COVID-19 Food Resources

Compiled by the San Diego Hunger Coalition, the San Diego County Childhood Obesity Initiative, the UC San Diego Center for Community Health, Healthy Campus Network, Staff Association, and The Hub

CalFresh (SNAP)

- CalFresh is a federal supplemental nutrition program for families and individuals that meet certain income guidelines
- CalFresh benefits supplement your food budget and allow families and individuals to buy nutritious food
- Sign up at getcalfresh.org

Food Pantry & Food Distribution Sites

- Food pantries distribute food to families free of charge
- The Child and Adult Care Food Program (CACFP) is a federal program that provides free or low cost meals for child and adult care centers
- Find CACFP meal sites
- Find food pantries and food distribution sites

¡Más Fresco! More Fresh! Program

- For every CalFresh EBT dollar spent on fruits and vegetables you receive another rebate dollar to spend on more fresh fruits and vegetables, up to $40 per month
- Use at participating Northgate Gonzalez Markets and at farmers markets
- Enroll at masfresco.org or call 888-282-2711

Meals for Seniors

- Seniors can get hot meals and/or a senior distribution box delivered to your home
- Find senior meal distribution sites
- Find transportation assistance to food distribution sites

Summer Grab-and-Go Meals for kids

- All children 18 and under can receive no cost meals during the summer from a summer meal site. No paper work required if the child is present.
- This is NOT a public charge
- Click here to find a summer meal site
- You can also find the nearest site by texting "food" or "comida" to 877-877

Stay Healthy San Diego

- Learn about the 5210 tips to stay healthy
- Visit eatfresh.org for Healthy recipes
- Enjoy free live mindfulness sessions here
- Continue breastfeeding to provide optimal nutrition. Learn more here
- It is safe to eat fruits and vegetables during COVID-19. Click here

WIC

- If your income has been affected by recent events and you are pregnant, nursing, or a caretaker of a child under age 5, WIC can help you get access to healthy foods.
- Must meet income and program requirements
- This is NOT a public charge
- Visit sdwic.com to learn if you qualify and how to enroll

More Resources

- Call 2-1-1 San Diego to find food in your community
- Text COSD COVID19 to 467-311 for SD County updates
- Visit Leah's Pantry for public & partner workshops
- Visit San Diego Hunger Coalition
- Visit Live Well San Diego
- Visit County of San Diego, HHSA