



**Reminder: Food assistance is NOT a Public Charge.**  
Using food assistance will not negatively affect your 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 card.
- Monthly benefits can be maximized by reporting expenses such as shelter, dependent care, medical deductions (60+ and/or disabled households only), and utility costs.

| CalFresh Household Size | Gross Monthly Income Eligibility | Monthly CalFresh Benefits |
|-------------------------|----------------------------------|---------------------------|
| 1                       | \$2,430                          | \$23-\$291                |
| 2                       | \$3,288                          | \$23-\$535                |
| 3                       | \$4,144                          | \$23-\$766                |
| 4                       | \$5,000                          | \$23-\$973                |
| +each additional member | +\$858                           | +\$219                    |

### Need help applying to CalFresh?

Application Assistors are ready to help individuals and families with the entire application process:

|                                       |  |                                  |
|---------------------------------------|--|----------------------------------|
| <b>San Ysidro Health</b>              | 976 Sheridan Road<br>Campo, CA 91906     | (619) 478-2384                   |
| <b>Southern Indian Health Council</b> | 36350 Church Road<br>Campo, CA 91906     | (619) 445-1188                   |
| <b>Neighborhood Healthcare</b>        | 855 E. Madison Ave<br>El Cajon, CA 92020 | (619) 499-8862<br>(619) 499-8855 |



## School Meals & Summer-EBT in 2024

- **School meals are available for all K-12 students!** Free breakfast and lunches are available Mon-Friday at the following elementary schools: Campo, Clover Flat, Descanso & Potrero and Mountain Empire High. Visit [www.meusd.org](http://www.meusd.org) or text **FOOD** or **COMIDA** to **304-304** for more information.
- **During the school year, all students receive free breakfast and lunch!** However, families should still complete their student's meal application or income form to help their school receive important funding.
- **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](http://sdhunger.org) & Food and Nutrition Service website [fns.usda.gov](http://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 farmers' markets.
- Due to the COVID-19 pandemic, enrollment can be completed over the phone. To enroll, you can call the nearest office with **American Red Cross WIC**: (800) 500-6411. Monday to Friday from 8:00am to 4:00pm or visit [sdwic.org](http://sdwic.org) for more info.



## 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.
- Voluntary monetary contributions are welcome, but not required.
- To sign up for meals, call **Mountain Health Community Center operated by San Ysidro Health**: (619) 478-2384. Meals may also be delivered through Meals on Wheels in certain areas, call (619) 447-8782 for more information.

**Last updated: 03/18/24**

Distribution days and times may change, please confirm in advance with the site.  
Additional information available and an up-to-date schedule at our food bank partner websites:



[SanDiegoFoodBank.org/GetHelp](https://SanDiegoFoodBank.org/GetHelp)



[feedingsandiego.org/find-food/](https://feedingsandiego.org/find-food/)

| Community        | Location/Address  | Day and Time  |
|------------------|---|---|
| <b>Alpine</b>    | 1912 Arnold Way, Alpine CA 91901  | Produce Pantry: 2 <sup>nd</sup> & 4 <sup>th</sup> Wed 8:30 am-9:30 am<br>Alpine Mobile Pantry: 1 <sup>st</sup> & 3 <sup>rd</sup> Wed 8:30 am- 9:30 am |
|                  | Ministerio Tiempo Nuevo<br>1929 Arnold Way, Alpine, CA 91901                      | Every Thurs 10:00 am – 12:00 pm <i>Emergency Food Assistance Program, income guidelines apply</i>   |
| <b>Boulevard</b> | Boulevard Mobile Pantry<br>40080 Old Hwy 80, Boulevard, CA 91905                  | 1 <sup>st</sup> & 3 <sup>rd</sup> Monday 9:00 am-10:00 am   |
|                  | SD Food Bank at Mt. Empire<br>39919 Ribbonwood Rd, Boulevard, CA 91905            | 2 <sup>nd</sup> Monday 10:00 am – 11:00 am<br>(Drive-thru only)- <i>Emergency Food Assistance Program, income guidelines apply</i>                    |
|                  | Manzanita MAC Building<br>39 Crestwood Rd, Boulevard, CA 91905                    | 2 <sup>nd</sup> Thursday 9:00 am – 10:00 am<br>(Drive-thru only)- <i>All are welcome</i>  |
| <b>Campo</b>     | Lake Morena Community Church<br>29765 Oak Dr, Campo, CA 91906                     | 4 <sup>th</sup> Thursday 1:30 pm – 2:00 pm<br><i>Older adults 60+ only; income guidelines apply</i>   |
|                  | Mountain Empire Community Center<br>976 Sheridan Rd, Campo, CA 91906              | Monday-Friday 8:00am – 4:30pm; <i>Schedule an appt</i><br>Mobile pantry 2 <sup>nd</sup> & 4 <sup>th</sup> Monday 12pm–1:00 pm                         |
|                  | Campo Education Center<br>36190 Church Rd, Campo, 91906                           | 2 <sup>nd</sup> Wed 9:00 am–10:00 am (Drive-thru)- <i>All are welcome</i>   |
| <b>Descanso</b>  | Descanso Branch Library<br>9545 River Dr, Descanso, CA 91916                      | 1 <sup>st</sup> & 3 <sup>rd</sup> Thursday 9:00 am – 10:00 am   |
| <b>Guatay</b>    | 27521 Old Highway 80, Guatay, CA 91931  | 2 <sup>nd</sup> & 4 <sup>th</sup> Thursday 9:00 am – 10:00 am   |
| <b>Jacumba</b>   | Jacumba Produce Pantry<br>44600 Old Highway 80, Jacumba, CA 91934                 | 1 <sup>st</sup> & 3 <sup>rd</sup> Monday 9:00 am – 10:00 am   |
|                  | Mt. Empire Jacumba<br>44681 Old Highway 80, Jacumba, CA 91934                     | 2 <sup>nd</sup> Monday 12:30 pm – 1:30 pm<br><i>Older adults 60+ only; income guidelines apply</i>  |
| <b>Jamul</b>     | Jamul Tribal Hall & Community Center<br>14145 Campo Rd, Jamul, CA 91935           | 4 <sup>th</sup> Tuesday 9:00 am – 10:00 am<br>(Walk up services only)- <i>All are welcome</i>   |
|                  | Jamul Community Church<br>14866 Lyons Valley Rd, Jamul, CA 91935                  | Thursdays 10:00 am – 3:30 pm  |
| <b>Potrero</b>   | Potrero Mobile Pantry<br>24954 Potrero Valley Rd, Potrero CA, 91963               | 1 <sup>st</sup> and 3 <sup>rd</sup> Thursday 12:00 pm – 1:00 pm   |
|                  | Potrero Community Center Foundation<br>24954 Potrero Valley Rd, Potrero, CA 91963 | 3 <sup>rd</sup> Tuesday 9:00 am – 11:00 am<br><i>Emergency Food Assistance Program, income guidelines apply</i>                                       |
|                  | Potrero Community Center Foundation<br>24954 Potrero Valley Rd, Potrero, CA 91963 | 2 <sup>nd</sup> Friday 8:00 am – 9:00 am<br>(Walk up services only)- <i>All are welcome</i>   |