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# Lincoln Community Resources for Pregnancy and Postpartum Care

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Partnership for a Healthy Lincoln

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Partnership for a Healthy Lincoln (HealthyLincoln.org) is a non-profit organization dedicated to improving and protecting the health, wellness, and fitness of Lincoln and Lancaster County in Nebraska.



Information provided is current as of October 2024.

For updates visit: **HealthyLincoln.org/PregnancyCare**

The information in this booklet is also available in Spanish at

**HealthyLincoln.org/Embarazo**

La información de este folleto también está disponible en español en

**HealthyLincoln.org/Embarazo**



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# Pre-Pregnancy Health

**If you are thinking about becoming pregnant,** speak to a healthcare provider and talk to them about your health history and any medical conditions you currently have that could affect a pregnancy. They may want to discuss any previous pregnancy and some of the steps you can take before pregnancy to help prevent certain birth defects including these:

- **Start a prenatal vitamin with iron and folic acid.** Folic acid is a B vitamin. Having enough folic acid in your body at least 1 month before and during pregnancy can help prevent major birth defects of the developing baby's brain and spine.
- **Talk to your healthcare providers before starting or stopping medications,** including prescription medicines, over-the-counter medicines, herbal and dietary supplements, and vitamins. Discuss with your provider the best ways to keep any health conditions you have under control.
- **Get up-to-date on recommended vaccinations.**
- **Stop smoking, drinking alcohol, or taking illegal drugs,** all of which can cause many problems during pregnancy, such as premature birth, birth defects, and infant death.
- **Avoid toxic substances** like harmful chemicals, environmental contaminants, and other toxic substances such as synthetic chemicals, some metals, fertilizer, bug spray, and cat or rodent feces around the home and in the workplace. These substances can hurt the reproductive systems of men and women. They can make it more difficult to get pregnant.

- **Reach and maintain a healthy weight.** If you are underweight, overweight, or obese, you are at higher risk for serious health problems. Talk with your doctor about ways to reach and maintain a healthy weight before you get pregnant.

Download a free pregnancy planner.



## Low-Cost Pregnancy Tests

You can buy reliable pregnancy tests from pharmacies and supermarkets. You can also get a free or low-cost pregnancy test from the following organizations in Lincoln:

- **Planned Parenthood**  
5631 S. 48th Street #100, 877-859-0587
- **Lincoln Pregnancy Center**  
111 Piazza Terrace, 402-483-4247  
Not a medical center.
- **Lancaster County Medical Society (LCMS)**  
301 S. 70th Street, Suite 340, 402-483-4800  
LCMS is not a medical center but will provide funding for pregnancy tests, if you qualify.
- **Family Health Services**  
630 N. Cotner Blvd., Suite 204, 402-466-1012
- **Lincoln-Lancaster County Health Department**  
3131 O Street, 402-441-8065
- **Women's Care Center**  
5632 S. 48th Street  
402-432-0533  
Not a medical center.



# Importance of Early Prenatal Care



Seeing a healthcare provider early in pregnancy, within 8-10 weeks, and then at scheduled times throughout pregnancy lowers a mother's risk of complications during pregnancy and the risk of birth defects for the baby. As soon as you know you're pregnant schedule an appointment with a healthcare provider.

**For moms,** pregnancy (prenatal) care can prevent or minimize complications from pregnancy risks such as hypertension, anemia, infections, depression and gestational diabetes.

**For babies,** proper prenatal care greatly lowers the risk of birth defects and low birth weight which can cause lifelong health issues.



# What To Do If You're Pregnant

Seeing a healthcare provider in the first 8-10 weeks of pregnancy and then at scheduled times throughout your pregnancy means a healthier you and a healthier baby.

**As soon as you know you're pregnant,** schedule a visit to your healthcare provider.

If you do not have health insurance, see page 8 for how to get healthcare coverage while pregnant.

