

Alameda County Nutrition Food Assistance Programs

Need More Money for Groceries?

You may be eligible for the Food Stamp Program! Food Stamps can help provide money for nutritious foods for your family.

- A family can earn up to 130% of the Federal Poverty Income Guideline per month and qualify. For example, a family of three can have an income of up to \$1,984 per month before taxes.
- A family of three, for example, could receive up to \$526 in food stamp benefits per month.

To apply, you will need: ID, proof of income (*check stubs, etc.*), proof of assets (*bank account, etc.*), proof of expenses (*rent, utility bills and medical bills*).

For more information or to find out where to apply, call 1-888-999-4772 or visit the website at: www.alamedasocialservices.org.

For help in filling out the application, call 1-800-870-3663.

Have Children in School?

They may be eligible for a free or reduced price breakfast and/or lunch.

- If you or your children currently receive Food Stamps, CalWorks, KinGAP, FDPIR benefits, are foster children or placed in out of home care, they are eligible.
- If your children are on WIC they may be eligible.

Apply anytime during the school year. Applications are available at your school. Call your child's school for more information.

Raising Babies or Children Under Five?

You may be eligible for the Women, Infants, and Children (WIC) program. WIC offers nutrition advice, help with breastfeeding, and healthy food. WIC serves pregnant and breastfeeding women, infants and children under the age of 5.

- A family can earn up to 185% of the Federal Poverty Income Guideline per month and qualify. For example, a family of three can have an income of up to \$2,823 per month before taxes.
- A family of three, for example, could receive about \$150 of nutritious foods every month.

To apply you will need ID, proof of income and also proof of address. Call (510) 595-6400 for more information, and to see if you're eligible.

Need Food Immediately?

Call the Food Helpline at: 1-800-870-FOOD (3663). The Alameda County Community Food Bank will refer you to a location in your neighborhood where you can get a bag of groceries or a hot meal today.