

## How to Get Food Help in Orange County – 2/17

Program	Who	What do I get?	Contact Info
<b>2-1-1 Orange County</b>	All ages	Information on food assistance available through governmental, community & faith-based organizations	Dial 2-1-1 or (888) 600-4357 (toll free) <i>24-hrs</i> www.211oc.org Receive referrals from trained multilingual specialists
<b>CalFresh</b> (formerly known as Food Stamps)	All ages Individuals & families with low incomes. Must have a U.S. citizen or a legal resident household member	Electronic Benefits Transfer (EBT) card that can be used like an ATM card to purchase eligible food items at stores certified as CalFresh retailers	<b>For interactive assistance: (714) 541-4895 (24-hrs)</b> <b>For live assistance: (800) 281-9799 (wait times vary depending on call volume)</b> Central Regional Office (714) 834-8899 North Region (714) 575-2400 West Region (714) 503-2200 East Region (714) 435-5800 South Region (949) 206-4000 <b>www.MyBenefitsCalwin.org</b>
<b>CalFresh Outreach</b>	All ages	Community partners can provide information and help pre-screen, enroll online &/or make appointments	<b>2-1-1 OC:</b> Dial 2-1-1, (714) 589-2367, www.211oc.org <b>Catholic Charities of OC:</b> (714) 347-9670 <b>Community Action Partnership of OC (CAPOC):</b> (714) 897-6670, x3606 or www.ocfoodbank.org <b>Second Harvest Food Bank:</b> (855) 2-FeedOC, (855) 233-3362 or www.feedoc.org/get-help
<b>NEOP</b> Nutrition Education & Obesity Prevention	All ages	Local partners provide nutrition education to those receiving or eligible for CalFresh (also known as <i>Champions for Change</i> )	<b>Catholic Charities of OC:</b> (714) 347-9611 <b>County of Orange Health Care Agency</b> (714) 834-7984
<b>T/EFAP</b> The Emergency Food Assistance Program	All ages Individuals and families with incomes $\leq 150\%$ of the federal poverty level (FPL)	USDA foods including canned vegetables, fruits, meats, frozen poultry, juice, rice, beans, pasta and cereal	<b>Community Action Partnership of OC (CAPOC):</b> (714) 897-6670 or www.ocfoodbank.org <b>Second Harvest Food Bank:</b> (855) 2-FeedOC / (855) 233-3362 or www.feedoc.org/get-help
<b>WIC</b> Supplemental Nutrition Program for Women, Infants and Children	Pregnant, breastfeeding / postpartum women, infants & children up to age 5 years, with income $\leq 185\%$ federal poverty level (FPL). <i>May also be on CalFresh</i>	Nutrition education & checks for supplemental foods specific to needs. There are over 30 sites throughout OC.	<b>888-WIC-Works</b> or 888-942-9675 http://wic.myhealthoc.org/ <b>Camino Health Center:</b> (949) 488-7688 <b>County of Orange Health Care Agency:</b> (888) 968-7942 <b>Planned Parenthood of Orange &amp; SB Counties:</b> (714) 973-2411 <b>Public Health Foundation Enterprises (PHFE):</b> (888) 942-2229
<b>CACFP</b> Child and Adult Care Food Programs	Children 18 years & younger may receive healthy meals & snacks at after school & day care sites	Varies - Each participating site determines the foods it offers	Talk to your daycare or after school site or call: <b>Orange County Head Start, Inc.:</b> (714) 241-8920, www.ochsinc.org <b>Children's Home Society of California:</b> Main: (714) 456-9800, Kid Care Hotline: (714) 543-2273 or (949) 364-6605, www.chs-ca.org

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<b>School Meals</b>	School-age youth	Students are provided with lunch & some sites provide breakfast <ul style="list-style-type: none"> <li>• <b>Free Meals:</b> Incomes <math>\leq</math>130% of FPL</li> <li>• <b>Reduced Price Meals:</b> Incomes 130% to 185% FPL. <i>(Cannot be charged &gt;40¢)</i></li> <li>• <b>Full Price Meals:</b> Incomes &gt;185% FPL</li> </ul>	Contact your local school district or visit their website for an application form
<b>Summer Meals</b>	Children 18 years of age and younger	Youth can walk into participating community or school sites & receive food. No application is required. Contact the site for the breakfast &/or lunch meal hours.	<b>Second Harvest Food Bank:</b> (855) 2-FeedOC / (855) 233-3362 <a href="http://www.feedoc.org/get-help">www.feedoc.org/get-help</a> <b>2-1-1 OC:</b> Dial 2-1-1 or (888) 600-4357 (toll free), <a href="http://www.211oc.org">www.211oc.org</a>
<b>Kids Cafe (CACFP)</b>	Children 18 years of age and younger	After school meal program. Any child 18 yrs & younger can visit a Kids Cafe site & receive a meal during snack time. There are over 50 sites located throughout OC.	<b>Second Harvest Food Bank</b> (855) 2-FeedOC / (855) 233-3362 <a href="http://www.feedoc.org/get-help">www.feedoc.org/get-help</a>
<b>School Pantry</b>	Families seeking food assistance	Program provides 7-9 fresh produce items & other healthy foods at select school sites.	<b>Second Harvest Food Bank</b> (855) 2-FeedOC / (855) 233-3362 <a href="http://www.feedoc.org/get-help">www.feedoc.org/get-help</a>
<b>CSFP</b> Commodity Supplemental Food Program	Older adults at least 60 years of age with incomes $\leq$ 130% of the federal poverty level	Food packages containing specific items. Food may include nonfat dry & fluid milk, juice, oats, ready-to-eat cereal, rice, pasta, peanut butter, dry beans, canned meat or poultry or fish & canned fruits/vegetables.	<b>Community Action Partnership of OC (CAPOC)</b> (714) 897-6670 <a href="http://www.ocfoodbank.org">www.ocfoodbank.org</a>
<b>Senior Grocery Program</b>	Older adults at least 60 years of age	Fresh grocery items are offered twice a month. Items may include meat, eggs, cheese, milk, fresh produce, and bread.	<b>Second Harvest Food Bank</b> (855) 2-FeedOC / (855) 233-3362 <a href="http://www.feedoc.org/get-help">www.feedoc.org/get-help</a>
<b>CACFP</b> Child and Adult Care Food Programs	Older adults at least 60 years of age or who are functionally impaired may receive meals & snacks at adult day care sites	Varies - Each participating site determines the foods it offers.	Talk to your local senior center or contact: <b>Orange County Office on Aging</b> (800) 510-2020 (714) 480-6450 <i>if on cell phone or outside OC</i>
<b>Senior Meals</b>	Older adults at least 60 year of age.	Congregate meals at participating senior centers (often hot meals served at lunch to groups of people) or home delivered food (Meals on Wheels)	Talk to your local senior center or contact: <b>Orange County Office on Aging</b> (800) 510-2020 – <a href="http://officeonaging.ocgov.com">http://officeonaging.ocgov.com</a> (714) 480-6450 <i>if on cell phone or outside OC</i> <b>North-Central: SeniorServ (714) 823-3294, City of Irvine: (949) 724-6910, South: Age Well (949) 855-8033</b>



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