## Then:

- Visit your healthcare provider every 4 weeks through week 28 of your pregnancy; every 2 weeks for weeks 28 through 36; and every week after 36 weeks. If you are older than 35 or your pregnancy is high risk, you may see your doctor more often.
- Your healthcare provider should start you on prenatal vitamins with iron and folic acid.
- Your healthcare provider will screen you for STIs (sexually transmitted infections).
- Ask your healthcare provider before stopping any prescription medicines or starting any new medicines and let them know over-the-counter medicines and herbal products you're using.
- Avoid x-rays. If you can't, tell your dentist or doctor that you are pregnant for extra care.
- Get up-to-date on recommended vaccinations. Pregnant women can get very sick from flu or COVID.
- Avoid smoking, alcohol, and illegal drugs.
- Eat a variety of healthy foods like fruits, vegetables, whole grains, calcium-rich foods, and foods low in saturated fat and drink plenty of fluids, especially water. Don't eat fish with lots of mercury, such as tuna. Talk to your healthcare provider about other foods to avoid.
- Exercise – talk to your healthcare provider about the kind and proper amount.
  - Don't take very hot baths or use hot tubs or saunas.
  - Get plenty of sleep and find ways to control stress.
  - Stay away from toxic substances like insecticides, solvents (like some cleaners or paint thinners), lead, mercury, and paint (including paint fumes); and cat or rodent feces.



# Pregnancy and Delivery Healthcare Providers in Lincoln



*These Lincoln providers accept private insurance and Medicaid. Call first to see what types of private insurance they accept and if they are still accepting Medicaid.*

- **Bryan Women's Care**  
5055 A Street, Suite 200  
402-483-8630
- **CHI Health Clinic Midwifery**  
8020 O Street  
402-488-6370
- **CHI Health Clinic Women's Health**  
7001 A Street, Suite 200  
402-484-4081
- **Lincoln Family Medicine Center**  
4600 Valley Road  
402-483-4571
- **Lincoln OB-GYN, P.C.**  
Two locations:  
9110 Andermatt Drive, Suite 2  
5100 N. 26th Street  
402-483-7641
- **Women's Healthcare Center of Williamsburg**  
6050 Village Drive  
402-421-8581

## Transportation to Medical Appointments

- **If you are already on Medicaid**, check with your Medicaid Managed Care Organization (MCO) - Nebraska Total Care, United Healthcare or Molina Healthcare - to see what medical transportation services they provide. Each organization offers a specific number of non-emergency rides to healthcare appointments.
- **Ponca Express** offers free transportation to anyone and will do round trip for medical appointments. Call to schedule during office hours M-F 8:00am – 4:30pm at 1-855-766-2239.
- **StarTran** offers reduced price monthly bus passes for those who meet the income guidelines. Children under 4 years old ride free. Only one pass per person, per month. Guidelines and pass outlets can be found here: <https://www.lincoln.ne.gov/City/Departments/LTU/StarTran> OR 402-476-1234.
- **VANLNK StarTran On-Demand Services**  
Offers same day service only. Cost \$5 per trip. Trips scheduled and paid for via smart phone app: download - VANLNK. May share ride with one other person.
- **Matt Talbot** offers gasoline vouchers the first business day of every month at 8:30am on a first come, first served basis. Vouchers are valued at \$20 and each licensed driver is eligible once every six months. Driver must be present, have proof of insurance, a valid driver's license and current registration. 1221 N. 27th Street, 402-477-4116

Transportation resources updated regularly online:



# Pregnancy Healthcare Coverage Options

## Free Pregnancy Healthcare Coverage

You can apply for free temporary pregnancy healthcare coverage through a Medicaid program called **Presumptive Eligibility (PE)**. PE gives you short-term coverage while your application for full Medicaid benefits is being considered. Approval of full Medicaid benefits is dependent on meeting income guidelines.

