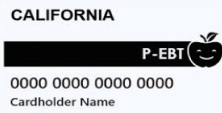


# COVID-19 Food Resources

Compiled by the San Diego Hunger Coalition, the San Diego County Childhood Obesity Initiative, the UC San Diego Center for Community Health, Healthy Campus Network, Staff Association, and The Hub

## Pandemic EBT



- Students eligible for free or reduced lunch qualify
- You may receive up to \$365/child for groceries this summer in addition to school grab-and-go meals
- Register at [ca.p-ebt.org](https://ca.p-ebt.org) by the **July 15** deadline
- Visit [San Diego Hunger Coalition](#) for more info

## CalFresh (SNAP)

- CalFresh is a federal supplemental nutrition program for families and individuals that meet certain income guidelines
- CalFresh benefits supplement your food budget and allow families and individuals to buy nutritious food
- Sign up at [getcalfresh.org](https://getcalfresh.org)

## Food Pantry & Food Distribution Sites

- Food pantries distribute food to families free of charge
- The Child and Adult Care Food Program (CACFP) is a federal program that provides free or low cost meals for child and adult care centers
- [Find CACFP meal sites](#)
- [Find food pantries and food distribution sites](#)



## ¡Más Fresco! More Fresh! Program



- For every CalFresh EBT dollar spent on fruits and vegetables you receive another rebate dollar to spend on more fresh fruits and vegetables, up to \$40 per month
- Use at participating Northgate Gonzalez Markets and at farmers markets
- Enroll at [masfresco.org](https://masfresco.org) or call 888-282-2711

## Meals for Seniors

- Seniors can get hot meals and/or a senior distribution box delivered to your home
- [Find senior meal distribution sites](#)
- [Find transportation assistance to food distribution sites](#)



## School Grab-and-Go Meals

- All children 18 and under can receive no cost meals from a school site, regardless of whether the child attends that school or district
- No paper work required
- This is NOT a public charge
- [Find a school site](#)



## Stay Healthy San Diego

- Learn about the [5210 tips](#) to stay healthy
- Visit [eatfresh.org](https://eatfresh.org) for Healthy recipes
- Enjoy free live mindfulness sessions [here](#)
- Continue breastfeeding to provide optimal nutrition. Learn more [here](#)
- It is safe to eat fruits and vegetables during COVID-19. Click [here](#)

## WIC



- If your income has been affected by recent events and you are pregnant, nursing, or a caretaker of a child under age 5, WIC can help you get access to healthy foods.
- Must meet income and program requirements
- This is NOT a public charge
- Visit [sdwic.com](https://sdwic.com) to learn if you qualify and how to enroll

## More Resources

- Call [2-1-1 San Diego](#) to find food in your community
- Text [COSD COVID19](#) to 467-311 for SD County updates
- Visit [Leah's Pantry](#) for public & partner workshops
- Visit [San Diego Hunger Coalition](#)
- Visit [Live Well San Diego](#)
- Visit [County of San Diego, HHSA](#)