



CONTACT INFORMATION
 Family Resource Centers (FRCs) will serve and guide you through the food stamp application process. Call and/or log on to:

1-877-847-3663

or

2-1-1

www.accessbenefitssd.com

For healthy tips and recipes, visit:

www.cachampionsforchange.net



Eat Right When Money's Tight Stretching Your Food Stamp and Food Dollars

Where can I go to get help applying for the Food Stamp Program?

Agency	Telephone	Region
Catholic Charities (Mid-City Christian)	619.286.1100	Central
SAY San Diego	619.283.9624	Central
The IRC	619.641.7510 x263	Central
City Heights Farmers Market	43 rd & Wightman (1 block South of University Ave)	Central
Salvation Army Kroc Center	619.269.1430	Central
Healthy Start (Military Families)	858.496.0044	Central
SAY San Diego	858.974.3603	N. Central
Catholic Charities	619.231.2828 x102	Central
Senior Community Centers	619.235.6538 x317	Central
2-1-1 San Diego	2-1-1	Countywide
Mental Health Systems	1.888.843.5800	Countywide
Golden Share Foods	619.590.1692	Countywide
Neighborhood Healthcare	619.440.7616 x218	East
New Seasons Church	619.463.0725	East
Community Resource Center	760.753.8300	North
Neighborhood Healthcare	760.690.5907	North
Interfaith Community Services	760.721.2117	North
Catholic Charities	760.631.4792	North
Vista Community Clinic	760.631.5000 x7114	North
CVCC—Beacon	619.422.9308	South
CVCC—Fairwinds	619.420.0468	South
CVCC—Rayo de Esperanza	619.425.4458	South
CVCC—New Directions	619.691.5301	South
CVCC—Open Door	619.407.4840	South

Food Stamps Did You Know?

Children get free school breakfast and lunch when their family gets food stamps.

Your kids will not be taken away. Food stamps can help your children get the healthy food they need.

If you are single or married you may still get food stamps. You do not have to have children.

You can own a home and/or a car and still get food stamps.

Elderly people receive an average benefit of \$53 per month and you do not need to have children in the home to qualify. People receiving Supplemental Security Income/Payment (SSI/SSP) are not eligible for food stamps in California, but other members of their household may still qualify.

You are helping your community because for every \$5 you use in new food stamp benefits, you help generate nearly twice as much (\$9.20) in total community spending.

Regardless of your immigration status, you can get food stamps for your children if they are citizens or legal permanent residents. It should not affect your eligibility for legal residency or U.S. citizenship. The food stamp office is not allowed to share client records with Immigration.

Contact Legal Aid Society of San Diego if you have questions about immigration:
 1-877-534-2524

Do I or my children qualify?

Number of people in household	1	2	3	4	5	6	7
Monthly Gross Income less than:	\$1,174	\$1,579	\$1,984	\$2,389	\$2,794	\$3,200	\$3,606



Make a Plan

- Plan meals for a week using the food you have and then make a list of things you need.
- Shop once a week.
- Cook several meals at once and freeze them for later.
- Use coupons or look for sales on healthy items.
- Do not shop when you are hungry.

Shop Smart to Eat Smart

- Buy fruits and vegetables. They are good for your body and your wallet.
- Substitute meat in some meals with more legumes, beans, eggs, tofu, and nut butters.
- Eat regular oatmeal and brown rice instead of instant.

What to Look For

- Buy fruits and vegetables in season; they are usually fresher and cheaper.
- Buy store brands. They are just as healthy as brand names, and cheaper.
- Check the costs per ounce or per pound to get better deals.
- Look for better deals on the bottom and top shelves.
- Find a farmers' market; fruits and vegetables tend to be fresher.
- Check the *sell by* and *use by* dates.
- Read the label to compare products' nutritional and cost values.
- Compare unit prices.

Store Brand Frozen Green Beans	
\$1.99	
16 oz.	\$.12/oz

Brand Name Frozen Green Beans	
\$3.09	
16 oz.	\$.19/oz

Eat Fruits and Vegetables in Season They Cost Less!

Fall	Winter	Spring	Summer
Apples	Mandarins	Mangos	Grapes
Kiwifruit	Oranges	Spinach	Melons
Pears	Broccoli	Asparagus	Peaches
Grapes	Cabbages	Carrots	Green Peas
Tomatoes	Sweet Potatoes	Peas	Potatoes
Winter Squash	Avocados	Papayas	Lettuce
Tangerines	Grapefruit	Strawberries	Greens
Sweet Potatoes	Guavas	Apricots	Corn
Green Beans	Pears	Artichokes	Tomatoes
Pumpkins	Kiwifruit	Zucchini	Nectarines
	Mustard		Cherries
	Greens		Bananas

Free Money for Healthy Food

The Supplemental Nutrition Assistance Program, formerly Food Stamp Program, helps you and your family buy the food you need for good health.

The Food Stamp Program is NOT a welfare program.

Using food stamps for food means you can use your cash to pay bills.

You get a card that works just like a debit card.

Buy plant starts and seeds with your food stamp dollars.

Turn to the back of the brochure for facts about the Food Stamp Program.

What Healthy Foods Can I Buy With \$20?

Sample Grocery List:

•4 bananas—\$0.90



•4 apples—\$1.89

•Salad mix (2.5 serving)—\$2.50

•12 tortillas, whole grain—\$3.99



•4 cans tuna (8 serving)—\$3.88

•1 bag brown rice (10 serving)—\$1.29

•1 large can beans (7 servings)—\$1.49



•Loaf whole grain bread—\$2.69

•1 packet tomato seeds—\$0.99

TOTAL SPENT: \$19.52

•10 servings of fresh fruit & vegetables!•

•15 servings of protein!•

For important nutrition information visit www.cachampionsforchange.net. For food stamp information, call 2-1-1 or 1-877-847-3663. Funded in part by the San Diego County Health & Human Services Agency, San Diego Hunger Coalition, 211, and USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. California Department of Public Health