

# How to Get Food Help in Orange County



Work for a Healthy California

**County Nutrition Action Plan (CNAP) – 2/2018**

# Objective

Help refer individuals to all the food programs they are eligible for:

- People of all ages
- Babies, young children, pregnant & new mothers
- School-age youth
- Older adults

# CalFresh Program



## What is CalFresh?

**A State and Federally funded program to help low-income people buy the food they need for good health.**

- Formerly known as Food Stamps
- Known as the Supplemental Nutrition Assistance Program or SNAP at federal level
- Administered by the Orange County Social Services Agency (SSA)
- Number of OC participants: **230,130** *(December 2017)*

# CalFresh Program



## Who can get CalFresh?

**CalFresh is for people and families with low incomes. Anyone can apply.**

You may qualify if you:

- Receive CalWORKs or General Relief
- Have limited income or no income
- Have limited property or resources
- Are or have a U.S. Citizen or a legal resident member in your household

# CalFresh Program



## What major factors are considered?

- **Household Composition:** *Who resides in the home? Are they related? Who purchases or prepares food together?*
- **Income** *of most individuals who live in the same home that eat meals together is used to determine eligibility such as: Gross Earnings, Unearned Income, Social Security benefits, Unemployment Benefits, Disability Benefits, Workmans' Comp*
- **Resources:** *All resources are waived for Modified Categorical Eligibility (MCE) conferred households. For non-MCE conferred households, certain resources may be exempt, and will be explained by the Eligibility Technician during the application interview process.*

People of all ages

# CalFresh Program



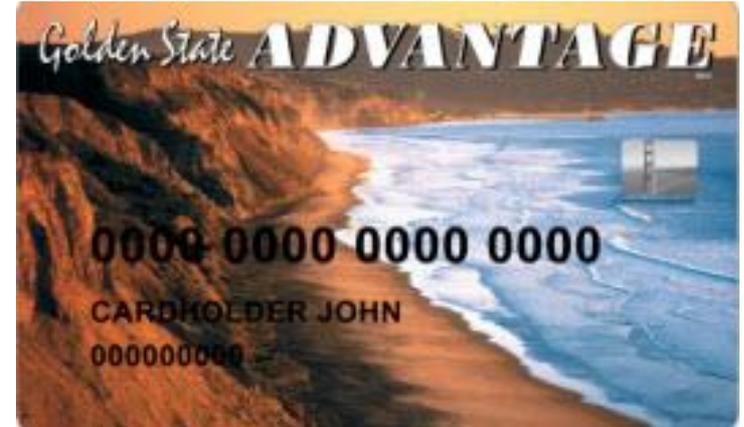
## Who cannot get CalFresh?

- **SSI/SSP recipients** – However, your family may be eligible to receive CalFresh benefits.
- **Undocumented immigrants** – However, undocumented parents may qualify for benefits for their citizen children.
- **Students 18-49 yrs** enrolled half time or more in an institution of higher education who do not meet exemption criteria or do not meet the 80 hrs per month working requirement rule.
- **Fleeing Felons and Probation/Parole Violators** (based on new definitions effective 12/1/15.)
- **Questions? Check with the CalFresh office**

People of all ages

# CalFresh

## How are benefits received?



- CalFresh benefits are not cash.
- Recipients will be issued an Electronic Benefit Transfer (EBT) card.
- EBT cards are used at checkout like an ATM card or credit card to purchase eligible food items.
- EBT cards can only be used at stores certified as CalFresh retailers or vendors.

# CalFresh Program



## *How much do I get?*

- The amount depends on your household's income, expenses and size.

## *CalFresh Expedited Services (ES)*

- Households with very limited income & cash resources may receive *CalFresh Expedited Service* (ES) within 3 days.
- ES can be requested online (as part of the CalFresh application), by phone application/interview or at the nearest regional office.

People of all ages

# CalFresh

## What Can I Buy?



### Allowed

- Food & Beverages for Human Consumption
  - Fruits and Vegetables
  - Meat
  - Dairy Products
  - Packaged, Canned & Frozen Foods
    - Snack Food (candy and soda)
- Seeds or Plants to Grow Food

### Not allowed

- Hot Food (any food that will be eaten in store)
- Alcoholic Beverages or Tobacco Products
- Vitamins and Medicines
- Pet Food
- Nonfood Items such as: Paper Products, Soap and Cleaning Supplies, Personal Hygiene Products, Grooming Items and Cosmetics, etc.

