

Single Parent Savings Guide

The *Dealhack Single Parent Savings Guide* is a detailed compilation of discounts, free products, learning opportunities, and assistance programs for single mothers or fathers in the United States. Unmarried or divorced individuals that have children can use this guide to easily find the best sources of financial aid, academic scholarships, travel packages, free supplies, and training programs from government agencies, non-profit organizations, and business establishments.

This guide is divided into 16 major categories for your convenience, and is being updated every three months to verify the availability and integrity of each source. You can download this guide in PDF form on your phone or computer so you can access it anytime.

The online version of this guide can be downloaded here:

<https://dealhack.com/blog/single-parent-savings-guide>

Single moms or dads that struggle to maintain a steady source of income for their families can seek one of the many federal assistance programs that support low-income households. Many universities and private organizations offer scholarships that can be of great help to single parents that are trying to finish their secondary or tertiary education. Online rewards programs and thrift stores offer great discounts or free samples for essential family supplies such as food, furniture, baby formula, and diapers.

For single parents that love to bring their children with them during leisure travel or business trips, there are plenty of hotels, restaurants, theme parks, and resorts that have a kids-eat-free or kids-stay-free policy, and in some cases special requests are available for kid-friendly accommodations.

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Support Programs for Single Parents

Single Parents Alliance of America (SPAOA): Single Parents Alliance of America is open to all male and female single parents residing in the United States. Membership to the SPAOA is free and voluntary, providing plenty of opportunities for single parents to establish connections and seek financial advice, academic scholarships, and access to support programs for themselves and their children. SPAOA members are also eligible to use exclusive coupons, gift cards, and discounts from partner brands and organizations ([source](#)).

Single Mom Coalition: The Single Mom Coalition is a private organization that was constructed to assist unmarried, divorced, and widowed mothers who are legal residents of the United States. This coalition has partnered with multiple sponsors and support groups to provide financial aid, education, medical care, career training, housing programs, and other basic needs to its members. Single moms who join this organization can also access information and that will help them improve their parenting skills ([source](#)).

Single Parent Support Network (SPSN): The Single Parent Support Network Network collaborates with other organizations and resources to engage, empower, and inspire single moms and dads across the United States. The SPSN offers many programs on life coaching, family mentoring, leadership training, and scholarship opportunities for single parents and their children. They also have a free app called ReSTART that contains parenting tips, community talks, and their exclusive TV Channel ([source](#)).

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Free Products for Single Parents

Freecycle: Single parents can use Freecycle request for free furniture, children's clothes, baby equipment, and sporting goods from nearby families that are giving away their old items. Sign up for a free account, find your local Freecycle Group, and create a listing ([source](#)).

Influenster: Influenster is giving away free makeup and skincare products, house cleaning products, snacks, coffee, and other regular-sized products from popular brands. Single parents can sign up for a free account to receive these items in an Influenster VoxBox, and they can review each item to keep them permanently ([source](#)).

PinchMe: Single parents can sign up to PinchMe to receive free samples of makeup products, food items, pet supplies, and more. Become a member by answering a simple questionnaire, and no credit card is required ([source](#)).

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Food Savings for Single Parents

Supplemental Nutrition Assistance Program (SNAP): SNAP is a government-funded program under the U.S. Department of Agriculture (USDA) that provides financial assistance for low income families. Single parents that are qualified under the SNAP Eligibility Requirements

can receive food stamps to secure nutritious meals for themselves and their children. Call the USDA Food and Nutrition Service at [703-305-2062](tel:703-305-2062) for more information ([source](#)).

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC): Single mothers that are either breastfeeding or non-breastfeeding postpartum can request support from the WIC program of the USDA Food and Nutrition Service. Qualified individuals will receive referrals for health care, nutrition education grants, and supplemental food for themselves and their children who are less than 5 years old. This includes low-income mothers that are breastfeeding or non-breastfeeding postpartum well as children up to the age of 5, may be eligible for assistance. Call [1-800-522-5006](tel:1-800-522-5006), visit the [USDA website](#), or contact your nearest agency that provides WIC services ([source](#)).

National School Lunch Program (NSLP): The National School Lunch Program provides USDA Foods to public schools, child care institutions, and non-profit private schools. Single parents whose children are eligible for SNAP and other federal assistance programs can also request free lunch meals or cash reimbursements for low-cost food purchases from the NSLP, so their children can have a balanced nutritional diet. Read the NSLP Fact Sheet for additional information ([source](#)).

School Breakfast Program: The School Breakfast Program is a government-funded assistance program that partners with public and non-profit private high schools and elementary schools to provide free or low-cost breakfast meals that adhere to USDA Food standards. Single parents from low income households are generally accepted to SBP and other food assistance programs. Check the SBP Fact Sheet for more details ([source](#)).

Team Nutrition: Team Nutrition was created by the USDA Food and Nutrition Service to promote healthy eating habits and overall physical health to children, teenagers, and adults. Single parents can download the free Team Nutrition Resource Catalog in PDF to find the best training programs, nutrition education materials, and technical assistance for their children ([source](#)).

Special Milk Program (SMP): Single parents of children in non-profit private or public preK-12 schools are eligible to receive free milk or buy them at a reduced cost if their child's school is a participant of the USDA's Special Milk Program. The SMP is prioritized by the government in qualified schools that are not enrolled in other federal meal service programs such as SNAP, SBP, and NSLP. Read the SMP Fact Sheet to learn more ([source](#)).

Child and Adult Care Food Program: The Child and Adult Care Food Program (CACFP) of the USDA Food Nutrition Service provides cash reimbursements to day care centers so they can purchase nutritious meals for children. Single parents can request for free meals or affordable meals for their children if they are enrolled at a CACFP-supported day care center or after-school care program ([source](#)).

Summer Food Service Program (SFSP): The USDA Summer Food Service Program or Summer Meals Program reimburses its partner schools that purchase nutritious snacks and

meals for students that are 18 years old and below. Children of single parents from low-income sectors can continue to get free or low-cost healthy food when they are enrolled in schools supported by the SFSP ([source](#)).

Emergency Food Assistance Program (TEFAP): Single parents that belong to low-income households can apply to the government's Emergency Food Assistance Program to receive nutritious USDA Foods for free. Qualified recipients of the TEFAP can also apply for other USDA food assistance programs. For more information on the list of requirements, call [703-305-2680](tel:703-305-2680) or read the TEFAP Fact Sheet on their website ([source](#)).

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Furniture Savings for Single Parents

Furniture Bank Network (FBN): Single parents can join the Furniture Bank Network to easily find the nearest furniture banks in their area. These are the best places to acquire free furniture that are already used but still in good quality ([source](#)).

Goodwill: Goodwill accepts furniture donations for low-income families and recipients of select government assistance programs. Single parents that are qualified to receive free furniture vouchers at Goodwill can contact their nearest thrift store for pick-up assistance ([source](#)).

Goodwill: Single parents can shop at Goodwill thrift stores for low prices on clothing, electronics, sporting goods, kitchenware, travel supplies, toys, and other products. Visit your nearest thrift shop or browse their online auction store ([source](#)).

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Financial Savings for Single Parents

Mint: Mint is a free software that single parents can use to create organized budget charts so they can easily manage their expenses. This program uses VeriSign security scanning to protect the user's financial data. Download the free app or sign up at Mint.com ([source](#)).

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Car Savings for Single Parents

1-800-Charity Cars: Single parents that are employed but belong to the low income category can request for a free, used vehicle from 1-800-Charity Cars. Call [1-800-242-7489](tel:1-800-242-7489) or email info@800charitycars.org for inquiries ([source](#)).

Cars 4 Christmas: Cars 4 Christmas is a non-profit organization that acquires vehicles from donations and gives them to individuals and families with low income but require basic transportation for their needs. Single parents that are eligible to enter this program can fill up the application form online ([source](#)).

Good News Garage: Single parents from Massachusetts, New Hampshire, and Vermont can apply to Good News Garage if they are qualified to receive affordable and reliable transportation. Visit their website to read the full requirements from each state ([source](#)).

Working Cars for Working Families: The National Consumer Law Center's Working Cars for Working Families program provides affordable rates to low-income families so they can purchase or finance a vehicle. Single parents that are qualified to join must enter their zip code to view the list of local car dealers that participate in this program ([source](#)).

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Diaper Savings for Single Parents

Huggies: Single parents can join the Huggies Rewards Program to receive exclusive coupons, free diapers, toys and other baby products. Members can also earn points for each purchase and product review at the Huggies online store. These reward points can be redeemed for more free items ([source](#)).

Pampers: The Pampers Gifts to Grow program offers cash back or exclusive discounts to its members, as well as reward points for every purchase of Pampers baby products. Single parents can unlock additional free items for their babies when they download the free app ([source](#)).

Similac: Single parents can register to Similac StrongMoms Rewards so they can receive discounts of up to \$400 on baby formula. Members will also receive a Shutterfly photobook, free Similac formula samples, nutrition guidance, and important tips for infant care ([source](#)).

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Healthcare Savings for Single Parents

Children's Health Insurance Program (CHIP): The Children's Health Insurance Program provides low-cost health coverage to children from families that are not financially qualified for a Medicaid ([source](#)).

Medicaid: Medicaid is a federal program that provides medical assistance to low-income families who cannot afford sufficient health insurance. Single parents can apply for Medicaid if they fall under one of the following [eligible groups](#). Visit their official website for the full list of benefits and the requirements for each state ([source](#)).

Prescription Medicines: SPAOA members qualify for special medical insurance plans that allow them to purchase select prescription medicines at a discounted price ([source](#)).

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Housing & Utility Savings For Single Parents

Department of Housing and Urban Development (HUD): The HUD [Housing Choice Voucher Program](#) provides free housing to families that meet the eligibility criteria for low income. Single parents that qualify for a housing choice voucher must contact or visit their nearest [Public Housing Agencies](#). The HUD also assists low income families in finding affordable rental housing. Call [\(800\) 569-4287](#) for additional inquiries ([source](#)).

Low Income Home Energy Assistance Program (LIHEAP): Single parents from low-income households can apply to the Low Income Home Energy Assistance Program for financial assistance on the payment of electrical bills, which includes cooling and heating costs. For a full list of eligibility requirements, contact your nearest [LIHEAP Office](#) or call the LIHEAP contact center on [866-674-6327](#) ([source](#)).

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Legal Savings For Single Parents

Federal Government Pro Bono Program: Single parents from low-income households can request free legal assistance and mentoring services through the Federal Government Pro Bono Program. Eligible individuals for this assistance program will be linked to attorneys from partner firms and organizations. Available at select cities only ([source](#))

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Phone & Internet Savings for Single Parents

SafeLink Wireless: Single parents can register with SafeLink Wireless to receive a free GSM-compatible smartphone that includes free monthly calling minutes and additional data each month. Enter your zip code to view the available plans at your area ([source](#)).

LifeLine: The Lifeline program under the Federal Communications Commission (FCC) provides discounted telephone lines to low-income individuals. Single mothers that qualify for LifeLine can get a discount of up to \$9.25 per month on either phone or internet services, but not both. Register using the National Verifier application system ([source](#)).

Assurance Wireless: Single parents from select states can register with Assurance Wireless to receive a free cellular phone that includes monthly minutes and data as well as unlimited texts. To qualify, the applicant must belong to a low income household or is registered to federal assistance programs such as SNAP or Medicaid ([source](#)).

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Child Education Savings for Single Parents

Early Head Start: Single moms from low-income families can enroll in Early Head Start if they are pregnant or have a child who is not more than 3 years old. The Early Head Start is a government-funded program that helps single parents develop a healthy parent-child relationship through educational learning and activities. This program also prioritizes the child's physical and cognitive development until they turn 3 years old ([source](#)).

Head Start: Head Start is an Early Childhood Program funded by the federal government that focuses on the cognitive, social, and emotional development of children ages 3-5 years old. Single parents can apply to this program as well to improve their parenting and communication skills ([source](#)).

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Scholarships For Single Parents

Alderman Scholars Program: The Alderman Scholars Program awards up to \$6000 per year to single parents and other students that are enrolled in the College of Social and Behavioral Sciences (CSBS) in the University of Northern Iowa (UNI). Applicants must be dependent on financial aid and majoring in one of the eligible degree programs offered by the CSBS. Visit the official website of the UNI for the full list of requirements and deadlines ([source](#)).

ANSWER Scholarship Endowment: Single parents who are at least 25 years old and have a child in preK-12 are eligible to apply for the ANSWER Scholarship Endowment. The minimum amount awarded by this scholarship depends if the applicant is enrolled in a 4-year undergraduate degree (\$4000), a 2-year nursing degree (\$2,000), or a 2-year degree in the Central Piedmont Community College's Health Careers Program (\$2,000). Read the full guidelines on their website ([source](#)).

Arkansas Single Parent Scholarship Fund: The Arkansas Single Parent Scholarship Fund (ASPSF) was created to financially support single parents who legally reside in the State of Arkansas or Bowie County, Texas. Eligible applicants must have a high school diploma, a GPA of 2.0, and proof that they require financial aid. Visit the ASPSF website for the complete list of deadlines and guidelines ([source](#)).

Bernice Murray Scholarship: The Bernice Murray Scholarship Foundation is available for single parents who have at least one child of 12 years old or under. Applicants must be enrolled in any academic institution that is approved with federal Title IV funding. Up to \$2000 will be provided to approved applicants for their child care expenses ([source](#)).

Bruce and Marjorie Sundlun Scholarship: The Bruce and Marjorie Sundlun Scholarship is funded by donations given to the Rhode Island Foundation. This scholarship is awarded to single parents living in Rhode Island who are classified under low-income households, preferable those who have received previous financial assistance from federal programs. The deadline for this scholarship's application is on May 4, 2021 ([source](#)).

BYU Marriott School Single Parent Scholarships: Single parents who have dependent children under their custody can apply for the BYU Marriott School Single Parent Scholarship. Applicants must be enrolled in any degree program of Marriott School and maintain a good academic standing every year. Students that get married will be forfeited from receiving this scholarship. The deadline for application is on February 1, 2021 ([source](#)).

Capture the Dream, Inc. Single Parent Scholarship: Capture the Dream, Inc. is awarding a \$1000 scholarship to residents of the Bay Area who are single parents from low-income

households. The Single Parent Scholarship is available only for applicants that are enrolling to a 2-year or 4-year degree from any accredited academic institution. The deadline for application is June 30, 2021 ([source](#)).

Downer-Bennett Scholarship: Single parents who are enrolled at the University of New Mexico (UNM) main campus can apply for the [Downer-Bennet Scholarship](#). The applicant must be a continuing undergraduate student with a cumulative total of at least 12 credits earned by the end of the fall semester, and must also earn at least 12 credits each semester for the upcoming academic year. The deadline for application is March 1, 2021 ([source](#)).

Ellen M. Cherry-Delawder Memorial Scholarship: The Ellen M. Cherry-Delawder Memorial Scholarship of [Howard Community College](#) is awarded to single mothers with dependent children. The applicant must have attained a minimum GPA of 2.0 and is enrolled or planning to enroll at a business-related degree program in HCC. The deadline for application is January 31, 2021 ([source](#)).

Kathleen McVey Memorial Scholarship: Single parents who are continuing students at the College of the Redwoods LVN or RVN program are eligible to apply for the Kathleen McVey Memorial Scholarship. Applicants must also be high school graduates of either Humboldt County or Del Norte County who are able to demonstrate financial need. Preference is given to single parents with a GPA of 2.5, graduates of Fortuna High School, and to those who are planning to invest in a long-term nursing career ([source](#)).

LouEllen Dabbs Scholarship: The LouEllen Dabbs Scholarship is awarded to single parents enrolled at [Holyoke Community College](#). The student must be enrolled for a minimum of 9 credits in either Banking or Business Administration, and must have a minimum GPA of 2.35. The deadline for application is April 22, 2021 ([source](#)).

Roadway Worker Memorial Scholarship: The Roadway Worker Memorial Scholarship was created by the American Traffic Safety Services (ATSS) Foundation to provide financial assistance to spouses and dependents of workers who were killed or permanently disabled during construction operations or maintenance activities within roadway work zones. This scholarship has a maximum value of \$10,000 and eligible applicants can get an additional \$1000 from the Chuck Bailey Memorial Scholarship if they can prove that they have a strong commitment to volunteer work. The application deadline is on February 22, 2022 ([source](#)).

Soroptimist's Live Your Dream Award: Single women can apply for the Soroptimist Live Your Dream Awards if they are the primary financial provider for their dependents and are in need of financial assistance. Eligible applicants must also be accepted or enrolled in an undergraduate degree, vocational, or skills training program, with no previous graduate degree. Visit their website for the complete list of requirements and deadlines ([source](#)).

The Silver Shield Foundation: The Silver Shield Foundation provides tuition fee assistance and counseling services to the spouses and dependents of firefighters and police officers who were killed in the line of duty. Widowed spouses who plan to enroll in an undergraduate,

graduate, or vocational program to support their children will receive financial aid from this foundation. For more information, visit the official website of The Silver Shield ([source](#)).

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Kids Eat Free and Stay Free Promos

Bahia Resort Hotel: Single parents who book an overnight stay at The Bahia Resort Hotel in San Diego can request up to two free kids' meals at Café Bahia anytime during the month of October. Available for children of ages 12 years old and under and a minimum purchase of one regular price entrée is required ([source](#)).

Extended Stay America: Extended Stay America offers family friendly amenities for vacationing single parents and their children. Free accommodation is always given to children under 17 years old as long as they are staying in the same room as their parent or legal guardian ([source](#)).

Four Seasons Resort: Free kid's meals are available for children under 5 years old at the Four Seasons Resort in Walt Disney World, Orlando. An accompanying adult must be present to redeem this offer with a minimum purchase of one meal at participating restaurants ([source](#)).

Grand Hotel: The Grand Hotel in Mackinac Island, Michigan is offering free meals to children under 9 years of age that are accompanied by an adult guest. A discounted rate of \$65 is available for guests that are 10-17 years of age, and \$149 for those that are 18 years old and above ([source](#)).

Holiday Inn Hotel: Single parents on vacation can enjoy extra savings at any [Holiday Inn Hotel](#) when they join the IHG Rewards Club. Registered guests can bring up to two of their children, both of which are qualified for free accommodations and free meals.

Marriott Hotel: So what if dessert is their favorite part of the meal? It's on us. Save on your family vacation by letting Marriott treat kids (ages 4-12) to breakfast, lunch and dinner from the children's menu. Search now for dates, locations and rates, and enjoy the ease of kids-eat-free hotels! ([source](#)).

Novotel: At all Novotel hotels around the world, your children are our important guests. Accommodation and breakfast are free for 2 children under 16. We also have entertainment and play areas for all ages in the lobby, and a gift awaits them when they arrive. Because family time is quality time ([source](#)).

Orbitz: Single parents can search at Orbitz for affordable hotels and resorts worldwide that offer free accommodations and meals for their kids ([source](#)).

Outrigger Hotel: The Outrigger Hotel & Beach Resort in Laguna Phuket offers two free kid's meals to guests that can book a reservation online. This promo applies only when the accompanying adult also orders a minimum of one main meal ([source](#)).

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Travel Savings for Single Parents

Boston Harbor Hotel: Single parents on vacation with their children can get 50% off the second room at the Boston Harbor Hotel when they book two rooms in advance. Complimentary homemade cookies and milk will be provided during their stay ([source](#)).

Busch Gardens: The Busch Gardens in Williamsburg, Virginia allows kids of adult guests to stay for free at select hotels. Extra park savings are also available with each purchase of any vacation package ([source](#)).

Divi Resorts: Divi Resorts allow children of paying adults to stay for free. For room-only bookings, all kids who are 12 years old and below can stay for free. For all-inclusive bookings, children of age 5 and below stay free while discounted rates are offered for kids of age 6-17 years old ([source](#)).

Intrepid Travel: Single parents can book select family vacation packages at Intrepid travel to receive a 10% discount for each accompanying child of age 17 or below ([source](#)).

Mohonk Mountain House: The Mohonk Mountain House in New York offers free meals and accommodations to the children of each paying adult guest. This promotion can only be redeemed by calling [\(855\) 883-3798](tel:855-883-3798) for reservations, and limited slots apply ([source](#)).

Peninsula Hotel: Single parents on vacation with their children can access special accommodations when they book a stay at The Peninsula Hotel in Chicago. This includes kids' sized slippers and bathrobes, welcome treats, gaming console rentals, manicures and pedicures, babysitter services, and 50% off the Camp Peninsula package ([source](#)).

Sesame Place: Book a family vacation at the Sesame Place Hotel in Philadelphia or any of its partner hotels to receive free children's admission to the Sesame Place, plus \$25 off a two-day ticket. Restrictions apply ([source](#)).

Travelocity: Travelocity lists down all the hotels and resorts available on their website that offer kids-stay-free and kids-eat-free promotions. Available for select bookings only ([source](#)).

Travelzoo: Single parents can book at Travelzoo for family friendly vacation packages at local and international destinations ([source](#)).

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Enjoy Your Savings!

Do you know any other businesses and organizations that offer freebies, reward programs, discounts, and assistance to single moms and dads? If yes, please comment them below and we will add them to this guide.

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