

# Food, Culture, & Health Study

Thank you for participating in this study focused on food and health in your cultural community! Below are some local *food and nutrition* and *mental health* resources in the **South Florida area**.

## Food & Nutrition Resources:

- [Miami Area Food Shelf Locator](#) | FoodPantries.org
- [Food Pantry](#) | Cornerstone Church
- [List of FL Resources for Financial Assistance](#) | NeedHelpPayingBills.Com
- [Apply for SNAP Benefits](#) | Benefits.gov; also available over the phone at (866) 762-2237
- [Helpline for Locating Food Assistance](#) | 2-1-1 Miami

## Mental Health Resources:

- [Free Mental Health Services for North Miami Families and Individuals](#) | North Miami Holistic Wellness Center
- [24-hour Mental Health Support Line and Behavioral Counseling Services](#) | Jewish Community Services of South Florida