

Reminder: Food assistance is NOT a Public Charge.
Using food assistance will not negatively affect you or your family's immigration status.



CalFresh (SNAP or food stamps)

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

- CalFresh provides grocery money on a debit-like EBT card that can be used at grocery stores & farmers' markets.
- To be eligible for CalFresh, household must have income below Maximum Monthly Income ([see chart below](#)).
- In order to help determining the monthly benefit amount for CalFresh, households may need to submit information about certain living expenses.
- Eligible living expenses include shelter, dependent care, education, medical deductions (60+ and/or people with disabilities only), and utility costs. For more information, please visit: sdhunger.org

Are you eligible for CalFresh?

Household Size (# people in family)	Maximum Monthly Income (gross income before taxes)	Monthly CalFresh Benefits Range
1	\$2,430	\$23 - \$291
2	\$3,288	\$23 - \$535
3	\$4,144	\$23 - \$766
4	\$5,000	\$23 - \$973
5	\$5,858	\$23 - \$1,155
+each additional member	+\$858	+\$219

Need help applying to CalFresh?

Trained application assistors provide free help for individuals & families with the CalFresh application:

	Neighborhood Healthcare	426 N. Date Street Escondido, CA 92025	(833)-867-4642 To set up an appointment nhcare.org	Mon-Fri 8 AM – 5 pm Usually closed from 12 noon-1pm for lunch
	True Care	150 Valpreda Drive San Marcos, CA 92069	(760) 736-6734 For CalFresh press #2 truecare.org	Mon-Fri 8 AM – 12 PM & 1 PM – 5 PM



School Meals & Summer-EBT in 2024

- **During the school year, all students receive free breakfast and lunch in California!**
Each district collects meal applications or household income forms from parents to secure valuable funding for schools.
- For more information please visit: nokidhungry.org
- **Summer EBT in 2024! It's a new program that will provide money to buy groceries during summertime.**
It will provide \$120 in a one-time payment to buy groceries on a debit-like card. Children who are already enrolled on CalFresh, CalWORKs & Medi-Cal will be automatically certified to receive benefits. If not, parents will need to fill out an *alternative income form*, so their children can access to those benefits. Visit our website sdhunger.org & Food and Nutrition Service website fns.usda.gov for more updates.



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 farmer's markets.
- Due to the COVID-19 public health emergency order, WIC enrollment can be completed over the phone.
- To enroll or for more information, visit sdwic.com or contact a local WIC office:

<p>SDSU WIC</p>	1131 E. Washington Ave. Suite K Escondido, CA 92025	(888) 999-6897 For more info press #1 sdsuwic.org
<p>TrueCare WIC</p>	649 W. Mission Ave. Suite 7 Escondido, CA 92025	(888) 477-6333 To enroll press #1 truecare.org



Meals for Older Adults

Low- to no-cost meals are available for older adults ages 60 and older.

- There are no income or immigration status requirements to receive these meal services.
- For in-person dining, voluntary monetary contributions are welcome but not required.
- Some home-delivered meals have costs associated. Call for more information.

<p>Escondido Senior Center</p>	In-person dining only. Transportation is available for Escondido residents within city limits.	210 E Park Ave. Escondido, CA 92025	(760) 839-4688 Reservations required escondido.org
<p>Meals on Wheels</p>	Home-delivered meals only. Monday to Saturday	930 Boardwalk St, Unit C, San Marcos, CA, 92078	(760) 736-9900 meals-on-wheels.org



Food Distribution

Food pantries and distributions provide food boxes that may consist of canned goods, fresh produce, etc.

- For additional information about food distributions please visit: sandiegofoodbank.org & feedingsandiego.org

<p>Neighborhood Healthcare</p>	425 N. Date Street Escondido, CA 92025	Neighborhood Healthcare (Facebook page) Phone: 833-867-4642 nhcare.org	3 rd Sat. of each month 11 AM – 1 PM
<p>Interfaith Community Services</p>	550 W. Washington Ave. Suite B, Escondido, CA 92025	Phone: (760) 489-6380 interfaithservices.org	Monday-Friday 8 AM – 11 AM
Salvation Army Escondido	1301 Las Villas Way Escondido, CA 92026	Phone: (760) 745-8616 escondido.salvationarmy.org	Every Mon, Wed & Fri 10:30 AM
Ministerio Tiempo Nuevo at the Church of Jesus Christ	1917 E. Washington Ave. Escondido, CA, 92027	Tiempo Nuevo 2020 (Facebook page) missionaccomplished.com	Mondays 3 PM-While supplies last
Foundry Food Pantry	120 N. Ash Street Escondido, CA, 92027	Phone: (442) 777-2081 thefoundryescondido.com	Tues & Thurs 11 AM – 1 PM Wed 4 PM – 6 PM