## How to Get Food Help in Orange County – 10/19

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<tr>
<th>Program</th>
<th>Who</th>
<th>What do I get?</th>
<th>Contact Info</th>
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<tr>
<td>2-1-1 Orange County</td>
<td>All ages</td>
<td>Information on food assistance available through governmental, community &amp; faith-based organizations.</td>
<td>Dial 2-1-1 or (888) 600-4357 (toll free) 24-hrs</td>
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<td>CalFresh</td>
<td>All ages</td>
<td>Electronic Benefits Transfer (EBT) card that can be used like an ATM card to purchase eligible food items at stores certified as CalFresh retailers.</td>
<td>For interactive assistance: (714) 541-4895 (24-hrs)</td>
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<td>CalFresh Outreach</td>
<td>All ages</td>
<td>Community partners can provide information and help pre-screen, enroll online &amp;/or make appointments.</td>
<td>Orange County CalFresh Collaborative: Call 2-1-1 or text your zip code to 898-211</td>
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<td>CalFresh Healthy Living</td>
<td>All ages</td>
<td>Local partners provide nutrition education to those receiving or eligible for CalFresh.</td>
<td>Catholic Charities of OC: (714) 347-9611</td>
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<td>T/EFAP The Emergency Food Assistance Program</td>
<td>All ages</td>
<td>USDA foods including canned vegetables, fruits, meats, frozen poultry, juice, rice, beans, pasta and cereal.</td>
<td>Community Action Partnership of OC (CAPOC): (714) 897-6670 or <a href="http://www.ocfoodbank.org">www.ocfoodbank.org</a></td>
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<td>WIC Supplemental Nutrition Program for Women, Infants and Children</td>
<td>Pregnant, breastfeeding / postpartum women, infants &amp; children up to age 5 years, with income ≤185% federal poverty level (FPL). <em>May also be on CalFresh</em></td>
<td>Nutrition education &amp; checks for supplemental foods specific to needs. There are over 25 sites throughout OC.</td>
<td>888-WIC-Works or (888) 942-9675 <a href="http://m.wic.ca.gov">http://m.wic.ca.gov</a></td>
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<td>CACFP Child and Adult Care Food Programs</td>
<td>Children 18 years &amp; younger may receive healthy meals &amp; snacks at after school &amp; day care sites</td>
<td>Varies - Each participating site determines the foods it offers.</td>
<td>Talk to your daycare or after school site or call: Orange County Head Start, Inc.: (714) 241-8920, <a href="http://www.ochsinc.org">www.ochsinc.org</a></td>
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| School Meals | School-age youth | Students are provided with lunch & some sites provide breakfast  
- **Free Meals**: Incomes ≤130% of FPL  
- **Reduced Price Meals**: Incomes 130% to 185% FPL. *(Cannot be charged >40¢)*  
- **Full Price Meals**: Incomes > 185% FPL | Contact your local school district or visit their website for an application form |
| Summer Meals | 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. | Program provided by Second Harvest Food Bank:  
For locations: Call 2-1-1 or text your zip code to 898-211  
Website: www.OCFoodHelp.org |
| Kids Cafe (CACFP) | Children 18 years of age and younger | After school meal program. Any child 18 years & younger can visit a Kids Cafe site & receive a meal during snack time. There are ~40 sites located throughout OC. | Program provided by Second Harvest Food Bank:  
For locations: Call 2-1-1 or text your zip code to 898-211  
Website: www.OCFoodHelp.org |
| School Pantry | Families seeking food assistance | Program provides 7-9 fresh produce items & other healthy foods at select school sites. | Program provided by Second Harvest Food Bank:  
For locations: Call 2-1-1 or text your zip code to 898-211  
Website: www.OCFoodHelp.org |
| CSFP Commodity Supplemental Food Program | Older adults at least 60 years of age with incomes ≤130% of the federal poverty level | 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. | Community Action Partnership of OC (CAPOC)  
(714) 897-6670  
www.ocfoodbank.org |
| Senior Grocery Program | 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. | Program provided by Second Harvest Food Bank:  
For locations: Call 2-1-1 or text your zip code to 898-211  
Website: www.OCFoodHelp.org |
| CACFP 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:  
Orange County Office on Aging  
(800) 510-2020 – http://officeonaging.ocgov.com  
(714) 480-6450 if on cell phone or outside OC |
| Senior Meals | Older adults at least 60 years 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:  
Orange County Office on Aging  
(800) 510-2020 – http://officeonaging.ocgov.com  
(714) 480-6450 if on cell phone or outside OC  
North-Central: SeniorServ (714) 823-3294, City of Irvine: (949) 724-6910, South: Age Well (949) 855-8033 |