



# ALAMEDA COUNTY Food Assistance Programs



*Money for nutritious foods  
for your family*



*Financial checks for healthy foods  
for pregnant or breastfeeding women,  
infants, and children under five years of age.*



**ALAMEDA COUNTY  
OFFICE OF EDUCATION**

*Free or reduced price breakfast, lunch, snack and supper meals  
for students in K-12 grade during school year  
and summer meals for students.*



**HEAD START**

*Free breakfast/lunch/snack  
for 0-5 year old children*



**ALAMEDA COUNTY  
COMMUNITY  
FOOD BANK**

*Emergency Food*



**Alameda County Nutrition Action Partners**

1000 Broadway, Suite 500 • Oakland, CA 94607 • (510) 208-5909

This material was produced in part with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps).  
These institutions are equal opportunity providers and employers.



# Summer Food Program

## Purpose / Propósito:

The Summer Food Program provides children with free nutritious meals and snacks they need to learn, play, and grow, throughout the summer months when they are out of school. Meal sites are located at schools and community centers near you.

El Programa de Almuerzos Gratis Durante el Verano provee a niños comidas y bocadillos nutritivos que necesitan para aprender, jugar, y crecer durante los meses de verano cuando están fuera de la escuela. Los comedores se encuentran en escuelas y centros comunitarios cerca de usted.

## Who is Eligible? / ¿Quién es Eligible?

- Youth 18 and younger;
- Persons over age 18 who are mentally or physically disabled and participate in special school programs
- Menores de 18 años;
- Personas mayores de 18 años que están física y mentalmente discapacitadas y participan en programas especiales de la escuela.

## What Verification is Needed? / ¿Qué Verificaciones se Necesita?

- No registration or verification is needed.
- No se requiere registración y no necesita ninguna verificación.

## What Resources or Income Can I Have? / ¿Qué Recursos o Ingresos Puedo Tener?

- Low income.
- Bajos recursos.



To find a location near you, call:  
Para información de un lugar  
cercano a usted llame al:

**1-800-870-3663**



# Women, Infants and Children (WIC)

## Purpose

The Women, Infants and Children (WIC) Program is a nutrition program that offers nutrition advice, help with breastfeeding and healthy food for pregnant and breastfeeding women, infants and children under the age of 5. Participants can receive \$50 to \$100 per person each month in checks for healthy food, such as fresh fruits and vegetables as well as healthy grains.

## Who is Eligible?

- Low income pregnant, postpartum, and breastfeeding women
- Low income children under 5 years of age

## What Verification is Needed?

- Identification
- Proof of address
- Proof of income

### Gross Monthly Income (Subject to change)

Household Size	Amount	Household Size	Amount
1	\$1,815	4	\$3,739
2	\$2,456	5	\$4,380
3	\$3,098		

*Add \$642 for each additional person for monthly income.*

## Call for an appointment (*Spanish speaking services available*)

Alameda County WIC Program Offices	(510) 595-6400
Native American Health Center/Alameda	(510) 814-8440
Axis Community Health Center/Pleasanton	(925) 462-2365
City of Berkeley	(510) 981-5360
East Oakland Health Center	EN (510) 613-2255 SP (510) 613-2257
La Clinica de La Raza WIC	(510) 535-4110
Native American Health Center/Oakland	(510) 434-5300
San Antonio Neighborhood Health Center	EN (510) 272-1500 SP (510) 272-1501
Tiburcio Vasquez Health Center Offices	(510) 471-5913
West Oakland Health Center	(510) 302-3734



# Head Start

## Purpose

Head Start is an early childhood development program that participates in the USDA Child and Adult Care Food Program. This allows Head Start-enrolled children to receive a free breakfast, lunch and snack during the day.

