Food Assistance Resources in San Diego County

San Diego Hunger Coalition

SAN DIEGO HUNGER COALITION

www.sdhunger.org

San Diego Hunger Coalition Mission

The San Diego Hunger Coalition

leads coordinated action

to end hunger in San Diego County

supported by research, education and advocacy.

SDHC Programs & Collaborations

CalFresh (SNAP) Outreach Program

**** CalFresh Task Force ****

Hunger Free Kids Program

**** Hunger Free Kids Task Force ****

Public Policy & Advocacy

**** Hunger Advocacy Network ****

Hunger Free San Diego

**** HFSD Advisory Board ****

Hunger in San Diego pre-COVID

1 in 7 San Diegans

1 in 5 kids

1 in 10 seniors

were food insecure in 2017

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Food Assistance Resources

Public Charge & Safe Food Assistance

- Safe Food Assistance - Your status will not be affected if you or a family member uses:
  - Free and reduced-price school, afterschool, and summer meals
  - WIC
  - Food pantries
  - Food distributions, including Senior Commodity and Emergency Food Assistance Boxes (CSFP & TEFAP)
  - Senior congregate and home delivered meals food pantries remain in operation
  - The vast majority of people who qualify for CalFresh, are exempt from public charge*

- For more information about public charge and local resources, visit: sdhunger.org/safe

www.sdhunger.org

CalFresh: What is it?

- Federal food assistance program that provides recipients with money to purchase food each month
  - Delivered on an EBT "debit" card
  - Benefits roll over month to month

EBT card can be used for:

- participating stores
- farmer's markets
- Can order groceries through Amazon and Walmart

EBT card cannot be used for:

- pet foods
- alcohol/tobacco
- non-food items (diapers, cleaning supplies, toilet paper)

CalFresh Supplement Programs

Restaurant Meals Program

- Older adults 65+ yrs, individuals who are homeless, and people with disabilities can use their CalFresh benefits at participating restaurants.
- For the full list call 211 or visit HHSA website: https://www.sandiegocounty.gov/hhsa/programs/ssp/restaurant_meals_program/

¡Mas Fresco!

- Special program for CalFresh participants who shop at **select** Northgate Gonzalez Markets can receive dollar for dollar match for purchase of fruits and vegetables (City Heights & Southcrest/Shelltown area)
- For more information visit: www.masfresco.org

CalFresh: Who is Eligible?

- Single people or families
- Children under age18 who are on their own
- Legal Permanent Residents including refugees & asylees
- US born children, regardless of parents' immigration status
- Citizens
- Victims of human trafficking
- Working people
- **SSI/SSP recipients**

Not Eligible:

- Undocumented immigrants
- DACA recipients
- Asylee petitioners (need to be granted)

CalFresh: Who is Eligible?

In CalFresh, a **household** is a group of people who regularly buy and eat food together. *You are purchasing, preparing and sharing meals.*

Household Income Eligibility and Benefit Amounts

Number of people in Household	Gross Monthly Income 200% FPL	Monthly CalFresh Benefit Range
1	$2,128	$16-**$204**
2	$2,874	$16-**$374**
3	$3,620	$16-**$535**
4	$4,368	$16-**$680**
5	$5,114	$16-**$807**
6	$5,860	$16-**$969**
+ Family Member	+ $748	+ $153

CalFresh: How to Connect?

Community based organization
www.sdhunger.org/calfresh-assistance

Calling 2-1-1

www.GetCalFresh.org

County of San Diego HHSA
PO BOX 85031 San Diego, CA 92186

CALIFORNIA
WIC
WOMEN, INFANTS & CHILDREN

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WIC: Women, Infants and Children

A federally funded, nutrition program helping pregnant women, infants and children access healthy food in the following ways:

- Cash benefits for healthy foods
- Nutrition education
- Breastfeeding services
- Community referrals and resources

During COVID:

- WIC offering virtual assistance and services
- WIC approved foods have expanded

WIC: Who is Eligible?

To qualify for WIC a person must be:

- A pregnant woman,
- A woman who was pregnant within the past 6 months,
- A woman who is breastfeeding a baby under 1 year of age, OR
- A baby or child from birth to their fifth birthday

AND Meet Income Guidelines: 185% Federal Poverty Level

- Or receive Medi-Cal or CalFresh

WIC: Who is Eligible?

- Foster children under the age of 5
- Military families who meet the requirements
- Children under the age of 5 who are cared for by fathers, grandparents, or other legal guardians may be eligible for WIC

WIC: How to Connect

In San Diego County, 5 agencies offer WIC services:

American Red Cross
San Diego/Imperial Counties

SAN DIEGO STATE UNIVERSITY
Research Foundation

Visit www.sdwic.com to find closest agency to you.

Food Distributions & Food Pantries

Food Distributions & Pantries

- There are many forms of food distribution!

Type of food:

- Shelf stable, non-perishable
- Fresh produce
- A combination
- Food specific to seniors

Distribution model:

- Drive- thru
- Walk-up
- Daily, weekly, or monthly distributions
- By appointment only

- Most distributions are contact-less during COVID
- The vast majority of food pantries are volunteer run and may need to change hours based on availability and capacity.
  - Information is regularly changing
  - Calling right before visiting can be helpful

Food Distribution: How to Connect

- Most pantries receive food from both of San Diego's two food banks.
- To connect: call 2-1-1 or one of the two food banks

FEEDING SAN DIEGO MEMBER OF FEEDING AMERICA

To find a distribution site near you:

https://feedingsandiego.org/get-help/

or call:

(858) 452-3663

SERVING SAN DIEGO COUNTY SINCE 1977 THE JACOBS & CUSHMAN SAN DIEGO FOOD BANK

To find a distribution site near you:

https://sandiegofoodbank.org/gethelp/

or call:

(866) 350-3663

Food Distribution: How to Connect?

Feeding San Diego:

Mapped distribution sites

FEEDING SAN DIEGO

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GET HELP

GET HELP
Food Distributions
CalFresh

COVID-19 EMERGENCY RESPONSE

Feeding San Diego distributes more than 26 million meals a year across San Diego County in partnership with more than 300 local charities, schools, faith communities, meal sites and food pantries. All distributions that are open to the public are listed below, with possible restrictions noted.

Find a Food Distribution:

Address / Zip

Category Any

Within 2 miles

FIND LOCATIONS

San Diego Food Bank:

Listed by distribution programs

SAN DIEGO FOOD BANK

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Food Distribution Programs Operating During the Coronavirus Crisis

The San Diego Food Bank's food distribution programs will continue to serve those in need throughout the duration of the Coronavirus crisis. Below are lists of our food distributions scheduled for the month of October 2020.

Super Pantry Program

Super Pantries are food distribution hubs located across San Diego County that offer both contactless "drive-thru" and "walk-up" food distribution services. All Super Pantries are open for food distribution a minimum of 3 days per week.

Individuals and families in need of food assistance can visit your nearest Super Pantry during opening hours to receive emergency grocer resources.

Super Pantry List – October 2020

*Updated on 10/5/2020

Emergency Food Assistance Program

The San Diego Food Bank's *Emergency Food Assistance Program* distributes emergency food packages at 90 different locations across Sa County every month. The majority of the food distributed at these sites includes nonperishable and shelf-stable food items. To qualify fo program, your household must meet federal income guidelines (listed in the document of distribution locations).

Emergency Food Assistance Program Sites – October 2020

Child & Youth Meals

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Child & Youth Meal Programs

- **Programs** to ensure all eligible children have access to healthy food
  - Breakfast and Lunch
  - Afterschool Snack & Supper
  - Summer Meals
  - Pandemic EBT (P-EBT)

Escondido Union School District

- Schools have adapted multiple service models due to COVID to provide meals to students seamlessly
  - Grab n' Go, Bulk meals, serving meals at school
  - Please check your school's nutrition services website to find how they are providing meals: sdcoe.net/studentmeals

Child & Youth Meals: Who is Eligible?

School Meals

- Children & youth living in homes at or below 185% FPL are eligible for Free or Reduced-Price Meals ($0.40/meal)
- You can find your school's website through the SD County Office of Education's website: sdcoe.net/studentmeals

Child & Youth Meals: Pandemic EBT

- P-EBT provides additional money for groceries for children who are eligible and enrolled in the Free or Reduced-Price School Meals Program
  - Extended for 2021
  - Expanded to young children enrolled in CalFresh and childcare facilities experiencing closures due to COVID
- Stay tuned on sdhunger.org/meals-for-kidswebsite for more updates!

Home Delivered Meals

for Older Adults and People with Disabilities

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Home Delivered Meals

- Meal service information (pick up times, zip codes serviced, etc.) differs for each organization
- A hot meal is delivered each weekday and frozen meals are provided for the weekends.

Home-delivered meals are available to:

- Any older person 60+ years who are homebound due to illness, disability or isolation
- A person with a disability and needs assistance with activities of daily living.

Home Delivered Meals: How to Connect?

- Visit County of San Diego Aging & Independence Services page
- For more information, call 2-1-1

Health & Human Services Agency

MENU PROGRAMS ALL SERVICES A-Z FACILITIES ADVISORY BOARDS CONTA

Non-Profit Food Assistance

Note, this information is subject to change. Be sure to check back regularly.

For older adults requiring food assistance during COVID-19, refer to the **How Can Older Adults Get Food During COVID-19 flowchart** to determine the most appropriate community resources.

Aging & Independence Services (AIS)

Call the AIS Call Center at (800) 339-4661 for further assistance

Description:

- Pick-up and home-delivered meals are available for those 60+ for a suggested donation
- When meals are available, no senior will be turned away for inability to donate
- Home-delivered meals are delivered Mon – Fri, and between 5-7 meals are provided

Food Assistance Resources: How to Assess?

General Public	Older Adults & People with Disabilities	Children
• CalFresh • Food pantries	• CalFresh • Home-delivered meals • Senior commodity food box • Food pantries	• CalFresh • School & after school meals • Summer meals • WIC • Food pantries

Food Assistance: Best Ways to Connect

1. **Ensure everyone eligible is receiving CalFresh.**
2. **Refer all kids to nearby school meal sites.**
3. **Ensure older adults and people with a disability are signed up for home meal delivery services.**
4. **Ensure families with young children are receiving WIC.**
5. **Access food pantries and call 2-1-1 for additional referrals.**

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COVID-19 and Food Assistance

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DONATE TODAY

Select Language

COVID-19 (Coronavirus) info updated 09/29/2020 4:52 pm

Finding Food Assistance During COVID-19

Find the program that's best for you and learn about changes to assistance you already receive.

San Diego's nonprofit sector is working hard to make sure that everyone has the healthcare they need, enough to eat, and the information required to make it through the COVID-19 pandemic with as little discomfort and distress as possible.

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www.sdhunger.org

Thank you!

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