

FOOD ASSISTANCE RESOURCES IN SAN DIEGO COUNTY

No one should go hungry in San Diego County. The following organizations provide access to food, resources, and/or nutrition education for children and families.



WOMEN, INFANTS AND CHILDREN PROGRAM

The **Women, Infants and Children (WIC) Program** helps pregnant women, new mothers and young children by providing nutritious foods, health education, and breastfeeding support.

Eligibility: To qualify for the WIC Program, you must meet WIC income guidelines, live in California and have a nutritional need. The program is available regardless of race, color, sex or national origin. U.S. citizenship is not required to participate in WIC.

Contact: The statewide toll-free number to call to find a WIC agency is 888-942-9675.

Local WIC agencies:

American Red Cross WIC: 800-500-6411

North County Health Services WIC: 888-477-6333

San Diego State University Foundation WIC: 888-999-6897

San Ysidro Health Center WIC: 619-426-7966

Scripps Mercy Hospital WIC 619-260-3400



CALFRESH

The **CalFresh Program**, formerly known as Food Stamps, can add to your food budget to put healthy and nutritious food on the table. The program issues monthly electronic benefits that can be used to buy foods at many markets and food stores.

Eligibility: Income and many other factors are taken into account to determine whether or not you are eligible to receive food assistance.

Contact: Dial 211 or visit www.211sandiego.org to contact 211 San Diego, which can prescreen for major eligibility criteria before you begin the application process.

Call the County of San Diego for more information about CalFresh: 866-262-9881.

Online applications for CalFresh are available at: www.benefitscalwin.org/.



SCHOOL MEAL PROGRAMS

The **National School Lunch Program** and the **School Breakfast Program** are federally assisted meal programs that provide nutritionally balanced, low-cost or free breakfasts or lunches in many public and non-profit private schools.

Eligibility: Eligibility guidelines include household size and income. Some children who are eligible for other programs such as CalFresh or Head Start may be automatically eligible for free or reduced lunch.

Contact: If you would like to apply for the program, please complete a Free & Reduced-Price Meal Application Packet available at your child's school office. An online application is available at www.applyforlunch.com/Application.

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The **Summer Food Service Program** provides free meals and snacks to children ages 2-18 years from low-income areas. Meals and snacks are also available to persons with disabilities, over age 18, who participate in school programs for people who are mentally or physically disabled.

Eligibility: There is no income qualification, no enrollment and no paperwork required to participate. "Open" Summer Lunch sites provide free meals to any child who comes to the site.

Contact: To find a feeding site in your area, contact organizations in your community that offer an activities program such as local schools, community centers, parks & recreation centers and faith-based organizations. You may also check the California Department of Education's website at www.cde.ca.gov/ds/sh/sn/summersites.asp or contact 211 San Diego by dialing 211 or visiting www.211sandiego.org.

SUMMER FOOD SERVICE



Food banks and pantries provide a box or bag of groceries on a one-time only or other limited basis for people who are unable to provide food for themselves or their families. Other programs provide an ongoing supply of groceries, usually once a month, for people whose income is not sufficient to meet their needs.

Eligibility: Some programs have income guidelines.

Contact: Dial 211 or visit www.211sandiego.org and search "Emergency Food" to contact 211 San Diego, which can help you find an emergency food assistance program near you.

EMERGENCY FOOD ASSISTANCE

Local food banks:

San Diego Food Bank: 866-350-3663
North County Food Bank: 760-761-1140
Feeding America San Diego: 858-452-3663



Community gardens are pieces of land gardened by groups of people. They can be urban, suburban, or rural, one community plot, or many individual plots. They can be located in neighborhoods or in other locations such as schools, hospitals, or on city property. Community gardens can also be plots dedicated to "urban agriculture" where produce is grown for sale.

Eligibility: Anyone can start a community garden. Check with your local city office to find out more about the rules, regulations, and fees associated with starting your own community garden.

Contact: Community gardens are located in neighborhoods in Bonita, Carlsbad, El Cajon, Escondido, Fallbrook, Oceanside, Poway, Ramona, San Diego and San Marcos and new ones are developed each year.

COMMUNITY GARDENS

To find a community garden near you or information about starting your own community garden, contact the San Diego Community Gardening Network at <http://sandiegocommunitygardennetwork.org/gardens-around-san-diego/> or Victory Gardens San Diego, which offers free classes on how to start and manage a community garden, at www.victorygardenssandiego.org.

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FARMERS' MARKETS

Certified farmers' markets are places where farmers sell their produce directly to community residents. Produce at these markets is grown in California and meets all California quality standards.

Eligibility: Anyone can shop at a farmers' market. Some markets accept CalFresh (food stamp) cards and Women's, Infant and Children (WIC) program vouchers.

Contact: Farmers' markets are located in the following communities. For more information about specific locations, call or visit the San Diego Farm Bureau at 760-745-3023 or www.sdfarmbureau.org/BuyLocal/Farmers-Markets.php

Monday

Escondido — Welk Village
Chula Vista — Swiss Park

Tuesday

Coronado
Escondido
Mira Mesa
La Jolla — UCSD
Otay Ranch
Spring Valley

Wednesday

Adams Avenue
Bonita
Carlsbad
Ocean Beach
San Marcos*
Santee
University of San Diego

Thursday

Chula Vista
Del Sur
Horton Square
North Park
Oceanside (2)
University Towne Center

Friday

Borrego Springs
Fallbrook
Imperial Beach
La Mesa
Mission Hills - San Diego
Mission Valley
Rancho Bernardo
Southeast San Diego

Saturday

Carlsbad
City Heights*
Del Mar
Flower Hill Del Mar
Little Italy
Pacific Beach
Poway
Ramona
Scripps Ranch
Vista

Sunday

Gaslamp District
Hillcrest
Julian
La Jolla
Leucadia/Encinitas
Point Loma
Rancho Santa Fe
Rancho Bernardo Webb Park
Solana Beach

*Markets accept CalFresh, credit & debit cards

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