

Food Resources



	2-1-1 San Diego	Women Infants and Children (WIC)	CalFresh (“Food Stamps”)	¡Más Fresco!	San Diego Food Banks
<u>What is it?</u>	<ul style="list-style-type: none"> • A free, 24 hour, phone service in 200+ languages • Connects you to programs that help including CalFresh, food banks, and WIC • Many other resources are available too! 	<ul style="list-style-type: none"> • Provides supplemental foods and nutrition education • Designed for <ul style="list-style-type: none"> ○ low-income pregnant, breastfeeding and non-breastfeeding postpartum women ○ infants and children up to age five 	<ul style="list-style-type: none"> • Serves low-income individuals who meet federal income eligibility • Monthly issuing of benefits to purchase foods • Provides Electronic Benefit Transfer (EBT) cards to be used in grocery stores 	<ul style="list-style-type: none"> • Available for families on CalFresh • Partnership with Northgate Gonzalez Markets in San Diego, LA, Orange, and soon Riverside Counties • Earn additional incentive dollars when CalFresh EBT dollars spent on fruits and vegetables. 	<ul style="list-style-type: none"> • Distributes food to those in need at the 183 distribution sites throughout the county • Open to everyone. No ID or documentation required.
<u>Highlight Services</u>	Speak with a live person. Connects you to many available local resources.	Financial assistance for food for mothers, infants, and children. Breastfeeding support.	Receive a monthly financial support to purchase foods.	Additional financial support for CalFresh families to purchase fruits and vegetables.	Free food, fresh fruits and vegetables. Multiple distribution sites.
<u>How to contact</u>	Dial “2-1-1” http://211sandiego.org	(800) 500-6411 http://sandiegowic.org	(866) 262-9881 Apply: http://www.benefitscal.org	Apply (videos in Spanish and English): http://www.masfresco.org	(866) 350-FOOD (3663) http://sandiegofoodbank.org/programs/