People of all ages

# CalFresh Program



## How do I apply?

- **Online:** [www.MyBenefitsCalwin.org](http://www.MyBenefitsCalwin.org)
- **By phone/mail:** Call (800) 281-9799
- **By FAX:** (714) 645-3489
- **In person:** At Social Services Agency offices
- **Call 2-1-1:** Get help from OC 2-1-1 staff
- **At Family Resource Centers (FRCs)**

People of all ages

# CalFresh Program



## Who can I call?

### ■ **For interactive assistance: (714) 541-4895**

- Aliso Viejo, Anaheim, Garden Grove & Santa Ana  
(24 hr. Interactive Voice Response phone number for general info & office locations)
- Central Regional Office (714) 834-8899

### ■ **For live assistance: (800) 281-9799**

- Wait times vary depending on call volume

### ■ **CalWORKs Offices**

- North Region (714) 575-2400
- West Region (714) 503-2200
- East Region (714) 435-5800
- South Region (949) 206-4000

People of All Ages

# CalFresh Outreach

*Unsure about applying for CalFresh?*

Community partners can help you get more information, get pre-screened or make an appointment.



# CalFresh Outreach

## Who do I call?

- **2-1-1 Orange County**

Dial 2-1-1 or (888) 600-4357 (toll free) or [www.211OC.org](http://www.211OC.org)  
CalFresh appointment line (714) 589-2345 (150 languages)

- **Catholic Charities of OC**

(714) 347-9670

- **Community Action Partnership of OC (CAPOC)**

(714) 897-6670, x3606 or [www.ocfoodbank.org](http://www.ocfoodbank.org)

- **Second Harvest Food Bank**

(855) 2-FeedOC, (855) 233-3362 (Eng/Sp)  
[www.FeedOC.org/get-help](http://www.FeedOC.org/get-help) to book an appointment

# NEOP

## ***Nutrition Education & Obesity Prevention***

### ***Who can help CalFresh families eat healthier?***

Local NEOP partners receive funding from the USDA to provide nutrition education to CalFresh recipients & eligible low-income individuals.

### ***What does NEOP do?***

- 1) Shares info on healthy eating, physical activity & food security
- 2) Creates supportive food & activity environments to make healthy choices easier where people eat, live, learn, work, play & shop.

# NEOP

## Who provides NEOP services in OC?

**Catholic Charities of Orange  
County (CCOC)**



**Orange County  
Health Care Agency (HCA)**

***2 subgrant partners***

- America On Track
- Community Action Partnership of OC



# NEOP

## What services are available?

**Activities include:** nutrition classes, food demos, displays, peer & staff trainings, neighborhood assessments, grocery store tours & much more

## Where are services provided?

**Sites include:** CalFresh offices, shelters, community centers, schools, public housing complexes, health fairs, childcare sites, worksites, grocery stores, faith-based sites & more



People of All Ages

# NEOP



*How do I learn more about nutrition activities in my area?*

**Catholic Charities  
of Orange County (CCOC)**  
(714) 347-9611



**Orange County  
Health Care Agency (HCA)**  
(714) 834-8579



People of All Ages

# T/EFAP

## The Emergency Food Assistance Program (TEFAP or EFAP)

### Who can get T/EFAP?

Individuals with incomes at or below **150%** of the federal poverty level (FPL).

### Where is T/EFAP offered?

Offered at over 75 sites throughout the county

Number of OC participants: **45,411** (Est. Sept. 2017)

*T/EFAP foods are provided to households and to shelters/soup kitchens for warm prepared meals*

# T/EFAP

## What do I get?

USDA foods including canned veggies, fruits and meats, frozen poultry, juice, rice, beans, pasta and cereal.

