



**CONTACT INFORMATION**

Family Resource Centers (FRCs) will serve and guide you through the CalFresh application process. Call and/or log on to:

**2-1-1**

**OR**

[www.MyBenefitsCalWIN.org](http://www.MyBenefitsCalWIN.org)

For healthy tips and recipes, visit:

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

[www.harvestofthemonth.com](http://www.harvestofthemonth.com)

**Eat Right  
When Money's Tight  
Stretching Your CalFresh and  
Food Dollars**



**Where can I go to get help applying for the CalFresh Program?**

Agency	Telephone	Region
<b>2-1-1 San Diego</b>	<b>211</b>	Countywide
Feeding America	858.768.7429	Countywide
MHS	1.877.470.5463	Countywide
San Diego Food Bank	866.350.3663	Countywide
North County Life Line	760.842.6263	Countywide
Catholic Charities (College Area)	619.286.1100	Countywide
Metro United Methodist Urban Ministry	619.285.5556	Central
Episcopal Refugee Network	619.283.1337	Central
City Heights Farmers Market	43 <sup>rd</sup> & Wightman	Central
Salvation Army Kroc Center	619.269.1430	Central
SAY San Diego	858.974.3603	Central
Catholic Charities Downtown	619.231.2828 x102	Central
Healthy Start (Military Families)	858.496.0044	Central
Neighborhood Healthcare	619.440.7616 x218	East
Chaldean Middle Eastern Social Services	619.631.7400	East
New Seasons Church	619.463.0725	East
Community Resource Center	760.753.8300	North
Neighborhood Healthcare	760.690.5907	North
Interfaith Community Services: Escondido	760.489.6380	North
Interfaith Community Services: Oceanside	760.721.2117	North
Catholic Charities Vista	760.631.4792	North
CVCC - Beacon	619.422.9308	South
CVCC - Fairwinds	619.420.0468	South
CVCC - Rayo de Esperanza	619.425.4458	South
CVCC - New Directions	619.691.5301	South
CVCC - Open Door	619.407.4840	South

**CalFresh Did You Know?**

Children get free school breakfast and lunch when their family gets CalFresh.

Your kids will not be taken away. CalFresh can help your children get the healthy food they need.

If you are single or married you may still get CalFresh. You do not have to have children.

You can own a home and/or a car and still get CalFresh.

Elderly people receive an average benefit of \$53 per month and you do not need to have children in the home to qualify. People receiving most forms of Social Security are eligible even though those receiving Supplemental Security Income/Payment (SSI/SSP) are not eligible for CalFresh. Other members of their household may still qualify.

Now you can apply online! Visit [www.MyBenefitsCalWIN.org](http://www.MyBenefitsCalWIN.org)

You are helping your community because for every \$5 you use in CalFresh benefits, you help generate nearly twice as much (\$9.20) in total community spending.

Regardless of your immigration status, you can get CalFresh for your children if they are citizens or legal permanent residents. It should not affect your eligibility for legal residency or U.S. citizenship. The CalFresh office is not allowed to share client records with Immigration.

Contact Legal Aid Society of San Diego if you have questions about immigration: 1-877-534-2524

**Does my household qualify?**

Number of people in household	1	2	3	4	5	6	7
Monthly Gross Income less than:	\$1,245	\$1,681	\$2,116	\$2,552	\$2,987	\$3,423	\$3,858

Income guidelines

Form Code: EAT RIGHT 14



\*Language services may vary

## Make a Plan

- Plan meals for a week using the food you have and then make a list of things you need.
- Shop once a week.
- Cook several meals at once and freeze them for later.
- Use coupons and look for sales on healthy items.
- If shopping when hungry, stick to your list.

## Shop Smart to Eat Smart

- Buy fruits and vegetables. They are good for your body and your wallet.
- Substitute meat in some meals with other proteins like, beans, eggs, tofu, and nut butters.
- Drink water instead of sugary drinks, it's free and good for you!
- Eat regular oatmeal and brown rice instead of instant.

## What to Look For

- Buy fruits and vegetables in season; they are usually fresher and cheaper.
- If not in season, frozen or canned fruits and vegetables make good substitutes.
- Buy store brands. They are just as healthy as brand names, and cheaper.

Store Brand Frozen Green Beans		Brand Name Frozen Green Beans	
\$1.99		\$3.09	
24 oz.	\$.08/oz	16 oz.	\$.12/oz

- Check the costs per ounce or per pound to get better deals.
- Look for better deals on the bottom and top shelves.
- Find a farmers' market; fruits and vegetables tend to be fresher.
- Check the *sell by* and *use by* dates.
- Read the label to compare products' nutritional and cost values.



## Eat Fruits and Vegetables in Season They Cost Less!

Fall	Winter	Spring	Summer
Apples	Mandarins	Mangos	Grapes
Kiwifruit	Oranges	Spinach	Melons
Pears	Broccoli	Asparagus	Peaches
Grapes	Cabbages	Carrots	Green Peas
Tomatoes	Sweet Potatoes	Peas	Potatoes
Winter Squash	Avocados	Papayas	Lettuce
Tangerines	Grapefruit	Strawberries	Greens
Sweet Potatoes	Guavas	Apricots	Corn
Green Beans	Pears	Artichokes	Tomatoes
Pumpkins	Kiwifruit	Zucchini	Nectarines
	Mustard Greens		Cherries
			Bananas

### Buy More Healthy Food for Less

The CalFresh Program, formerly Food Stamp Program, helps you and your family buy the food you need for good health.

You can receive CalFresh, WIC and school meals.

Using CalFresh for food means you can use your cash to pay bills.

You get a card that works just like a debit card, also known as EBT.

You can buy plant seeds and seedlings with your CalFresh dollars.

Turn to the back of the brochure for facts about the CalFresh Program.

### *Sample meal plan for family of four*

#### **Breakfast:**

3 cups of quick oats - \$0.59  
4 apples - \$1.89  
4 glasses nonfat milk - \$1.05



#### **Lunch**

6 whole wheat flour tortillas - \$1.99  
1.5 red bell peppers - \$.49  
1 Tomato - \$0.43  
1/4 of an onion - \$0.15  
1 can of corn - \$0.79  
3/4 cup of reduced-fat cheese - \$1.59  
3 tablespoons Cilantro - \$0.49

#### **Snack**

4 bananas - \$0.90



#### **Dinner**

2 lb of chicken breast \$2.32  
1lb Potatoes (3) - \$0.88  
2 cups of green beans- \$1.32  
3 cups of carrots - \$0.52  
1 Lemon - \$0.29

**\$15.69 total**

For important nutrition information visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net). For CalFresh information, call 2-1-1. Funded in part by the San Diego County Health & Human Services Agency, San Diego Hunger Coalition, 2-1-1, Network for a Healthy California, and USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. California Department of Public Health