



## CalFresh (SNAP)

**CalFresh provides extra money for groceries to help buy food when money is tight.**

- CalFresh provides grocery money on a debit-like card that can be used at grocery stores and farmers markets.
- Due to the COVID-19 pandemic, **CalFresh recipients will continue to receive the maximum benefit** for each month until further notice. Those already receiving the max benefit will get an additional \$95/month.
- Apply online at [GetCalFresh.org](https://www.getcalfresh.org), call 2-1-1, or with a local nonprofit: [sdhunger.org/getcalfresh](https://www.sdhunger.org/getcalfresh).
- Households with income up to 200% of the Federal Poverty Level may be eligible. For an individual, that is up to \$2,148/month. For a family of four, that is up to \$4,418/month.



## Youth Meals & P-EBT

- **Youth meals are available this summer!** To find the nearest summer meal site, text FOOD to 304-304 or visit [NoKidHungry.org/Help](https://www.nokidhungry.org/help)
- **Pandemic-EBT (P-EBT) provides extra money for groceries.** To receive future P-EBT benefits, make sure that your school has an updated meal application on file or that your family is currently enrolled in CalFresh. Go to [sdhunger.org/p-ebt](https://www.sdhunger.org/p-ebt) for more info.
- **During the school year, all students receive free breakfast and lunch.** Families should still make sure to complete their student's meal application to help their school receive critical funding.



## Women, Infants, & Children (WIC)

**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.
- Households with income up to 185% of the Federal Poverty Level may be eligible, including military families.
- For more info on income guidelines and how to enroll, visit [sdwic.com](https://www.sdwic.com) or call 2-1-1.

**Families can find the latest information regarding the infant formula shortage and resources on the [CDPH Infant Formula](#) webpage (available in multiple languages) and [CDPH WIC](#) page.**



## Senior Meals/Meals for Older Adults

**Low- to no-cost meals are available for older adults ages 60 and older. Home-delivered meals may also be available for eligible homebound seniors. Voluntary monetary contributions are welcome, but not required.**

- There are no income or immigration status requirements to receive these meal services.
- For a list of providers for meal pick-up and/or delivery, visit [bit.ly/older-adult-meals](https://bit.ly/older-adult-meals) or call 2-1-1 for assistance.



## Food Distributions

**Food pantries and distributions are open, and many have drive-thru or home delivery options.**

- Contact Feeding San Diego at (858) 452-3663 or go to [feedingsandiego.org/get-help](https://www.feedingsandiego.org/get-help).
- Contact Jacobs & Cushman San Diego Food Bank at (866) 350-3663 or go to [sandiegofoodbank.org/gethelp](https://www.sandiegofoodbank.org/gethelp).
- You can also call 2-1-1 to find the distribution nearest you.

***Food assistance is NOT a Public Charge.  
Using food assistance will not negatively affect your immigration status.***