

# COMMUNITY HUB

# HYDROHELPERS COMMUNITY RESOURCES

Resources for food, clothing, hygiene, community advocacy, housing and more

To share the link to a friend, copy this link <https://tinyurl.com/Hydrohub614>

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## Introduction

This document is a google doc composed of various resources available for free or low-cost in the Ohio area, with some resources offered nationally. This document will be updated regularly as regulations, grants and access changes daily.

## SNAP ASSISTANCE UPDATES:

As of October 26th, 2025, SNAP benefits have not been allotted for November. The USDA stated they will not use their funding to cover the current SNAP gap (Click the link to find out) **SOURCE: CNN**

[morehttps://www.cnn.com/2025/10/24/politics/usda-contingency-fund-november-snap](https://www.cnn.com/2025/10/24/politics/usda-contingency-fund-november-snap)



**REPEAT AFTER ME**

**FOOD IS A RIGHT**  
**FOOD IS A RIGHT**

**Make a  
difference  
today.**



**[WWW.THESNACKSACK.ORG](http://WWW.THESNACKSACK.ORG)**



## **FOOD ASSISTANCE IN COLUMBUS**

### **Broad Street Food Pantry**

Hours: Monday-Friday, 8:30-10:30 a.m.

### **Lutheran Social Services Food Pantry - Champion Avenue Branch**

Hours: Monday, 4-6 p.m.; Tuesday-  
Thursday, 1-4 p.m.; Friday, 12-2 p.m.

### **Gladden Community House and Food Pantry**

Assistance is available for residents in ZIP  
codes 43222, 43223, and 43215.

**For more locations, offerings, addresses,  
requirements, and more - visit**

**[mycolumbuspower.com](http://mycolumbuspower.com) /  
[mycolumbusmagic.com](http://mycolumbusmagic.com) / [joycolumbus.com](http://joycolumbus.com)**

**POWER**  
102.5

**Magic** 95.5  
Columbus' Best R&B

**Joy** 106.3  
Columbus' Inspiration Station

**SNAP**

## Introduction

This section explains how to apply for SNAP benefits, in addition to other social services and resources

# Setting up an OH ID Account

### OH ID Step 1

Go to OH ID on your chosen web browser, or click on the [Link](#)  
Click **CREATE ACCOUNT**

### OH ID Step 2

Once you have created an account, add the **Ohio Benefits Self-Service Portal** on the OH ID screen

### OH ID Step 3

Once you have added the Ohio Benefits Self-Service Portal Tab, click **open** or **launch**

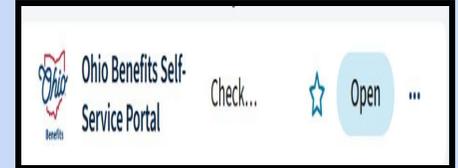
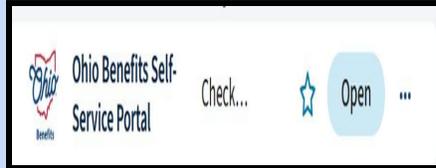
## OHID connects you to state services online

Your OHID gives you a single, secure account to log into State of Ohio websites and services.

Log in

Do you need an OHID? Get started here.

Create an account



## ODJFS BENEFITS Step 4

Once you have clicked onto the Ohio Department of Jobs and Family Services website, you will see Ohio Benefits as the header. Please follow the prompts to apply for benefits



## ODJFS Application Step 5

Complete all requested information and typically within a week a letter with a date case manager will contact you for an interview should arrive



## For Medical, Cash, and Child Care Assistance

Please repeat steps for applying for benefits. Only one application is required if applying for all benefits simultaneously. When adding additional benefit requests to an existing case, a separate application is needed



