Assistance. 2nd/4th Friday 9-11

CSFP- Commodity Supplemental Food Program/Seniors 60yrs+ 2/3/4th Friday 9-11

Delma's Kids- Mondays 4:30-5:30

The Market at Delma's- Thursdays 3-4

The Wellness Center- Donated medical equipment, referrals, and information

Direct Store Pickup- Sun/Wed 11-1

Meals on Wheels:

<https://www.mealsonwheelsamerica.org/signup/aboutmealsonwheels/find-programs?filter=23040>

Other Assistance and Resources:

Common Help- A Guide for Navigating and Applying for Assistance in Virginia

About: <https://commonhelp.virginia.gov/access/>

STEPS: STEPS is a dynamic 501 (c) 3 not for profit serving South Central Virginia that is dedicated to creating a stronger community through housing, education, workforce, and economic development. We also offer Secure Document Destruction and Recycling services as well as a public transportation route that serves Cumberland County. Together, we empower community members to become self-sufficient and goal-oriented so they can move their lives forward.

About: <https://www.steps-inc.org/>

TANF-Temporary Assistance for Needy Families

About: <https://www.dss.virginia.gov/benefit/tanf/>

The Cumberland Clothes Closet- 47 Community Center Drive, Building C

About: <https://www.facebook.com/Cumberland-Clothes-Closet-210877106276110>

Clothes & Shoes, volunteers needed!

Centra PACE- Program of All-Inclusive Care for the Elderly (Farmville location)

PACE is designed to deliver all needed medical and supportive services spanning the entire continuum of care for seniors eligible for nursing facility care. PACE allows frail seniors to live at home and in their community, providing an alternative to nursing facility placement.

About: <https://www.centrahealth.com/services/pace-program-all-inclusive-care-elderly>

The American Red Cross- Help Network

About: <https://www.redcross.org/get-help.html>

Safe shelters, after disaster, post-emergency recovery, Covid19 Bereavement, prepare for emergencies, military and veteran resources

Virginia Veteran Family Support-

<https://www.dvs.virginia.gov/virginia-veteran-and-family-support-2>

Veteran Caregiver Support:

https://www.caregiver.va.gov/support/PCS_Program_Difference.asp

Vehicles for Change- Virginia residents eligible for assistance with vehicle

About: <https://www.vehiclesforchange.org/need-a-car/>