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, call 2-1-1, or with a local nonprofit: 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
- 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 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 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 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.
- Contact Jacobs & Cushman San Diego Food Bank at (866) 350-3663 or go to 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.*

Last Updated 06/10/2022 | Please email info@sdhunger.org for more information | www.sdhunger.org