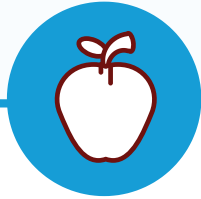


There's help for buying fresh and local fruits and vegetables.

Life is hard right now. Many of us have lost jobs and money is tight. There is help! Go to www.feedingamerica.org/need-help-find-food or call 211 for info about:



CAL FRESH (SNAP)

Get food assistance to help buy groceries. Benefits have increased during COVID-19.



SCHOOL MEALS

Pick up grab-and-go breakfasts and lunches at school sites for kids ages 2-18 years old even though schools are closed.

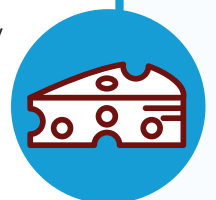


WIC

Get healthy food and nutrition education if you are a pregnant or nursing mom, new mom, or have young children.

FOOD DISTRIBUTION

Pick up food at a food distribution site or pantry near where you live.



SENIOR MEALS

Get hot meals and/or a senior distribution box delivered to your house if you are a senior.



NUTRITION INCENTIVE PROGRAM

Match your food dollars on fruits and vegetables at participating farmers' markets. Find one near you at www.ecologycenter.org/fmfinder