PE covers prenatal care but not delivery or hospital care. To find more information about the program, visit **HealthyLincoln.org/PregnancyCare**



## PE Providers in Lincoln:

- **Lincoln-Lancaster County Health Department**  
3100 O Street  
Call to make an appointment: 402-441-8065  
They will help with the PE and Medicaid applications and help find a healthcare provider if you do not have one.
- **Lincoln Family Medicine Center**  
4600 Valley Road  
Call to make an appointment: 402-483-4571  
They will help with the PE and Medicaid applications and have in-house healthcare providers.
- **Bluestem Health**  
1021 N. 27th Street  
Call to make an appointment: 402-476-1455  
They will help with the PE and Medicaid applications and have in-house providers for general care.  
For prenatal care, they will refer you to a provider.

## Income-based Healthcare Coverage

**Children's Health Insurance Program (CHIP)** is federal children's healthcare, including labor and delivery, offered to low-income minors, age 18 years

or younger, who don't qualify for regular Medicaid. To get insured under the CHIP program, you must first apply for Medicaid. There is not a separate application for the program. The cost is based on income. You can apply online at **iServe.Nebraska.gov** OR at the State of Nebraska Health & Human Services (DHHS) offices in-person or call them at 402-473-7000 for help over the phone. They can instruct you in how to download an application from their web site that can be returned to them by regular mail or emailed back to them.

## 599 CHIP (Children's Health Insurance Program)

covers pregnancy services for Nebraska women who don't qualify for Medicaid or CHIP, regardless of immigration status. This program is not full Medicaid coverage and only applies to prenatal care and pregnancy-related services connected to the health of the unborn child, including labor and delivery. The cost is based on income. To get insured under the 599 CHIP program, you must first apply for Medicaid. There is not a separate application for the program. You can apply online at **iServe.Nebraska.gov** OR at the State of Nebraska Health & Human Services (DHHS) offices in person or call them at 402-473-7000 for help over the phone. They can instruct you in how to download an application from their web site that can be returned to them by regular mail or emailed back to them.

**Healthcare Marketplace (Healthcare.gov)** If you don't have health insurance through a job, Medicare, Medicaid, CHIP, or other source that provides qualifying health coverage, you can find health insurance through the Healthcare Marketplace at **Healthcare.gov**. Find an insurance plan based on your needs and income. You can only apply during the open enrollment period, November 1 - January 15, unless you qualify for special enrollment. Enroll by December 15 for coverage that starts January 1 or enroll by January 15 for coverage that starts February 1. Pregnancy does not qualify for special enrollment but birth of a baby does.





# Pathway to Pregnancy Healthcare Coverage

## Presumptive Eligibility (PE) Provider

START at a PE provider near you to see if you qualify for PE. They can also help you with the Medicaid application, which is the same application for CHIP and 599 CHIP. There is not a separate application for those programs. See page 8 for a list of PE Providers in Lincoln.

### Assistance with the Medicaid Application

In addition to the PE providers listed on page 8 and the NE Dept. of Health and Human Services, these places can assist with applying for Medicaid.

- **El Centro de las Americas**  
(serving Spanish-speakers)  
210 O Street  
402-474-3950
- **Asian Community & Cultural Center**  
(serving immigrants, refugees and many languages spoken from Asia, Middle East, Africa and Ukraine)  
144 N. 44th Street, Suite A  
402-477-3446
- **Lancaster County Medical Society**  
301 S. 70th Street, Suite 340  
402-483-4800

*If you qualify for Medicaid, you also qualify for WIC and SNAP. See pages 10 and 14 for more information on those programs and how to apply.*

*Which stop is right for you?*

## Nebraska Medicaid

If you are approved for Nebraska Medicaid, you will be assigned a Medicaid Managed Care Organization (MCO) - Nebraska Total Care, Molina Healthcare or United Healthcare. You can switch MCOs within 90 days of enrollment. The MCOs also manage PE, CHIP and 599 CHIP. Medicaid will cover you and the child for 12 months after birth.