# Income Guidelines

Family Size	Income Max	Reporting Changes	Methods to Report Changes	Eligibility
1-2	<b>1-\$1632/mo and under</b> <b>2-\$2215/mo and under</b>	You must report when your monthly income goes above the monthly income limit	Online	Being a senior, veteran or having children under 14 in the home could help eligibility
3-4	<b>3-\$2797/mo and under</b> <b>4-\$3380/mo and under</b>	You are a member of the ABAWD (Able Bodied Adult without Dependents) subject to the time limit and work requirements	In Person, mail, phone or fax your county office. For link to offices, click <a href="#">here</a>	Income is one part of eligibility but not the only part, assets can be included as income
5+	<b>5-\$3963/mo and under</b> <b>+\$583 each add'l person</b>	You or a member of your assistance group wins \$4500 or more in a single game (before taxes or withholdings in lottery or gambling winnings)	Completing and submitting SNAP Change Reporting (JFS Form 04196) to your county office	If you feel you are eligible you have a right to file an appeal within 10 days of decision

# Medicaid Quick Tips

## Income Guidelines Medicaid

The income guidelines for medicaid are a lot higher than for SNAP. You may think you do not qualify but do. Click the link for the most recent income table in Ohio.

## Secondary Insurance Medicaid

If a person qualifies for a medicaid insurance plan (Caresource, Molina, United Healthcare Community Plan, Anthem Medicaid, Healthy Families, Fee-For Service), and have a primary insurance, this will become a secondary insurance. Usually billing covers at an 80/20 rate.

## CoPays and Fees Medicaid

There are very little to no co pays with medicaid based insurance plans. With the exception of dental and vision, most services are covered without fees required. If a person has a primary insurance, the secondary can cover the copays if they are both within the provider network.

## Open Enrollment Medicaid

Medicaid Managed Care Plans, or MCPs, have an open enrollment period of November every year to change to the plan most preferred.

## Special Enrollment Period Medicaid

There are exceptions to open enrollment, the first 3 months of a babies life any plan can be selected for the following month. Also,

## Age Limit Medicaid

Typically, the age limit for Medicaid is 0-64. Then, most people over 65 will qualify for Medicare, as long as they have worked enough hours, or quarters. There are certain exceptions to the rule, but for the most part if within

the first 3 months of anyone else's plan has the same options for selecting a different plan. This selection will take effect the following month. (Ex. Change plan from Molina to Caresource in October, the effective date will be November 1st.)

the age group then a person eligible will qualify for Medicaid managed care plans or fee-for-service (black and white Medicaid card)

# Websites for FAQ

Title:	Abbreviated as:	Description:	Links to Websites:	Telephone Number:
Ohio Department of Jobs and Family Services	<b>ODJFS</b>	Website for ODJFS	<a href="#">ODJFS Benefits</a>	1-844-640-6446
Ohio Medicaid	<b>Medicaid</b>	Website for Ohio Medicaid	<a href="#">Medicaid Consumer Hotline</a>	1-800-324-8680
Medicare	<b>Medicare</b>	Website for Medicare	<a href="#">Medicare</a>	1-800-633-4227

Good Rx  
Drug  
Discount  
Card

**GoodRx**

Website for  
GoodRx,  
prescription  
discounts

[GoodRx](#)

1-855-846-4665

# More resources

## Food Resources

The Hunger Network

The Hunger Network has set up a list of places offering food resources.

[Click on the link](#)

## Food Banks

Ohio Food Banks

The Ohio Food Bank has created a list of food bank resources.

[Click on the link](#)

## Food/Hot Serves

This section has a rotating list of hot food serves in the community

HEER 2 SERVE: Every other Saturday, 2p-4p (Oct 25th next serve)

3469 S. High St.  
Columbus, OH 43207

FEED THE STREETS: Next serve

Sunday, November 16th  
12pm-gone

1423 N. High St.  
Columbus, OH 43201

## Clothing

DRESS FOR SUCCESS

Dress for Success is a

## Shelter

CAP 4 KIDS

Cap 4 Kids has compiled a

## Legal Aid

LEGAL AID

Legal aid is available for

non-profit specializing in providing business casual clothing for free.

Registration required.

[Click on the link for](#)

[Columbus Chapter](#)

**Telephone Number:**

**614-291-5420**

list of emergency housing support, for both teens, adults, and families.

[Click on the link](#)

people in need, may have an income cap for services rendered.

