

## FOOD ASSISTANCE PROGRAMS AND FOOD RESOURCES

Click on the links below to find out more information about each food assistance program and food resource.

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### **At-Risk Afterschool Meals (Afterschool Meal Program)**

- The At-Risk Afterschool Meals, known as the Afterschool Meal Program, provides federal funding to afterschool programs that serve a meal or snack to children and youth under age 18 in low-income areas.
- The goal of the program is to provide healthy food to children and youth who may be struggling with hunger after school.



#### **Afterschool Meal Program Resources for Community Members:**

- Find an Afterschool Meal Site and/or Program by visiting:
  - [Los Angeles Unified School District](#)
  - [County of Los Angeles After-School Programs](#)

#### **Afterschool Meal Program Resources for Professionals:**

- [Afterschool Alliance](#) – public-private organization that focuses on quality afterschool programs at the national, state and local levels.
- [Food Research and Action Center](#) – national non-profit organization working to end poverty-related hunger and undernutrition in the United States.
- [Healthy Behaviors Initiative](#) – part of the [Center for Collaborative Solutions](#), a California local and statewide effort to transform learning programs, such as afterschool programs, into places that support healthy eating, active living and food security.
- [No Kid Hungry](#) – national campaign managed by [Share Our Strength](#), a national non-profit organization working to end hunger and poverty around the world.

## CalFresh (Supplemental Nutrition Assistance Program or SNAP)

- The Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps is called CalFresh in California. CalFresh can help eligible individuals and families buy healthy food and manage their food budget.
- The goal of CalFresh is to prevent hunger and malnutrition.
- CalFresh benefits are given through an Electronic Benefit Transfer (EBT) card, which works like a debit card. Most grocery stores, corner stores and farmers' markets accept EBT.
- Visit the [Los Angeles County Department of Public Social Services](#) for more information on CalFresh.



### CalFresh Resources for Community Members:

- Apply to CalFresh by:
  - Calling Customer Service Center at 1-866-613-3777 and select, "Apply to CalFresh" option
  - Visiting [GetCalFresh.org](#)
- Community Partner Application Assistance – organizations who help community members complete a CalFresh application. [Find an organization who can help you complete an application.](#)
- CalFresh at the Farmers' Market – find out which farmers' markets accept CalFresh/EBT through the [Ecology Center's Farmers' Market Finder.](#)
- Public Charge
  - [Does Public Charge Apply to Me?](#)  
These are handouts the Department of Public Social Services created in 9 languages.
  - [Office of Immigrant Affairs](#) – information and referrals about free or low-cost legal services.

### CalFresh Resources for Professionals:

- Community Partner Application Assistance – organizations who help community members complete a CalFresh application. [Refer community members to the list of organizations.](#)
- Onsite CalFresh Outreach Workers – request outreach workers from the Los Angeles County Department of Public Social Services to enroll community members into CalFresh at health fairs and community events. [Complete the outreach participation request form.](#)
- Public Charge
  - [Does Public Charge Apply to Me?](#)  
These are handouts the Department of Public Social Services created in 9 languages.
  - [Office of Immigrant Affairs](#) – information and referrals about free or low-cost legal services.

## Child and Adult Care Food Program (CACFP)

- The Child and Adult Care Food Program (CACFP) provides reimbursement for healthy meals and snacks to eligible children, older or disabled adults who are enrolled at participating CACFP sites. These sites include: child care centers, adult day care centers, family day care homes, afterschool care centers, and emergency shelters.
- The goal of CACFP is to provide healthy food that contributes to the growth and development of young children and the health and wellness of older and disabled adults.
- Visit the [California Department of Education](#) for more information on the [child care](#) and [adult day care center](#) components of CACFP.



### Child and Adult Care Food Program (CACFP) Resources for Community Members:

- [CACFP Contact List](#) – contact information for child and adult care centers and day care home sponsors in California.

### Child and Adult Care Food Program (CACFP) Resources for Professionals:

- [Food Research and Action Center](#) – national non-profit organization striving to end poverty-related hunger and undernutrition in the United States.

## Congregate Nutrition Program (Congregate or Senior Meals)

- The Congregate Nutrition Program, referred to as Congregate or Senior Meals, is part of the Elderly Nutrition Program. The program offers meals to mobile adults 60 years of age or older at meal sites, such as senior centers or parks.
- The goal of the program is to address the dietary needs of older adults and present opportunities for social engagement.
- The program is free but asks participants to donate between \$1.75 – \$3.00 per meal, if possible.

### Congregate Nutrition Program Resources for Community Members:

- Find a Congregate Meal site by visiting:
  - [City of Los Angeles Department of Aging](#)
  - [County of Los Angeles Workforce Development Aging and Community Services](#)
- Find other programs and services for seniors provided by the [City of Los Angeles](#) and [County of Los Angeles](#).