## Who is Eligible?

The following qualifies a child for Head Start:

- Children under five years old from low income families;
- Children under five years old with special needs;
- Fostered child, homeless child, or family receiving public assistance;
- Residency in the service area;

## What Verification is Needed?

- Proof of birth (*birth certificate, baptismal record, etc.*);
- Proof of annual income (*1040 tax form, CalWORKS printout, SSI statement, employment check stubs, letter from employer, etc.*);
- Proof of residency/homelessness;
- Immunization records

## What Resources/Income Can I Have?

Family Size	Gross annual family income limit	
1	\$11,770	
2	\$15,930	<i>Add \$4,160 for each additional person.</i>
3	\$20,090	<i>(Figures subject to change)</i>
4	\$24,250	

For information on enrollment to Head Start, please call:

Early Head Start Hayward (510) 796-9512

Early Head Start Oakland (510) 553-9926

Head Start Alameda (510) 629-6350

Head Start Berkeley (510) 848-9092

Head Start Oakland (510) 238-3165

Head Start South County (510) 796-9512



# School Meals

## Purpose

The School Meals Program provides nutritious well-balanced meals (*breakfast, lunch, snack and supper*) to children enrolled in K – 12 schools during the school day. The program provides free, reduced price, or paid meals to students based on eligibility information.

## Who is Eligible?

The following automatically qualify for no cost meals:

- Homeless students
- Students receiving CalFresh, FDPIR, CALWorks or KinGap
- Foster children
- Students enrolled in migrant education programs

The following may qualify for free/reduced cost meals based on the scale below:

Household	Monthly Income	Household	Monthly Income
1	\$1,815	4	\$3,739
2	\$2,456	5	\$4,380
3	\$3,098		

*Add \$642 for each additional person.*

*(Figures effective July 1, 2015 and are subject to change)*

## Where Can I Pick Up Application Packets?

Meal applications must be filled out completely. Pick up and turn application into the district food service office or a school site.

- **Alameda Unified District**  
2200 Central Ave., Alameda  
(510) 337-7000
- **Emery Unified District**  
4727 San Pablo Ave., Emeryville  
(510) 601-4000
- **Hayward Unified District**  
24411 Amador Street, Hayward  
(510) 784-2677
- **Oakland Unified District**  
900 High Street, Oakland  
(510) 434-3334
- **San Leandro Unified District**  
14735 Juniper Street, San Leandro  
(510) 667-3500

For food assistance while schools are out, call:  
**1-800-870-3663**



# CalFresh

## Purpose

CalFresh, formerly known as Food Stamps, can help provide money for nutritious foods for your family. CalFresh is accepted at most farmers' markets and grocery stores. The program uses an easy credit card format called Electronic Benefit Transfer (EBT).

## Who is Eligible?

- US citizens (*Except persons receiving SSI/SSP benefits*)
- Most immigrants – Legal Permanent Residents

## What Verification is Needed?

- Identification
- Social Security Number
- Proof of Income (*for one month*)
- Proof of expenses – rent, utility bills, childcare, etc.
- Proof of medical expenses (*if over 60 years old*)

## What Resources/Income Can I Have?

- Income depends on the number of people in the household.

### Gross Monthly Income Limit (Effective October 1, 2015)

Household Size	Amount	What You Can Get
1	\$1,962	up to \$194
2	\$2,656	up to \$357
3	\$3,350	up to \$511
4	\$4,042	up to \$649
5	\$4,736	up to \$771

*Call us if you are interested in receiving benefits for households with more than 5 people.*



For information, call:

**1-800-870-3663 or 1-888-999-4772**





# Emergency Food Services

## Purpose

The Alameda County Community Food Bank operates a toll-free Food Helpline that connects callers to emergency food providers in their neighborhoods for same-day free hot meals or bags of food (1-800-870-3663). The Food Bank also offers referrals and application assistance toward food programs, such as CalFresh, School Meals, and WIC (*Women, Infants and Children*).

## Who is Eligible?

- Alameda County residents
- Families and individuals who need help with emergency food

## What Verification is Needed?

- One form of ID for every household member (*i.e., driver's license, library card, MediCal card, school ID, etc.*)

## What Resources/Income Can I Have?

- Low income and few or no resources

## What Happens When I Call the Helpline?

When you call the Food Helpline, press the option for “Food Today”. You will then speak to an operator who will ask you a few questions. Based on your zip code, that operator will search for locations in your neighborhood that are distributing food bags or serving hot meals. The operator will then let you know where to go for help with emergency food that same day. If you are calling for help in applying for other food programs like CalFresh, let the operator know or press the option for “CalFresh” at the beginning.

**Alameda County Community Food Bank  
Food Helpline  
1-800-870-3663 or 510-635-3663**

Monday thru Friday  
9:00 AM - 4:00 PM