[Click on the link](#)

**Telephone Number:**

**1-888-246-4420**



# Ingredients under \$10 to cook with

Beans (Red, Black, Brown)

Rice

Quinoa

Bread

Butter

Milk

Peanut Butter

Chickpeas

Lentil

Pasta

Flour

Zucchini

Squash

Tomatoes

Peppers (green, red, yellow,  
jalapeno, many variations of peppers  
are inexpensive)

London Broil

Chicken Thighs

Talapia Fish

Hotdogs

Bologna

# Grocery Quick Tips



- Potatoes, rice and beans help meals last longer
- Making a meal into a casserole can help make food last longer
- Some foods can freeze well; after a meal, try to freeze some so that the meal can last longer
- Soups, stews and chili are all fairly inexpensive to make with ingredients that are not very costly. This will last longer and freeze well. Adjust to dietary restrictions.

# Meals Under \$10

This section will provide several resources for meals and recipes that can be created for \$10 or less. Links to sites will be updated regularly.

Click on the link below for meals under \$10

[20 meals under \\$10 that can feed your family on a budget](#)

Click on the link below for meals under \$10

[Cheap Family Meals Under \\$10](#)

Click on the link below for meals u  
[\\$10 buck dinners!](#)

For those affected by the SNAP suspensions, please contact EAGER for more information. Mutual aid based group assisting with groceries.



**SHUTDOWN  
RELIEF**

**FINANCIAL  
TRANSPARENCY**

WE ARE A COMMUNITY GROUP PROVIDING GROCERY ASSISTANCE TO THOSE AFFECTED BY THE SHUTDOWN AND SNAP CUTS.

IF YOU NEED HELP, OR IF YOU WANT TO DONATE TO SUPPORT YOUR NEIGHBORS, YOU CAN REACH US ON FACEBOOK, INSTAGRAM, OR TIKTOK AT @EAGERCOMMUNITY.

YOU CAN ALSO EMAIL US AT ADMIN@JOINEAGER.COM TO ASK FOR HELP OR ASK QUESTIONS.

TO DONATE, SEND FUNDS TO OUR PAYMENT APP HANDLE @EAGERCOMMUNITY ON VENMO, CASHAPP, OR PAYPAL.



# Need Groceries? We've Got You Covered!

1

## Send Us Your Grocery List:

Email or message your list to [operations@thesnacksack.org](mailto:operations@thesnacksack.org) or send it directly on Messenger.

Be sure to include your phone number so we can reach you if something is out of stock.

2

## Share Your Full Address:

We'll use this to schedule your grocery delivery right to your door.

Once we have your info, we can receive up to \$150 in groceries per order.

Orders are filled as donations come in.

Thank you for your patience and kindness.

If you carry insurance, depending on the insurance carrier, you may qualify for medical rides and non-medical rides to grocery stores and food pantries. Check with your carrier to confirm. For example, Molina Healthcare covers 30 one way trips or 15 round trips, which could include the grocery store. For Molina Healthcare carriers, [Click on the link for more information.](#)

# Pantries

# Food Pantry Resources

Here are a list of organizations and food resources all over the state of Ohio. Most do require identification (Driver's License/State ID) and a proof of residence or zipcode.

## Southeast Ohio Pantries

CURATED BY: OHIO 50501 @OHIO\_50501

### SOUTHEAST OHIO



- Athens County Food Pantry**  
AthensCountyFoodPantry.org
- Southeast Ohio Foodbank**  
HapCap.org
- Nelsonville Food Cupboard**
- 3 C Food Pantry**  
CutlerCommunityCenter.org
- New Matamoras Food Pantry**
- Friends and Neighbors Coolville**
- Faith Baptist Church Belle Valley**  
LssNetworkofHope.org
- Tri County Food Pantry Salem**
- Morgan County United Ministries**
- Stop 9 Church of Christ Byesville**  
LssNetworkofHope.org
- Bishopville Church of Christ**
- Love in Action - Belpre Church of Christ**
- Greater Marietta Community Food Pantry**  
GMCommunityFoodPantry.org

