



Where Can I Get More Food for My Family?

CalFresh – available to those who qualify

- Apply online at <https://www.getcalfresh.org/>
- You will need:
 - A copy of your ID
 - Proof of any income (such as paycheck stub or tax return)
 - Proof of immigration status (for non-citizens)



School Meals – all students can get free breakfast and lunch at school

Summer Meals – free meals for students during school breaks

- Find Locations <https://www.cde.ca.gov/ds/sh/sn/summersites22.asp>
- CA Meals for Kids Mobile App – free from your app store

WIC (CA Women, Infants and Children Program) - A nutrition program for babies, children under 5, pregnant women and new moms

- <https://myfamily.wic.ca.gov/> - click 'How Can I Get WIC?'
- Or you can call toll free: 1-888-WIC-WORKS (1-888-942-9675)

What do I bring to my first WIC appointment?

- Each person who will be enrolling into the WIC program
- Identification - for yourself & any children age birth to 5 years
- Proof of address - a document verifying your current address
- Proof of income - such as paycheck stub, tax return or letter from employer



Food Bank –

211 – 3-digit number for information and referrals to social services and other assistance

- Finding Food <https://www.211.org/get-help/finding-food>
- Search by location: <https://www.211.org/about-us/your-local-211>



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