

FOOD ASSISTANCE RESOURCES

Winter 2020



CALFRESH (SNAP)

CalFresh provides extra money for groceries to help buy food while money is tight.

- CalFresh provides grocery money on a debit-like card that can be used at grocery stores and farmers markets.
- Apply online at GetCalFresh.org, call 2-1-1, or with a local nonprofit: www.sdhunger.org/calfresh-assistance.
- The majority of people who are eligible for CalFresh (SNAP) are exempt from the Public Charge Rule**.
- Due to the COVID-19 pandemic, CalFresh recipients will automatically receive the maximum benefit for each month until further notice.
- Households with income up to 200% of the Federal Poverty Level may be eligible.



SCHOOL MEALS*

School meals are available for all students whether you are in a classroom or distance learning. All students will receive free school meals through June 30, 2021.

Different school districts may have different meal times, locations, and requirements. Please check your district's website and Facebook page for more information. Information is also available on the San Diego County Department of Education's website at sdcoe.net/studentmeals.



WOMEN, INFANTS, & CHILDREN (WIC)*

Women, Infants, and Children (WIC) provides breastfeeding support, nutrition education, and money for healthy food for pregnant and breastfeeding mothers and children ages 0-5.

- WIC grocery money comes on a debit-like card that can be used at most grocery stores and farmers markets.
- Visit www.sdwic.com or call 2-1-1 for the WIC office nearest you.
- Households with income up to 185% of the Federal Poverty Level may be eligible.



FOOD DISTRIBUTIONS*

Food pantries and distributions are open, and many have drive-thru or home delivery options.

- Please call 2-1-1 for the distribution nearest you.
- Contact Feeding San Diego at (858) 452-3663 or go to feedingsandiego.org/get-help.
- Contact Jacobs & Cushman San Diego Food Bank at (866) 350-3663 or go to sandiegofoodbank.org/gethelp.



HOME DELIVERED MEALS*

Home delivered meals are available for home-bound seniors and individuals with disabilities.

- Meal delivery services offer options from 1-3 meals per day and 5 -7 days per week.
- Call 2-1-1 for assistance, or find individual meal providers at: bit.ly/senior-meals.

** These programs are NOT considered when determining public charge status.*

*** For up-to-date information about the current Public Charge Rule & free legal services, please visit sdhunger.org/safe.*

