# Louisiana Financial Assistance for Parents

Are you looking for help paying for child care? Buying groceries or diapers? Find out what assistance programs are offered locally.

**Child Care Assistance - Louisiana State Child Care Assistance Program**  
Child care financial assistance programs  
**Phone:** 1(888) 524-3578  
**Website:** [www.dss.state.la.us/index.cfm?md=pagebuilder&tmp=home&pid=136](http://www.dss.state.la.us/index.cfm?md=pagebuilder&tmp=home&pid=136)

**Louisiana Head Start Association**  
A federal program that promotes the school readiness of children ages birth to five from low-income families  
**Phone:** (225) 342-1292  
**Find your Local Head Start/ Early Head Start:** [http://eclkc.ohs.acf.hhs.gov/hslc/HeadStartOffices](http://eclkc.ohs.acf.hhs.gov/hslc/HeadStartOffices)  
**Website:** [http://www.benefits.gov/benefits/benefit-details/1913](http://www.benefits.gov/benefits/benefit-details/1913)

**Women, Infants and Children (WIC)**  
A program offering supplemental foods, health care referrals, and nutrition information to low-income women who are pregnant or have children aged birth to five  
**Phone:** 1(800) 251-2229 or (504) 568-8202  
**Website:** [http://new.dhh.louisiana.gov/index.cfm/page/942](http://new.dhh.louisiana.gov/index.cfm/page/942)

**Temporary Assistance for Needy Families (TANF) - Family Independence Temporary Assistance Program (FITAP)**  
Cash assistance designed to help low-income families achieve self-sufficiency  
**Phone:** 1(888) 524-3578  
**Website:** [www.dss.state.la.us/index.cfm?md=pagebuilder&tmp=home&pid=139](http://www.dss.state.la.us/index.cfm?md=pagebuilder&tmp=home&pid=139)

**Supplemental Nutritional Assistance Program (formerly Food Stamps)**  
Federal nutrition program  
**Phone:** 1(888) 524-3578  
**Website:** [www.dss.state.la.us/index.cfm?md=pagebuilder&tmp=home&pid=93](http://www.dss.state.la.us/index.cfm?md=pagebuilder&tmp=home&pid=93)

**Low Income Energy Assistance Program**  
Helps low income households in meeting their immediate home energy needs  
**Phone:** 1(888) 454-2001 or (225) 763-8700  
**Website:** [www.lhc.la.gov/programs/energy_assistance/low_income_energy.aspx](http://www.lhc.la.gov/programs/energy_assistance/low_income_energy.aspx)