

FOOD ASSISTANCE RESOURCES

Fall 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**.
- Everyone who receives or is approved for CalFresh by September 30th will automatically receive the maximum benefit for September.



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 December 31, 2020.

Different school districts may have different meal times, locations, and requirements. Please check your district's website and Facebook page for more information.



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.



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.
- You can also contact Feeding San Diego at (858) 452-3663 or the San Diego Food Bank at (858) 527-1419.



HOME DELIVERED MEALS*

Home delivered meals are available for 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.

* Not considered when determining Public Charge status. Go to sdhunger.org/safe for more info on safe assistance.

** The Public Charge Test is used to determine if someone applying for a green card or visa is likely to need government assistance (Medicaid, SNAP, TANF cash benefits) in the future.



FREQUENTLY ASKED QUESTIONS

Will I be taking food assistance away from other people who need it if I get it for myself?

No. There is always enough funding to provide assistance for everyone who needs it. In fact, we are only using a fraction of the food assistance available for people and families in need.

Won't increasing the number of people using food assistance cause me to pay higher taxes?

No. Our federally funded food assistance programs, like CalFresh and WIC, are underutilized. When we increase participation, we are actually bringing tax dollars that we've already paid back into our communities to support healthy households and healthy businesses.

Where do I go to apply for CalFresh (federal)?

Apply online at [GetCalFresh.org](https://www.getcalfresh.org). You may also call 2-1-1. If you would like to find an in-person application assistor in your neighborhood, please go to sdhunger.org/cal-fresh-assistance.

Where do I go to apply for free or reduced-price school meals for my child (federal)?

School meals are available for all students. Some families can apply for free or reduced-price meals, ask your school office for more information or to get an application. Due to the COVID-19 pandemic, all students will receive free school meals through December 31, 2020.

Where do I go to apply for WIC (federal)?

You can apply at your local WIC office. Find the office nearest you at [sdwic.com](https://www.sdwic.com) or by calling 2-1-1. Please call ahead for an appointment.

Can I use more than one food assistance program at the same time?

Yes! We encourage anyone in need to use and any all forms of food assistance for which they are eligible. For example, one household can receive CalFresh, school meals, and WIC all at the same time.

Who is eligible for federal food assistance?

Eligibility depends upon the program for which you are applying. Generally speaking, you may not earn more than 150% - 200% of the [Federal Poverty Level](#). For example, a family of four may earn between approximately \$39,000 and \$52,000 per year.

You must be a legal permanent resident or citizen of the United States. Some programs have requirements based on age, gender, and work status.

How do I find a food distribution (pantry or food bank) near me?

You may find a food distribution near your neighborhood by calling 2-1-1.

You may also call Feeding San Diego at (858) 452-3663 or the San Diego Food Bank at (858) 527-1419.

How do I sign up for home delivery?

You must be 60 years of age or older or have a physical disability to qualify for home delivered meals. For info on how to sign up, please call 2-1-1 or find individual meal providers at: bit.ly/senior-meals

How can I get involved?

Learn about hunger in San Diego! Share hunger relief resources with everyone you know! Say something when you see someone in need. You may also sign up to become a Hunger Free Activist. You will receive newsletters, calls-to-action, and regular updates about hunger in San Diego County. Sign up today at sdhunger.org/hfa.

