

Emergency Food Assistance Program (TEFAP) – Provides free, American-grown food at no cost for low-income households.

<https://www.fns.usda.gov/tefap/emergency-food-assistance-program>

Supplemental Nutrition Assistance Program (SNAP) – Helps low-income individuals and families buy food via an EBT card.

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) – Provides free nutritious foods, healthy eating info & healthcare referrals for eligible women, infants & children up to age 5.

<https://www.fns.usda.gov/wic>

Low Income Home Energy Assistance Program (LIHEAP) – Helps low-income households with free or low-cost utility bill assistance and home weatherization.

<https://www.acf.hhs.gov/ocs/low-income-home-energy-assistance-program-liheap>

Government Benefits Finder – Find free programs for food, housing, medical and other basic living needs nationwide.

<https://www.usa.gov/benefits>

Feeding America – Nationwide food bank network providing free groceries and meals to families in need.

<https://www.feedingamerica.org/find-your-local-foodbank>

Baby2Baby – Provides diapers, clothing, and basic necessities to children living in poverty across the U.S.

<https://baby2baby.org/>

Toys for Tots – Annual program providing free toys to children in need during the holiday season.

<https://www.toysfortots.org/>

Free File (IRS) – Allows eligible taxpayers to file their federal taxes for free online.

<https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>

Emergency Rental Assistance Program (ERA) – Helps renters unable to pay rent or utilities avoid eviction.

<https://home.treasury.gov/policy-issues/cares/emergency-rental-assistance-program>

Operation Warm – Distributes free winter coats to children in need nationwide.

<https://www.operationwarm.org/>

Modest Needs – Provides small emergency grants to individuals and families in temporary financial crises.

<https://www.modestneeds.org/>

Cradles to Crayons – Gives free clothes, school supplies, and toys to low-income children.

<https://www.cradlestocrayons.org/>

FreeFlys – Lists hundreds of legitimate free samples and product offers online.

<https://www.freeflys.com/>

Hunt4Freebies – Daily updated listings of free product samples and gift card giveaways.

<https://www.hunt4freebies.com/>

The Freebie Guy – Collects free food deals, birthday freebies, and samples nationwide.

<https://thefreebieguy.com/>

StandUp Wireless Assistance Guide – Lists free programs for healthcare, housing, food, and other basic needs.

<https://standupwireless.com/blog-9-free-things-for-low-income-families-a-government-assistance-guide/>

FinanceBuzz Free Government Items – Shows 14 items you can get from the U.S. government absolutely free.

<https://financebuzz.com/free-government-items>

Homeless Shelter Directory – Find free shelters, transitional housing, and supportive services nationwide.

<https://www.homelessshelterdirectory.org/>

FoodPantries.org – Directory of free food pantries and soup kitchens across the United States.

<https://www.foodpantries.org/>

Dress for Success – Provides free professional attire and career support to women entering the workforce.

<https://dressforsuccess.org/>

Freecycle Network – Community network where people give and receive free items locally.

<https://www.freecycle.org/>

Project Beauty Share – Distributes donated beauty and hygiene products to women in need.

<https://projectbeautyshare.org/>

Operation Homefront – Provides free assistance to military families with food, housing, and baby items.

<https://operationhomefront.org/>

United Way 211 – Connects people to free local resources for food, housing, and healthcare via 211 hotline.

<https://www.211.org/>

Panera Day-End Dough-Nation – Donates leftover baked goods daily to local nonprofits and food programs.

<https://www.panerabread.com/en-us/company/giving-back/day-end-doughnation.html>

Be The Match – Free cheek-swab kit to join the bone marrow donor registry and save lives.

<https://bethematch.org/>

Libraries Without Borders – Provides free books and digital literacy tools to underserved communities.

<https://www.librarieswithoutborders.org/>

Blessing Bags Brigade – Provides free hygiene kits and care packages for homeless individuals.

<https://www.blessingbagbrigade.org/>

Operation Gratitude – Sends free care packages to deployed troops, veterans, and first responders.

<https://www.operationgratitude.com/>

Ronald McDonald House Charities – Offers free housing and meals to families with hospitalized children.

<https://www.rmhc.org/>

Meals on Wheels America – Delivers free meals to seniors who are homebound or have limited mobility.

<https://www.mealsonwheelsamerica.org/>

Catholic Charities USA – Provides free food, clothing, and housing aid through local branches.

<https://www.catholiccharitiesusa.org/>

Freecycle – Join groups nationwide to give or get free furniture, appliances, and more.

<https://www.freecycle.org/>

Good360 – Partners with businesses to donate free products to nonprofits and families in need.

<https://www.good360.org/>

Amazon Vine – Allows invited reviewers to receive free Amazon products in exchange for honest reviews.

<https://www.amazon.com/vine>

PINCHme – Sign up to receive free product samples and boxes from major brands.

<https://www.pinchme.com/>

Influenster – Get free full-size products in exchange for reviews and feedback.

<https://www.influenster.com/>

SampleSource – Quarterly free sample boxes for household and personal care items.

<https://www.samplesource.com/>

VocalPoint – Free samples and coupons for moms and households.

<https://www.vocalpoint.com/>

Free Stuff Finder – Daily roundup of free samples, deals, and product giveaways.

<https://www.freestufffinder.com/free-stuff/>

Ibotta Welcome Bonus – Free \$5–\$20 cash bonus after first receipt upload using rebate app.

<https://ibotta.com/>

Rakuten Signup Bonus – Earn \$10–\$30 cash back bonus when signing up and making your first online purchase.

<https://www.rakuten.com/>

Fetch Rewards – Free 2,000–4,000 points (\$2–\$4 value) when scanning your first grocery receipt.

<https://www.fetchrewards.com/>

UpTogether Community – Provides free grants and funds for families improving their finances.

<https://www.uptogether.org/>

RiseUp Cooperative – Free mentoring, job training, and life skills resources nationwide.

<https://riseupcooperative.org/>

Modest Needs Foundation – Small grants to help with unexpected emergency expenses.

<https://www.modestneeds.org/>

Family Promise – Free shelter and housing support for families experiencing homelessness.

<https://familypromise.org/>

The Salvation Army – Free food, clothing, and assistance programs available nationwide.

<https://www.salvationarmyusa.org/>