### Congregate Nutrition Program Resources for Professionals:

- California Department of Aging – provides information on programs and services offered to older adults in the [City of Los Angeles](#) and [County of Los Angeles](#).

## Food Gleaning and Food Redistribution

- Food gleaning refers to collecting extra or leftover food from farms, gardens, grocery stores, farmers' markets, restaurants, and other food stores.
- Food redistribution refers to directly offering gleaned food to communities in need.
- Some organizations provide both food gleaning and food distribution services, while others may only provide one type of service.
- The goal of food gleaning and redistribution is to reduce food waste by feeding hungry people.



### Food Gleaning and Redistribution Resources for Professionals:

- [Food DROP](#) – provides resources for businesses operating in Los Angeles County's unincorporated cities so they can safely donate excess edible food.
- [Food Finders](#) – non-profit, volunteer organization that picks up donated food from grocery stores, bakers, restaurants, and produce markets throughout Southern California. Redistributes food to partnering organizations, including shelters and social service agencies.
- [Food Forward](#) – non-profit, volunteer organization that collects surplus produce from farmer's markets, public orchards, and Downtown Los Angeles Wholesale Produce Market. Food is donated to hunger relief organizations across Southern California.

## Food Pantries

- Food pantries provide free groceries to community members in need. Food pantries can be in community centers, places of worship (e.g. church, mosque or temple) and schools or college campuses.
- The goal of food pantries is to serve as an immediate food resource for those struggling with hunger.
- Most food pantries have specific hours and days of operation. Make sure to confirm the time before arriving at the food pantry.
- The type of food found in food pantries varies but may include beans, breads, baked goods, canned or fresh fruits and vegetables, lean meats, pasta, and prepared or ready-to-eat foods.



### Food Pantry Resources for Community Members:

- Find a food pantry by visiting:
  - [211 LA County's food page](#)
  - [Los Angeles Regional Food Bank's food pantry locator map](#)
  - [Westside Food Bank's food pantries](#)

### Food Pantry Resources for Professionals:

- [Feeding America](#) – nation's largest domestic hunger-relief organization.
- [Los Angeles Regional Food Bank](#) – one of the largest food distribution centers in Los Angeles County.
- [Mazon](#) – national organization aimed at reducing hunger through policy and education.
- [Westside Food Bank](#) – supplies food to food assistance programs and social service agencies in Santa Monica, Venice, Culver City, West Los Angeles, West Hollywood, Inglewood, and LAX area.

## Head Start and Early Head Start

- Head Start provides programs and services to improve school readiness of low-income children under age 5 by supporting parents, promoting nutrition and health, and developing early learning skills, such as language and literacy.
- Some Head Starts offer Early Head Start, a program that promotes the development of low-income infants and toddlers while also supporting pregnant women, parents and caregivers.
- The goal of Head Start and Early Head Start is to promote the educational attainment of low-income children through supporting their physical, social, cognitive and emotional development.
- Visit the [Los Angeles County Office of Education](#) for more information on Head Start and Early Head Start.



### Head Start and Early Head Start Resources for Community Members:

- Visit the [Los Angeles County Office of Education's map locator](#) to find a Head Start or Early Head Start near you.
- Read more about Los Angeles County's [Head Start and Early Head Start](#) programs and how parents can get involved.

### Head Start and Early Head Start Resources for Professionals:

- [Los Angeles County Office of Education](#) – works with school districts and nonprofit agencies to provide Head Start, Early Head Start, and state programs that serve the needs of children and families across Los Angeles County.

## Home-Delivered Meals Program

- The Home-Delivered Meals Program is a healthy meal delivery program for older adults who are homebound. The program is provided by the Los Angeles County Workforce Development Aging and Community Services. Older adults can have meals delivered to their home by volunteers if they cannot plan, shop, or prepare meals for themselves due to illness, disability, or advanced age.
- The goal of the Home-Delivered Meals Program is to provide nutritious meals to homebound older adults and opportunities for safety checks by volunteers, which can help reduce feelings of loneliness and isolation.

### Home-Delivered Meals Program Resources for Community Members and Professionals:

- Visit the [Los Angeles County Workforce Development Aging and Community Services](#) for more information or call 1-800-510-2020.

## Market Match



- Market Match is a program for people on CalFresh, formerly known as food stamps, to help them buy healthy food at farmers' markets.
- The goal of Market Match is to increase CalFresh recipients' access to healthy food.
- For every \$1 of CalFresh benefits, the program provides an additional \$1 in Market Match tokens or vouchers that can be used to buy fruits and vegetables. Most farmers' markets match up to \$10 or while supplies last.
- Visit [Market Match](#) to learn more about the program.

### Market Match Resources for Community Members:

- Find farmers' markets that accept Market Match by visiting [Ecology Center's Farmers' Market finder map](#).

### Market Match Resources for Professionals:

- [Ecology Center](#) – partners with organizations across California to lead Market Match and other programs that supports a sustainable and healthy food system. The Ecology Center leads the statewide California Market Match Consortium, including the following local partners:
  - [Hunger Action Los Angeles \(HALA\)](#) partners with over 25 farmers' markets across Los Angeles County to offer Market Match.
  - [Sustainable Economic Enterprises of Los Angeles \(SEE-LA\)](#) builds sustainable food systems and promotes social and cultural activities that benefits Los Angeles County community members.
  - [Model Neighborhood Program \(MNP\)](#) provides direct support through its Certified Farmers' Markets and nutrition programs.

## Meals on Wheels

- Meals on Wheels is a meal delivery and food program for older adults that is provided by community-based organizations. Older adults can have meals delivered to their home by volunteers if they cannot plan, shop, or prepare meals for themselves due to illness, disability, or advanced age. The program also serves meals in the community, such as senior or community centers.
- The goal of Meals on Wheels is to provide nutritious meals to homebound older adults and opportunities for safety checks by volunteers, which can help reduce feelings of loneliness and isolation.

### Meals on Wheels Resources for Community Members and Professionals:

- Find a Meals on Wheels location near you by visiting [Meals on Wheels America](#).

## School Breakfast Program and National School Lunch Program (School Meals)

- The School Breakfast Program and National School Lunch Program, collectively known as School Meals offer eligible students free or reduced-price breakfast and/or lunch, depending on the students' household income eligibility, at public and nonprofit private schools.
- The goal of School Meals is to reduce student hunger, which will improve academic performance and thinking skills.
- Visit the [California Department of Education](#) to learn more about School Meals and other school nutrition programs.



### School Meals Resources for Community Members:

- Contact your local school district to complete an application for the School Breakfast Program and/or National School Lunch Program. You can find your school district at [GreatSchools.org](#).

### School Meals Resources for Professionals:

- [Food Research & Action Center](#) - national non-profit organization striving to end poverty-related hunger and undernutrition in the United States. Provides [School Breakfast Program](#) information and [National School Lunch Program](#) information.

## Summer Meals Program

- The Summer Meals Program provides free healthy meals and snacks to children and teens during the summer months when school is not in session.
- The goal of the Summer Meals Program is to reduce child hunger that may occur during the summer.
- Children and teens receive free food at sites that are safe and supervised. These sites include: churches, community centers, libraries, parks and schools.
- Most summer meal sites provide activities such as nutrition education, physical activity and reading programs.
- Visit the [California Department of Education](#) for more information on Summer Meals Program.

### Summer Meals Program Resources for Community Members:

- To find a summer meal site near you:
  - Text "FOOD" or "COMIDA" to 877-877 and provide an address or zip code.
  - Visit the [California Department of Education](#) or the [United States Department of Agriculture Summer Meals page](#).

### Summer Meals Program Resources for Professionals:

- [Summer Meals toolkit](#) – provides guidance on forming partnerships, flyer templates, sample menus, and administrative guidelines.
- [Summer Meal hunger fact sheet](#) – fact sheet on summer meals program and hunger in California.

## Women, Infants, and Children (WIC)

- WIC provides eligible pregnant, breastfeeding and post-partum women, infants, and children up to age 5 with nutrition education, breastfeeding support, referrals to health care and community services and a WIC Card to purchase healthy food.
- The goal of WIC is to improve the health of low-income women and the growth and development of infants and children who are at nutritional risk.
- The WIC Card can be used to buy fruits, vegetables, whole grains, milk, eggs, yogurt and other food items on the [WIC approved list](#).
- Caretakers, fathers, foster families, and military families may be eligible for WIC if they have a child under age 5.
- Visit the [California Department of Public Health](#) for more information on WIC.



### WIC Resources for Community Members:

- You must apply for WIC by visiting a local WIC office. Find an office by:
  - Visiting [California WIC Mobile](#) using the “Am I Eligible?” calculator
  - Calling 1-888-942-9675
- [California WIC Mobile website](#) – provides information on WIC location, allowable WIC foods, approved vendors, an eligibility calculator, and more.

### WIC Resources for Professionals:

- [WIC Works Resource System](#) – education and training center for WIC staff. Provides resources to order WIC materials.
- There are 7 agencies in Los Angeles County that administer WIC:
  - [Antelope Valley Hospital WIC](#)
  - [City of Long Beach Nutrition Services Division WIC](#)
  - [City of Pasadena WIC](#)
  - Lindquist Institute (formerly known as [South Los Angeles Health Projects](#))
  - [Northeast Valley Health Corporation WIC](#)
  - [Public Health Foundation Enterprises WIC](#)