## CHIP (Children's Health Insurance Program)

If you are a minor (age 18 or younger) AND your income is too high for Medicaid, you may be eligible for the Children's Health Insurance Program (CHIP). It provides the same coverage as Medicaid and will cover you and the child for 12 months after birth.

## 599 CHIP

You may be eligible for 599 CHIP if your income is too high for Medicaid OR you are a non-qualified non-citizen. 599 CHIP is coverage for the unborn child only, including prenatal care and the birth. Coverage ends at the end of the birth month or at the end of the following month if the child is born at the end of the month.

## Healthcare Marketplace

If you are not eligible for Medicaid, CHIP or 599 CHIP, apply for private health insurance at [Healthcare.gov](http://Healthcare.gov). Cost is based on income. Open enrollment is November 1 - January 15 unless you qualify for special enrollment. Pregnancy does not qualify for special enrollment but birth of a child does.

# Pregnancy Community Resources

## **Lincoln-Lancaster County Health Department Women, Infants, and Children (WIC) Program**

is a program for families of low to moderate income. WIC provides nutrition, health and breastfeeding information and support services through Registered Dietitians and Certified Lactation Consultants, including free breast pumps and meal planning ideas. WIC also provides community resources and referrals to other programs. If you qualify for Medicaid, SNAP (Supplemental Nutrition Assistance Program), or TANF (Temporary Assistance for Needy Families), you also qualify for WIC.

### *Locations:*

- 3131 O Street - 402-441-6200
- 2662 Cornhusker Hwy, Suite 7 - 402-441-4204

**Family Service WIC Program** provides food assistance, nutrition education, breastfeeding support, and services referrals for pregnant women, new moms, infants and children up to age 5. The program serves women who qualify under the income guidelines or are currently on Medicaid, SNAP (Supplemental Nutrition Assistance Program),

or TANF (Temporary Assistance for Needy Families).

### *Locations:*

- Mill Towne - 501 S. 7th Street - 402-205-7685
- First United Methodist Church - 2723 N. 50th Street - 402-205-7685 - One Friday a month
- Southern Heights Presbyterian Church - 5750 S. 40th Street - 402-205-7685 - One Thursday a month

## **Community Action Partnership Lancaster and Saunders Counties Early Head Start Program**

provides prenatal services to expectant parents; nutrition, medical, and dental care; and early childhood education services to infants and toddlers (ages birth to 3 years) for qualifying families. To apply for the program, call 402-875-9328 or 531-739-3131 to set up an appointment.

### *Locations:*

- Health 360 Center - 2301 O Street (adjoined to the Health 360 Clinic)
- K Street Center - 1843 K Street
- 26th Street Center - 2615 O Street, Suite 4

**Center for People** offers eligible parents diapers for infants through 36 months during regular People's Pantry hours.

*Location:* 3901 N. 27th Street - 402-476-4357

**Catholic Social Services** offers blankets, diapers, and baby formula to walk-in clients at their downtown facility.

*Location:* 2241 O Street - 402-474-6000

## **Good Neighbor Community Center (GNCC)**

offers diapers in sizes 1 to 5 once per month for each child in the family. Wipes are also available and can be requested when obtaining diapers. GNCC also hosts a Maternal Support Group to provide a secure and supportive environment for mothers to share knowledge, practical assistance, and emotional connections. *Location:* 2617 Y Street - 402-477-4173





**El Centro de las Americas** provides free family support for the Hispanic/Latino community.

Location: 210 O Street - 402-474-3950

- Help with navigating community resources and referrals to health providers.
- Help with applications for Medicaid, Aid to Dependent Children (DAC), nutrition programs like SNAP (Supplemental Nutrition Assistance Program).
- Education and support for vaccination programs.