May also receive locally donated items: *(not T/EFAP)*

- Fresh produce
- Bread
- Snacks, such as granola bars or crackers

People of All Ages

# T/EFAP

*How do I apply for T/EFAP:*

**Community Action Partnership of OC  
(CAPOC) – OC Food Bank**

(714) 897-6670 or [www.ocfoodbank.org](http://www.ocfoodbank.org)

**Second Harvest Food Bank**

(855) 2-FeedOC or (855) 233-3362 or

[www.feedoc.org/get-help](http://www.feedoc.org/get-help)



People of All Ages

# 2-1-1



**Additional food assistance is available through community programs & faith-based organizations**

***How do I find out about these food sites?***

## Call 2-1-1

- Call 2-1-1 or (888) 600-4357 toll free 24 hours a day, 7 days a week to receive referrals from trained multilingual specialists. Online at [www.211OC.org](http://www.211OC.org)
- An initial screening for CalFresh benefits will be conducted. Callers meeting the qualifications will be referred to the CalFresh application process.

Babies, young children, pregnant/new mothers

# WIC

## Supplemental Nutrition Program for Women, Infants & Children (WIC)



### Who can get WIC?

Pregnant, breastfeeding/postpartum women, infants & children up to age 5 years, with income  $\leq 185\%$  federal poverty level (FPL).

### What do I get?

Nutrition education, breastfeeding support and checks for supplemental foods specific to needs and age

Number of OC participants: **61,406** (September 2017)

# WIC

## What nutrition education do participants get?

- **Group & individual counseling** on a variety of topics specific to the needs of the participant.
- **Online education** can be completed in the home or where they have access to a computer.
- **Breastfeeding education & support.** May talk to a Certified Lactation Educator.



# WIC

## What foods can WIC participants receive?

- **Fruits & vegetables** – fresh, canned & frozen
- **Whole grain** breads, pasta, tortillas, oats & brown rice
- Milk, cheese, eggs, tofu, yogurt & soy milk
- Cereals, dry beans or peas & peanut butter

## Infants may receive

baby foods & fortified infant formula & at 9 months, may receive fresh fruits & veggies

## Mothers that breastfeed

may receive additional food.





# WIC

## How do I apply for WIC Services?

- Call **888-WIC-Works** or 888-942-9675 to find the closest agency.
- **Call the local WIC** Agency to be prescreened and make an appointment. Proof of ID, address and income will be required for enrollment.
- Applicants can also **walk-in** to the nearest WIC center and apply for services.

Babies, young children, pregnant/new mothers

# WIC



## 4 WIC agencies serve Orange County:

- **Camino Health Center**  
(949) 488-7688



- **County of Orange Health Care Agency**  
(888) YOUR WIC or (888) 968-7942



- **Planned Parenthood of Orange & SB Counties**  
(714) 973-2411



- **Public Health Foundation Enterprises (PHFE)**  
(888) 942-2229 or [www.phfewic.org](http://www.phfewic.org)



**For more info or to find a WIC provider:**  
<https://m.wic.ca.gov>

# CACFP

## Child and Adult Care Food Programs (CACFP)

### Who can get CACFP?

Children 18 years and under & older adults may receive healthy meals & snacks at participating after school & day care sites.

- Head Start & Early Head Start
- After school programs
- Childcare sites (*homes and centers*)
- Emergency shelters serving children 18 yrs & under
- Other

Babies, young children, pregnant/new mothers & School-age Youth

# CACFP

## What do I get?

**Varies by site - Each site determines the foods it offers.**

- Meals – up to 3 per day (breakfast, lunch & dinner)
- Snacks
- May use USDA donated foods



Babies, young children, pregnant/new mothers & School-age Youth

# CACFP

*How do I apply?*

**Talk to your daycare or after school site or call:**

**Orange County Head Start, Inc.**

(714) 241-8920 or [www.ochsinc.org](http://www.ochsinc.org)

**Children's Home Society of California**

Main: (714) 456-9800

Kid Care Hotline: (714) 543-2273 or (949) 364-6605

**Second Harvest Food Bank of OC**

(855) 2-FeedOC or (855) 233-3362

[www.FeedOC.org/get-help](http://www.FeedOC.org/get-help)

# School Meals

## What is the School Meal Program?

Students are provided with lunch & at some sites, breakfast

- Free Meals: Incomes  $\leq 130\%$  of federal poverty level.
- Reduced Price Meals: Incomes 130% to 185% FPL.  
*(Students cannot be charged more than 40¢ for meals.)*
- Full Price Meals: Incomes  $> 185\%$  FPL

