

Food & Shelter Directory

Find Food Assistance & Housing Resources Across Ohio

Prepared by I&R CARES

Disclaimer

This guide is designed to help individuals and families locate trusted food assistance and housing resources throughout Ohio. Program availability, eligibility, and office hours may change. Please contact each organization directly for the most current information.

If you need immediate help, call **911**. If you need help finding local services, dial **211**.

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Food Assistance

Nutritious food is important for a healthy life. These organizations can help individuals and families find food assistance throughout Ohio.

Ohio Association of Foodbanks

Connects Ohio residents with local food banks, food pantries, and nutrition programs.

Website: <https://ohiofoodbanks.org>

Phone: (614) 221-4336

Ohio 211

Call 211 to locate nearby food pantries, free meal programs, grocery assistance, and other local community resources.

Website: <https://ohio211.org>

Phone: Dial **211** or **1-888-OHIO-211**

Housing Assistance

If you need affordable housing or help paying for housing, these organizations may be able to assist.

Ohio Housing Finance Agency (OHFA)

Provides affordable housing resources, homebuyer programs, rental information, and housing assistance.

Website: <https://www.ohiohome.org>

Phone: (888) 362-6432

U.S. Department of Housing and Urban Development (HUD) – Ohio

Offers information about affordable housing, public housing agencies, housing counseling, and rental assistance programs.

Website: <https://www.hud.gov/states/ohio>

Phone: (800) 955-2232

Emergency Shelter

If you are experiencing homelessness or need a safe place to stay, help is available.

HUD Find Shelter

Search for emergency shelters, transitional housing, food pantries, health clinics, and clothing assistance by ZIP code.

Website: <https://www.hud.gov/FindShelter>

Ohio 211

Ohio 211 can connect you with emergency shelters, transitional housing, rental assistance, and local homeless service providers available in your community.

Website: <https://ohio211.org>

Phone: Dial **211**

Utility Assistance

If you need help paying heating or electric bills, these programs may be available.

Ohio Department of Development – HEAP

The Home Energy Assistance Program (HEAP) helps eligible Ohio households pay winter heating costs and certain utility expenses.

Website: <https://development.ohio.gov>

Phone: (800) 282-0880

Helpful Documents Checklist

Keep these documents available when applying for assistance:

- Government-issued photo ID
- Social Security card
- Proof of income
- Current lease or housing agreement

- Utility bills
 - Bank statements (if requested)
 - Health insurance information
 - Emergency contact information
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Helpful Tips

- Call before visiting to confirm office hours.
 - Bring identification and any requested documents.
 - Ask if appointments are required.
 - Save copies of applications and approval letters.
 - Contact 211 if you're unsure which program is right for you.
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About I&R CARES

I&R CARES is committed to helping individuals, veterans, and families access safe housing, food assistance, and community resources throughout Ohio. We work to connect people with trusted organizations that promote stability, independence, and long-term success.