

# CalFresh

## Apply Today!



You may be eligible to receive CalFresh within three days if you qualify for CalFresh Expedited Services. You can also get food assistance through various community organizations throughout San Diego.

CalFresh is also known as the federal Supplemental Nutrition Assistance Program (SNAP). CalFresh is a program for low-income families and those that meet certain income guidelines. CalFresh benefits help supplement your food budget and allow families and individuals to buy nutritious food.

CalFresh benefits are accessed by using an Electronic Benefit Transfer (EBT) card. An EBT card is used the same way you would use a debit or ATM card. Eligibility and the amount of CalFresh benefits issued depend on your household size, income and certain living expenses.



## OUR SERVICES

- **Providing healthy food**
- **Building families**
- **Encouraging self-sufficiency**
- **Providing nutrition education**

[SANDIEGOCOUNTY.CA.GOV/HHSA](http://SANDIEGOCOUNTY.CA.GOV/HHSA)

## Emergency Food Resources

### Meals on Wheels:

[meals-on-wheels.org/get-meals](http://meals-on-wheels.org/get-meals)  
619-260-6110

### San Diego Food Bank:

1-866-350-FOOD (3663)

### Feeding San Diego:

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

### 2-1-1 San Diego:

[211sandiego.org](http://211sandiego.org)

### CalFresh:

[sandiegocounty.gov/hhsa](http://sandiegocounty.gov/hhsa)

*(List not inclusive of all resources available.)*