**Malone Maternal Wellness Program (MMW)**

offers free family support classes and services for Black, Indigenous, and Persons of Color (BIPOC) individuals. *Location: 2032 U Street - 402-474-1110*

Classes and support program include:

- Birthing Classes taught by certified instructors.
- Pregnancy, Birth and Postpartum Doulas: Doulas assist with creating birthing plans, patient advocacy, informational/physical/emotional support, provide comfort measures, breastfeeding and latching initiation at hospital. Families enrolled in the Pregnancy and Childbirth Doula Program will receive an additional six visits from a certified postpartum doula during the first twelve weeks after giving birth. Post-partum doulas provide emotional, informational, and physical support, breastfeeding assistance, post-partum care, light housekeeping and delivery of prepared meals and fresh produce.
- Breastfeeding Support Programs: Melanin Mommas Support Group, Melanin Dads Support Group and Breastfeeding Peer Counseling programs include emotional support, lactation assistance, patient advocacy, education, virtual

- support, 1:1 support in the home and office, delivery of essential supplies, and group events.
- Milk Share: Malone facilitates informed consent milk sharing in the Lincoln and Omaha areas.

**Asian Community and Cultural Center**

provides free family support for immigrants and refugees from Asia, Middle East, Africa and the Ukraine. For new mothers, trained Community Breastfeeding Educators provide peer counseling support services.

The Asian Center also provides health assistance to clients who are low income and have no health insurance or a regular doctor to access health care services. Through their Health Education & Advocacy Program, trained Community Health Workers (CHW) provide chronic disease management assistance, case management, and educational programming, including nutrition and exercise. CHWs can assist clients with setting up clinic appointments. *Location: 144 N. 44th Street - 402-477-3446*

This list of resources is updated regularly online:



Escanea este código para obtener información en español.



# Postpartum Community Resources

## After Delivery Care

The first 12 weeks after delivery are a critical time for the health of both mother and baby. During this 12-week period, the risk for complications are highest. It's important for moms and infants to have their first evaluation by healthcare provider within one week (no later than 3 weeks) after delivery, with a comprehensive evaluation no later than 12 weeks after delivery.

**Perinatal or Postpartum Depression** Mothers often experience biological, emotional, financial, and social changes during this time. Up to 85% of all new mothers experience the “baby blues,” a short-lasting condition that does not interfere with daily activities and does not require medical attention.

**Perinatal depression** is different from the “baby blues” in that it is emotionally and physically debilitating and may continue for months or more. Getting treatment is important for both the mother and the child. If you are feeling worried, anxious or depressed before or after your delivery, you are not alone, and there is help. Scan the QR code to download a list of perinatal therapists in Lincoln.



**La depresión perinatal** se diferencia de la “tristeza posparto” en que es debilitante emocional y físicamente y puede continuar durante meses o más. Recibir tratamiento es importante tanto para la madre como para el niño. Si se siente preocupada, ansiosa o deprimida antes o después del parto, no está sola y hay ayuda. Escanee el código QR para descargar una lista de terapeutas perinatales en Lincoln.



## Home Visitation Programs

**LLCHD Healthy Families America** is a free and voluntary home health visitation program to support families in the first year after a child is born. Home visitation services are provided in your home or at another location in the community. Families qualify if they live in Lancaster County and are expecting a baby or have a baby less than 3 months old. The program provides support from public health nurses, outreach specialists, and family partners. *For more information or to sign up, make an appointment at the Lincoln-Lancaster County Health Department (LLCHD), 3131 O Street, during their office hours, M-F 8:00am - 4:30pm, 402-441-8065 or 402-441-4103 (please leave a message).*

**LLCHD Family Connects Program** is a universal newborn home visiting program in Lincoln-Lancaster County that provides a home visit by a Registered Nurse following your hospital stay. Nurses listen, answer questions and provide support and resources. All families with a newborn who live in Lancaster County are eligible for a Family Connects visit. Nurse visits occur 3 weeks after baby is born. Some of the key areas covered in a visit include:

- Head-to-toe health assessment for baby
- Postpartum health assessment for mom
- Breastfeeding support
- Education and guidance about topics relevant to all newborns and maternal needs
- Assistance with connecting to a medical home and/or scheduling routine care visits
- Connections to services and resources around our community as needed

*Call to make an appointment at 402-441-4433.*



This list of resources is updated regularly online:



## Breastfeeding Support and Education

**MilkWorks** is a non-profit, community breastfeeding center. The center provides breastfeeding education, support and clinical services. No one is denied services based upon ability to pay. MilkWorks also provides oversight, training, and support for the Community Breastfeeding Educators (CBEs). Currently, 37 CBEs offer peer counseling in 27 languages. *Location: 5930 South 58th Street - 402-423-6402*

**LLCHD WIC** - The Women, Infant, and Children program (WIC) at the Lincoln-Lancaster County Health Department, provides nutrition and health services, and breastfeeding information and support for families of low to moderate income. The program includes peer counselors to support breastfeeding and postpartum women in English and Spanish. *For locations and phone see page 9.*

**LLCHD Family Connects Program** offers a nurse home visit 3 weeks after baby is born and provides education and guidance about newborn and maternal needs, including breastfeeding and postpartum support. Home visitation services provided in the home or at another location in the community. *For phone see page 12.*

**Family Service WIC** provides free food, nutrition information, and breastfeeding support for pregnant women, infants and children under five with low to moderate income. Family Service WIC also has peer counselors to support women on their breastfeeding and postpartum journey. *For contact info see page 9.*

**Malone** serves African American and BIPOC families. The mom support group, dad/partner support group, and Breastfeeding Peer Counseling programs include emotional support, lactation assistance, patient advocacy, education, virtual support, 1:1 support in home or office, delivery of essential supplies, and group events. Breastfeeding education courses, taught 1:1 or in group settings led by a International Board Certified Lactation Consultant. *For locations, days and times of classes and consultations, call 402-474-1110.*

**Asian Community and Cultural Center** provides services and programs serving immigrant and refugee families in Lincoln. The center has onsite Community Breastfeeding Educators and provides breastfeeding education and information in several languages for mothers and families new to America from Asian, African, and Middle eastern countries at the center, within their community or homes of the families they serve. *Location: 144 N. 44th Street - 402-477-3446.*

**El Centro de las Americas** provides services in education, family support, and youth empowerment for Lincoln's Hispanic/Latino community, as well as assistance accessing community health resources and breastfeeding support in Spanish. *Location: 210 O Street - 402-474-3950.*

**Lincoln Family Medicine Center** provides a wide range of acute, chronic, and preventive medical care for (1) prenatal, birth and postpartum (2) childhood through adolescent, and (3) adulthood to end-of-life care. The center has an onsite Community Breastfeeding Educator who provides breastfeeding education and information in English and Spanish. *Location: 4600 Valley Road - 402-483-4571.*

# Family Nutrition and Food Distribution Programs

**Supplemental Nutrition Assistance Program (SNAP)** provides food benefits to families of low-income to be able to afford nutritious food. SNAP cards are used at stores to purchase food. Apply for benefits at iServe. Nebraska.gov to get help with food, utilities, healthcare, and other essential needs. Apply for a single benefit, or several at the same time. *Location: 301 Centennial Mall South - Main Number 402-471-3121*



**The Nutrition Education Program (NEP)** helps families on a limited budget make healthier food choices and choose more active lifestyles. NEP is free to all who meet income guidelines. SNAP-Ed teaches people how to make their SNAP dollars stretch, how to shop for and cook healthy meals, and how to stay physically active. *Find more information at [food.unl.edu/nutrition-education-program/programs](http://food.unl.edu/nutrition-education-program/programs)*



