

Important Numbers

My Local and Personal Numbers

FOOD BANK

LOCAL: _____

NATIONAL HUNGER LINE 1-866-3-HUNGRY

www.hungerfreeamerica.org

resources to find food, information about
SNAP and EBT

LOCAL ELECTRIC COMPANY

LOCAL WATER COMPANY

OTHER
#S

My Health Info

HEALTH INSURANCE

Name _____

Phone # _____

PHARMACY

Name _____

Phone # _____



MY PCP (PRIMARY CARE PROVIDER)

Name _____

Phone # _____

OTHER PROVIDER NUMBERS

Name _____

Phone # _____

my
notes!