TO SEE ALL LOCATIONS:  
**FINDHELP.ORG**

## Northeast Ohio Pantries

CURATED BY: OHIO 50501 @OHIO\_50501

### NORTHEAST OHIO



- Greater Cleveland Food Bank**  
GreaterClevelandFoodBank.org
- Feeding Medina County**  
FeedingMedinaCounty.org
- Thea Bowman Center**  
TheaBowmanCenter.org
- Second Mile Outreach**  
SecondMileOutreach.org
- Good Neighbors Inc**  
Good-Neighbors.org
- Ashtabula Dream Center**  
AshtabulaDreamCenter.org
- Salvation Army - Warren**  
SVDPnao.org
- Good Samaritan Hunger Center**  
GoodSamaritanHungerCenter.org
- Wooster Hope Center**  
WoosterHopeCenter.org
- Akron Canton Regional Food Bank**  
AkronCantonFoodBank.org
- St. Vincent de Paul - Niles**

TO SEE ALL LOCATIONS:  
**FINDHELP.ORG**

## Northwest Ohio Pantries

CURATED BY: OHIO 50501 @OHIO\_50501

# NORTHWEST OHIO



- Lucas Area Food Pantry**  
LucasCommunityCenter.com
- Food for Thought**  
FeedToledo.org
- Fish of Tiffin Food Pantry**  
SenecaCountyFCFC.org
- Pantry Plus Fostoria**  
Pantry-Plus.org
- Chopin Hall Findlay**  
ChopinHall.org
- Nightingales Harvest - Toledo**
- Toledo Northwestern Foodbank**  
ToledoFoodBank.org
- Brown Bag Food Project Wood County**  
BrownBagFoodProject.org
- Emmaus Lutheran Church - Wauseon**  
EmmausLutheranChurch.com
- Open Hands Caring Hearts - Bryan**  
OhChFoodPantry.com
- St John's Lutheran - Defiance**  
StJohnDefiance.com

TO SEE ALL LOCATIONS:  
**FINDHELP.ORG**

## Central Ohio Pantries

CURATED BY: OHIO 50501 @OHIO\_50501

# CENTRAL OHIO



- Mid Ohio Food Collective**  
MOFC.org
- Jordan's Crossing**  
JordansCrossingColumbus.org
- WARM Westerville**  
WarmWesterville.org
- Dublin Food Pantry**  
DublinFoodPantry.org
- Madison County Food Pantry**  
MadisonCountyFoodPantry.org
- Interchurch Knox County**  
InterchurchKnox.org
- People in Need Inc. Delaware County**  
DelawarePeopleInNeed.org
- Food Pantry Network of Licking County**  
FoodPantryNetwork.net
- Eastside Community Ministry Zanesville**  
EastsideMinistry.org
- Lancaster-Fairfield Community Action Agency**  
FairCAA.org

TO SEE ALL LOCATIONS:  
**FINDHELP.ORG**

Here is how you can help your community

CURATED BY: OHIO 50501 @OHIO\_50501

# DONATE

- **Monetary: easiest and sometimes the best!**
- **Food: (some ideas)**
  - Non-Perishables
  - Dried Beans
  - Rice
  - Canned Tuna
  - Peanut Butter
  - Canned Goods with Pop Tops
  - Shelf Stable Milk
  - Flour, Sugar

TO SEE ALL LOCATIONS:  
**FINDHELP.ORG**

**Central Ohio Food Not Bombs**



TBA

TBA





# Hygiene

# Overview

This section highlights various hygiene programs and resources in the community

# A Step in the Right Direction



westside community  
**Hygiene FREE Store**

A Step in the Right Direction is hosting its hygiene-free store with two convenient pick-up opportunities each month!

**HOW IT WORKS:**  
To participate, you must live within the City of Columbus.  
Visit one location per month to pick up \$5 free hygiene/cleaning items of your choice from our selection.  
No Pre-Registration Needed. While Supplies Last. Max serviced 75 per location.

**WHERE AND WHEN TO PICK UP:**

<b>1ST SUNDAY OF THE MONTH</b> 1:30pm - 2:30pm Glenwood UMC 2855 Valleyview Dr.	<b>3RD SATURDAY OF THE MONTH</b> 1:30pm - 2:30pm CML - Hilltop 511 Hauge Ave.
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**PICK-UP DATES:**  
Sunday, Nov. 2, 2025  
Sunday, Dec. 7, 2025

**PICK-UP DATES:**  
Saturday, Nov. 15, 2025  
Saturday, Dec. 20, 2025



Our mission is to help inspire, grow and strengthen underserved communities in the Central Ohio area.

