

- **HealthCare.gov**

On March 23, 2010, President Obama signed the Affordable Care Act. The law ensures that all Americans have access to affordable health insurance options. The Marketplace at HealthCare.gov allows individuals to compare health plans on a level playing field. Middle- and low-income families will get tax credits that cover a significant portion of the cost of coverage.

For more information, go to [www.healthcare.gov](http://www.healthcare.gov) or call 800-318-2596.

- **Oklahoma Department of Human Services**

The Oklahoma Department of Human Services offers health care services for Oklahomans with children. Eligibility is determined based on income.

[www.OKDHS.org](http://www.OKDHS.org)

877-751-2972

- **Supplemental Nutrition Assistance Program (SNAP)** enables low-income families to buy eligible food in authorized retail food stores.
- **Temporary Assistance for Needy Families (TANF)** provides cash assistance on a time-limited basis in meeting basic needs, training leading to employment, employment services and child care assistance for qualified families with children.
- **Child Care Subsidy** helps ensure training supervision, nutrition and education for children while their parents or caregivers are at work, in training or receiving an education.
- **SoonerCare (Oklahoma Medicaid)** is a health coverage program that helps pay for some or all medical bills for people who can't afford them.

- **Food Pantries**

Oklahoma has two food banks that distribute food to pantries across the state. The Regional Food Bank of Oklahoma serves 53 counties in central and western Oklahoma, and the Community Food Bank of Eastern Oklahoma distributes food to pantries in 24 counties in eastern Oklahoma. To locate a food pantry near you, contact:

- In western and central Oklahoma:  
[www.regionalfoodbank.org/process\\_gethelp.php](http://www.regionalfoodbank.org/process_gethelp.php)  
405-972-1111
- In eastern Oklahoma:  
[www.okfoodbank.org/get-help/](http://www.okfoodbank.org/get-help/)  
918-585-2800