**Number of participants: 225,163** (FRPM, K-12<sup>th</sup>, 2016-17)

# School Meals

## What do students get?

*Menus based on grade level: portion size, calories, saturated fat & sodium. No trans fat is allowed.*

- **Fruits & Vegetables:**  $\frac{1}{2}$ -1 cup fruit and  $\frac{3}{4}$ -1 cup of vegetables per day. *5 different vegetable subgroups are offered: red/orange, dark green, legume, starch & other.*
- **Meat/Alternative:** 8-12 oz. weekly
- **Whole Grains:** 8-12 oz. equivalents weekly
- **Lower Fat Milks:** 1 cup per day. *Must be 1% low fat (unflavored) or fat-free (unflavored or flavored)*

School-age Youth

# School Meals



School-age Youth

# School Meals



# School Meals

## How do I apply?

Contact your local school district for the application form and to learn more about the healthy foods offered at your school

Families receiving CalFresh are eligible for free school meals (by Direct Certification).

*Due to potential delays in processing forms, all CalFresh families are still encouraged to submit a School Meal application to ensure their children receive free meals.*

## School-age Youth

# Youth Programs

Over 40% of OC children rely on free and reduced lunches at school. When school is out many of these children may be at risk of going hungry.

Programs serving youth include:

- **Kids Cafe**
- **School Pantry**
- **Summer Meals**



## School-age Youth

# Kids Cafe Program



Any child 18 yrs or younger can visit a Kids Cafe site & receive a free meal during after school hours. There are 45 sites located throughout OC.

## Where do I go?

**Contact Second Harvest  
to find participating sites:**

(855) 2-FeedOC

(855) 233-3362

[www.FeedOC.org/get-help](http://www.FeedOC.org/get-help)



School-age Youth

# School Pantry



This free program provides families with 7-9 fresh produce items and other healthy foods. The program reaches over 19,800 individuals at 32 school sites.

Where do I go?

**Contact Second Harvest  
to find participating sites:**

(855) 2-FeedOC

(855) 233-3362

[www.FeedOC.org/get-help](http://www.FeedOC.org/get-help)



## School-age Youth

# Summer Meals



Select community & school sites offer Summer Meals. Anyone 18 years of age & younger can walk into any of these sites & receive free food. No application is required. Contact the site for summer breakfast, lunch & snack times.

## For locations:

- **Second Harvest – Kids Cafe**  
(855) 2-FeedOC or (855) 233-3362  
[www.FeedOC.org/get-help](http://www.FeedOC.org/get-help)
- Call **2-1-1** or (888) 600-4357
- **USDA – Summer Meals**  
[www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks)

A flyer for "Summer Meals for Kids" with a colorful background of fruit. The text is in multiple languages: English, Spanish, and Vietnamese. It provides contact information for Second Harvest Food Bank and Kids Cafe, including phone numbers and the website feedoc.org. There are also small photos of children eating.

**Summer Meals for Kids**

Kids eat **free** • Niños comen **gratis**  
Trẻ em được ăn **miễn phí**

Breakfast, lunch, and/or snack provided for **FREE** at over 150 locations throughout Orange County, to all kids 18 and younger.

Desayuno, almuerzo y / o merienda se les dará **GRATIS** en 150 localidades en el Condado de Orange para todos los niños menores de 18 años.

Ăn sáng, ăn trưa, và/hoặc bữa ăn chơi trong ngày được cung cấp **MIỄN PHÍ** tại hơn 150 địa điểm trong Quận Cam, cho tất cả các em từ 18 tuổi trở xuống.

**For locations • Para localidades  
Cho các địa điểm**

(855) 2-FeedOC • (855) 233-3362  
[feedoc.org](http://feedoc.org)

SECOND HARVEST FOOD BANK  
Kids Cafe

This institution is an Equal Opportunity Provider.

## Older Adults

# CSFP

## Commodity Supplemental Food Program (CSFP)

### Who can get CSFP?

Adults who are at least 60 years of age and at or below 130% of federal poverty level.

### What do I get?

Food packages containing specific items.