**Lincoln-Lancaster County Health Dept. Women, Infants, and Children (WIC) Program** is a program for families of low to moderate income. WIC provides an eWIC card to buy WIC approved foods. WIC provides nutrition, health and breastfeeding information and support services through Registered Dietitians/Certified Lactation Consultants, including free breast pumps and meal planning ideas. WIC also provides community resources and referrals to other programs. *For locations and phone see page 10.*



**Family Service WIC Program** provides food assistance, nutrition education, breastfeeding support, and services referrals for low income pregnant



women, new moms, infants and children up to age 5. The program serves women who qualify under income guidelines or are currently on Medicaid, SNAP or ADC/TANF (Aid to Dependent Children/ Temporary Assistance for Needy Families). *For location and phone see page 10.*

**Community Action Partnership for Lancaster and Saunders Counties (CAP) FEAST Program** (Food, Education, Access, Support, Together) is a group wellness program that provides healthy nutrition support for families of low income through recipe and cooking demonstrations to make healthy eating tasty and affordable. Free access to fresh, whole foods in every class. *For more information, call 402-875-9329.*



**The CAP Gathering Place** provides free hot, nutritious meals *seven days a week from 5 - 6pm* to anyone who needs a meal - no questions asked. Eat inside the Gathering Place or take a meal to-go. *Location: 1448 E Street.*

**Center for People** provides food distribution in a supermarket type atmosphere. An easy to apply for Clarity card is required to participate. Participants can collect food once a week at the People's Pantry during certain hours. *Location: 3901 N. 27th Street - 402-476-4357*



**Food Bank of Lincoln** distributes free fruits and vegetable in 15 locations across the city with their produce van, Lincoln Fresh, throughout each month. Visit [www.lincolnfoodbank.org](http://www.lincolnfoodbank.org) and click on "Services" for locations. No documents or ID needed. *Warehouse location: 2121 N. 27th Street - 402-477-4116*





**Matt Talbot Kitchen and Outreach** offers a hot prepared meal two times a day, every day of the year, open to anyone. Lunch is served from 11:30am - 12:30pm and dinner is served from 5:30 - 6:30pm. Choice Pantry open Monday 1-4pm, Wednesday and Friday 1-3pm.



*Location: 2121 N. 27th Street - 402- 477-4116*

**Good Neighbor Community Center (GNCC)**

- Non-Perishable Food Program - GNCC distributes non-perishable food items such as canned goods, frozen meat, dried beans, and pasta through their Shopper's Choice Pantry. Individuals with pre-scheduled appointments are permitted to receive non-perishable food once every 30 days.



- Perishables Food Program - Every Monday and Wednesday perishable items such as fruits, vegetables, bread, and milk are available. No appointment is required, no eligibility restrictions as long as you are in need of food.

*Location: 2617 Y Street - 402-477-4173*

**Catholic Social Services (CSS)**

- The CSS Food Market provides families and individuals the opportunity to select and shop for food items, including fresh fruits and vegetables, once per month. Appointments for same-day food market requests are taken on a first-come, first-served basis until all requests are filled. Calls are taken M-Th from 8:30am-9:00am at 402-327-6200. Shopping hours for the CSS Food Market are M-Th from 1-3pm.



- The CSS Breakfast and Lunch Program provides free meals to those who need them, no questions asked. Volunteers serve beverages and sack lunches to the homeless and working poor who walk in. Breakfast starts at 9am, lunch at 10:30am. *Location: 2141 O Street - 402- 434-2100*

**Lincoln Salvation Army Food Pantry**

offers people the ability to choose foods most appropriate for their particular needs. *Location: 2625 Potter Street - 402-474-6263*



**FoodNet, Inc.** is a collaboration of Lincoln churches where volunteers distribute mostly



perishable foods such as fruits, vegetables, dairy products, and bread, to families in need at various church locations around the city.

*Visit [foodnetlincoln.org/sites/](http://foodnetlincoln.org/sites/) for church locations, days, and times.*

This list of resources is updated regularly online:



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