Food Resources

	2-1-1 San Diego	**Women Infants and Children (WIC)**	**CalFresh ("Food Stamps")**	**¡Más Fresco!**	**San Diego Food Banks**

What is it?	• 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!
		• Provides supplemental foods and nutrition education
		• Designed for
		  ○ low-income pregnant, breastfeeding and non-breastfeeding postpartum women
		  ○ infants and children up to age five
			• 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
				• Available **only** for families on CalFresh
				• Partnership with Northgate Gonzalez Markets in San Diego, LA, Orange, San Bernardino, and Riverside
				• Earn additional incentive dollars when CalFresh EBT dollars spent on fruits and vegetables.
				• Must be 18 or older to enroll
					• Distributes food to those in need at the 248 distribution sites throughout the county
					• Open to everyone. No ID or documentation required.

Highlight Services	**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.**
How to contact	**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/