### Number of OC participants:

**16,718** older adults, 36 sites (9/17)



## Older Adults

# CSFP

### *What is in the food package?*

Food may include nonfat dry and UHT milk, juice, cheese, oats, ready-to-eat cereal, rice, pasta, peanut butter, dry beans, canned meat or poultry or fish, and canned fruits & vegetables.

### *How do I apply for CSFP?*

**Community Action Partnership of OC (CAPOC)**

**(714) 897-6670**



# Senior Grocery Program

## Who can get food from the program?

Adults 60 years of age and older.

## What do I get?

Fresh grocery items are offered twice a month. Items may include meat, eggs, cheese, milk, fresh produce & bread.

## Where do I go?

Contact Second Harvest for a list of the participating sites:  
(855) 2-FeedOC, (855) 233-3362, [www.FeedOC.org/get-help](http://www.FeedOC.org/get-help)

**Number of OC participants: ~6,000 households/month (2017)**

*(Transitioned from Brown Bag Program - 2015)*

Older Adults

# CACFP

## Child and Adult Care Food Program (CACFP)

### Who can get CACFP?

Adults over 60 years of age or who are functionally impaired may receive healthy meals and snacks at participating adult day care sites.

### How do I apply?

Talk to your local senior center or contact:

**Orange County Office on Aging**

(800) 510-2020

*(714) 480-6450 if on cell phone or outside OC*

# Senior Meal Programs

## Who can get Senior Meals?

Adults over 60 years of age may receive:

- Home delivered meals (Meals on Wheels) or
- Congregate meals (often hot meals served at lunch to groups of people at participating senior centers )

## Where do I go?

Talk to your local senior center or contact:

**Orange County Office on Aging**

(800) 510-2020 or (714) 480-6450 *if on cell phone or outside OC*



**North & Central OC**

(714) 823-3294



**City of Irvine**

(949) 724-6910



A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS

**South OC**

(949) 855-8033

Older Adults

# Sample Meals



Older Adults

# Sample Meals



People of All Ages

# Farmers Markets

CalFresh: 10 markets accept CalFresh & 2 sites also have a **Market Match** program to help families get more fresh produce.

WIC: Eligible families may receive vouchers valued at \$20 to purchase fresh fruits & vegetables at 14 participating markets between June & November.

Seniors: Eligible seniors receive vouchers valued at \$20, from the Office on Aging plus other agencies & programs serving older adults, to purchase fresh fruits & vegetables at 17 participating markets. *Reach = 1,750 seniors* (2017)



# OC Food Access Coalition

**OCFAC is focused on collaborative efforts that will improve food security & result in lasting, systemic changes to the food system.**

**Policy & advocacy efforts include:**

- OC Farm to School Taskforce
- Food Providers Forum
- Legislative Roundtables
- Hunger Action Day
- Community Food Assessment

**Learn more at:**

**[www.ocFoodAccess.org](http://www.ocFoodAccess.org)**



# Waste Not OC Coalition

**Waste Not OC is a public-private partnership to reduce hunger & food waste by facilitating the donation of wholesome surplus food.**

## Efforts include:

- Linking with local restaurants, food vendors, businesses & hospitals
- Official window seals to identify donors

## Learn more at:

**[www.WasteNotOC.org](http://www.WasteNotOC.org)**

(Homepage includes 2-1-1 interactive map of food pantries)



# 2-1-1 & Food Banks

Food assistance is available through many government, community & faith-based organizations

## *How do I find out about these food sites?*

- Call **2-1-1** or (888) 600-4357 toll free 24 hours a day, 7 days a week to receive referrals and help from trained multilingual specialists. Online at [www.211OC.org](http://www.211OC.org)
- **CAPOC's OC Food Bank** at (714) 897-6670 or [www.ocfoodbank.org](http://www.ocfoodbank.org)
- **Second Harvest Food Bank** at (855) 2-FeedOC or (855) 233-3362 or use the interactive food program locator map at [www.FeedOC.org/get-help](http://www.FeedOC.org/get-help)

# How to Get Food Help in OC

Please help refer individuals to all the food programs they are eligible for:

- **People of all ages**
- **Babies, young children, pregnant and new mothers**
- **School-age youth**
- **Older adults**

Partially funded by USDA SNAP, an equal opportunity provider & employer.