



Rev. 07.24.2023

**FreshTrak**

Find food pantries by zip code, SNAP sign up help



**Ohio** | Benefits

Medicaid, SNAP, Cash Assistance



**CAP4Kids**

Columbus Resources for kids and families



**ab findhelp.org**

Find food, bill assistance, free/reduced cost programs by zipcode



perinatal outreach & encouragement  
**for mamas**  
**p(renatal)em**  
A Program of Maternal Health America of Ohio

Mom-to-Mom Support line, support groups, screening for Perinatal Depression



**ONE**

Healthy Pregnancy, Safe Sleep, Reduce Infant Mortality



**Breastfeeding Class**

Virtual and In-person classes with other moms



**Breastfeeding Help List**

Local options for professional support



Ohio Department of Health  
**Help me grow**

Home visiting and Early Intervention for developmental delays



Find pantries and programs supplied with free diapers



**THE CITY OF COLUMBUS**  
ANDREW J. GINTHER, MAYOR  
COLUMBUS PUBLIC HEALTH

Columbus Public Health Immunization Clinic



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@FranklinCoWIC



*point your phone camera here!*



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