

FREE & AFFORDABLE FOOD FOR CALIFORNIA IMMIGRANTS

SAFE & OPEN TO ALL

Food resources are available to all who are eligible, **regardless of immigration status**. Using these resources **will NOT hurt** your immigration status in the future.

FOR CHILDREN & FAMILIES

WIC (Women, Infant and Children)



Food & nutrition counseling for pregnant women, new parents & children age 0-5.

Free or Low Cost Meals & Snacks



Served to kids in schools, child care, afterschool and summer programs.

Pandemic EBT COVID-19 Relief



Grocery money for families with children eligible for free/low cost school meals.

FOR SENIORS & ADULTS WITH DISABILITIES

Free Group & Home-Delivered Meals



Provided by county agencies, Meals on Wheels, etc.

FOR EVERYONE

Food Distribution



Free groceries from pantries and other community resource providers.

CALFRESH KEEPS YOU HEALTHY

CalFresh is California's SNAP nutrition program.

- Receive extra resources for food each month.
- You must meet income guidelines to qualify.
- Qualified immigrants and citizens are eligible.

Find out if you qualify:

**BUY GROCERIES
WITH CALFRESH &
SAVE YOUR MONEY
FOR OTHER NEEDS.**



VISIT www.GetCalFresh.org

CALFRESH & PUBLIC CHARGE

- If you are eligible for CalFresh, in most cases, the public charge test does not apply to you.
- Qualified immigrants and citizens in your household can use CalFresh and it **WILL NOT** prevent undocumented family members from changing their immigration status in the future.

Find out if public charge applies to you:

VISIT www.KeepYourBenefitsCA.org

TO FIND LOCAL RESOURCES:

