



SAN DIEGO COUNTY
**CHILDHOOD
OBESITY
INITIATIVE**

Working Together to Shape a Healthy Future

icansandiego.org

Food Link: Food Assistance Resources in San Diego County

Resources for Faith Communities

Did you know? One in six children are at risk of hunger ([Share Our Strength, 2009](#)). These same children are at high-risk for preventable, diet-related diseases. Your faith community can make a difference, help fight hunger and keep our children healthy. Faith communities can establish community gardens, organize healthy soup kitchens and food pantries or become a distribution site for local food banks. Faith communities can also help connect families to existing resources in the community. The agencies below offer services or venues for families to access affordable- or no-cost healthful foods, as well as opportunities for faith communities to get involved. For more information on how your faith community can address hunger and health or connect to other faith communities interested in this work, contact the San Diego County Childhood Obesity Initiative at (858) 614-1544 or visit <http://OurCommunityOurKids.org>.

211 San Diego Nutrition, Healthy Weight, Physical Activity, and Diabetes Database is a one-stop-shop for nutrition, healthy weight, physical activity, and diabetes programs and services near your faith community. 211 San Diego offers a 24-hour information and referral service to connect the public to community, health, and disaster information and services across San Diego County. Visit www.211sandiego.org or dial 2-1-1. Click on the green apple icon to go directly to the *Nutrition, Healthy Weight, Physical Activity, and Diabetes Database*.

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief and financial support. Faith communities can sign up to be a host site for orders or provide information about the closest site to your congregations. Visit <http://www.angelfoodministries.com>.

Golden Share Foods (Self-Help and Resource Exchange) provides a monthly basic, consistent, affordable supplemental food package to individuals willing to volunteer. For two hours of volunteer service, anyone is eligible to purchase a nutritious food package at an affordable price. Share is not a government program. It accepts EBT, checks, etc. Faith communities can sign up to be a distribution center for the program. Visit <http://www.goldensharefoods.com> or contact (619) 590-1692.

Farmers' Markets: The San Diego County Farm Bureau (Farm Bureau) provides an online directory to help residents find nearby farmers' markets. The website also identifies farmers' markets that accept the Supplemental Nutrition Assistance Program (SNAP), the program formerly known as food stamps, via Electronic Benefits Transfer (EBT) cards. Many farmers' markets throughout the county also accept Women, Infants and Children (WIC) and Senior Farmers Market Nutrition Program (FMNP) vouchers. WIC and FMNP provide low-income pregnant women and mothers with children, ages 0-5, and seniors resources for purchasing fresh fruits and vegetables. Visit <http://www.sdfarmbureau.org/Pages/farmersmarket.html>.

Feeding America San Diego provides a range of emergency and supplemental food programs. Faith communities can sign up to be a host site for distribution. Visit <http://www.feedingamericasd.org/>.

Hope Food, Inc. is a non-profit organization that offers food to all families with no qualifications required. Their goal is to help feed its local community by assisting families in a Shared Expense Food Program. For \$26.00 they provide anyone with a cart full of groceries. The program relies on food drives sponsored by businesses, schools, churches, organizations, and individuals. Faith communities can sign up to be a host site. Visit <http://hopefoodinc.org> or contact (760) 432-8653.

North County Food Bank provides a range of emergency and supplemental food programs. Faith communities can sign up to be a host site for distribution. Visit <http://www.sdnccs.org/>.

San Diego Food Bank: The SDFB provides a range of emergency and supplemental food programs. Faith communities can sign up to be a host site for distribution. Visit www.sandiegofoodbank.org or contact 1-866-350-FOOD (3663).

San Diego Hunger Coalition (SDHC) fights hunger through advocacy, outreach, and policy work dedicated to increasing participation in Federal Nutrition Programs such as Food Stamps and School Breakfast and improving access to healthful food throughout San Diego County. Faith communities can partner with the SDHC to provide food stamp prescreening and application assistance, participate in the summer meal program, or advocate for hunger issues in your community. Visit <http://www.sandiegohungercoalition.org/> or contact (619) 501-5627.

Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, is a nutrition assistance program funded by the United States Department of Agriculture. It provides income eligible singles and families with an Electronic Benefits Transfer (EBT) card to purchase healthy foods for themselves and/or family. Visit <http://www.211sandiego.org> or dial 2-1-1.

Summer Food Service Program (SFSP) is sponsored by the United States Department of Agriculture. It is designed to provide nutritious food during the summer to children, ages 0 -18, at convenient sites throughout San Diego County. Children can participate by simply showing up at one of the meal sites during the designated meal time. Visit <http://www.211sandiego.org> or dial 2-1-1 to find a nearby site. Faith communities can learn about being a sponsor or site for the program by contacting the San Diego Hunger Coalition at www.sandiegohungercoalition.org or (619) 501-5627.

Women, Infants, and Children (WIC) program is a supplemental nutrition program to help low-income pregnant woman, infants and children, ages 0-5, eat weekly, stay healthy and be active. WIC provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. Visit <http://www.sandiegowic.org/default.aspx> or contact one of the 5 WIC agencies: American Red Cross WIC 1-800-500-6411; North County Health Services WIC 1-760-471-2743; San Diego State University Foundation WIC 1-888-999-6897; San Ysidro Health Center WIC 1-619-426-7966; Scripps Mercy Hospital WIC 1-619-260-3400.

****This list does not constitute endorsement by the San Diego County Childhood Obesity Initiative. The resources listed above are provided for educational purposes only.*

Core funding for the San Diego County Childhood Obesity Initiative provided in part by:



a project facilitated by:
COMMUNITY HEALTH
IMPROVEMENT PARTNERS
making a difference together