[A Step in the Right Direction](#)  
[astri\\_organization](#)

A Step in the Right Direction, a free hygiene store offers hygiene and other essentials to people in the city of Columbus. All zip codes accepted. **Click on the flyer for more information.**

# Heer 2 Serve Shower Program

Heer 2 Serve, a non-profit group has teamed up with Community Festival and received a grant to fund their

shower program. **Stay tuned for details.**

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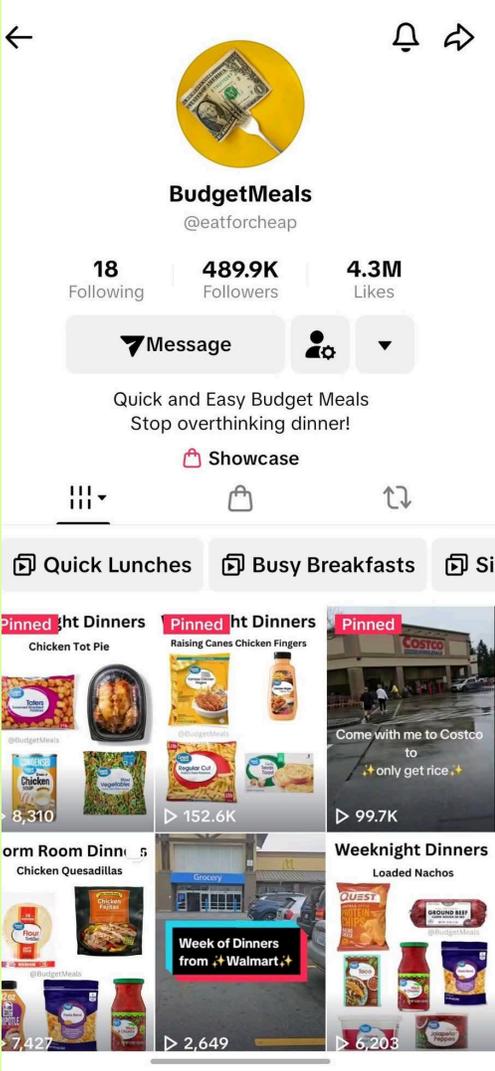


# Recipes

# Meals for under \$10

These are pictures of ingredients you can use to make a meal for \$10 or less. Prices listed are based on national average and are subject to change.

## Check out their IG: BudgetMeals



## Meatloaf and Mashed Potatoes

**\$10 Dinners**  
Meatloaf and Mashed Potatoes-\$9.01

<p>\$4.88</p>	<p>\$1.72</p>
<p>\$0.97</p>	<p>\$1.44</p>

**Breakfast Pizzas**

**\$10 Dinners**

Breakfast Pizzas- \$10.82



**Taco Mac**

**\$10 Dinners**

Taco Mac-\$8.43



**Broccoli Alfredo Stuffed Shells**

**\$10 Dinners**

Broccoli Alfredo Stuffed Shells- \$10.61



**Caprese Pasta Salad**

**\$10 Dinners**

Caprese Pasta Salad- \$10.42



# Meals Under \$10

Here are more low-cost options for dinner

## \$10 Dinners

Sausage Alfredo w Garlic Bread- \$8.64



Sausage Alfredo with Garlic Bread

## MEATBALL SUBS



Meatball Subs

## \$10 Dinners

Smothered Burritos- \$10.42



Smothered Burritos

## \$10 Dinners

Sausage and Pepper Dogs- \$8.41



Sausage and Pepper Dogs

# Ingredient Swap

## This or That

If you don't have these items in your cabinet, here are some alternative options for a similar or same result.

### Instead of this...

- Ground Beef
- Butter
- Ribeye Steak

### Try that instead...

- Ground turkey
- Apple (for baking)
- Ground Chuck Steak or London Broil

TBA

TBA

