



You don't have  
to go hungry.

CALL 211

**\*CAN'T DIAL 211?**

Call **1.800.273.6222** (TTY 415.808.4440 or 711)  
or visit us online at [www.211BayArea.org](http://www.211BayArea.org).

**We can connect you with  
programs that can help you  
and your family.**

- » Food Pantries
- » SNAP (formerly Food Stamps)
- » WIC (Women, Infant & Children)  
food assistance
- » Meals on Wheels
- » Senior meal programs
- » Free summer meals for kids

*Together, we'll find options.*

- ✓ FREE
- ✓ CONFIDENTIAL
- ✓ MULTI-LINGUAL

**2-1-1**<sup>★</sup>  
Now Serving the Entire Bay Area

211 Bay Area is a service  
of the Contra Costa  
Crisis Center, Eden I&R,  
and United Way.