

CFPA's Quick Guide to California Nutrition Programs



Despite our state's remarkable agricultural abundance, over 5 million Californians today are hungry or live in fear of hunger. At the same time, a growing number of low-income Californians are overweight or obese. Fortunately, state and federal food programs exist to assist practically every one of these people. Unfortunately, most of these programs are severely under-enrolled. Please join California Food Policy Advocates in working to strengthen and expand these nutrition programs.

Home

Food Stamp Program:

America's largest nutrition assistance program provides families and individuals with electronic benefits transfer (EBT) cards to buy healthy food at grocery stores, corner stores and farmers' markets. Food stamps supplement working families' tight grocery budgets while they make the transition from welfare to work.

WIC: The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) offers nutritious foods and health counseling to pregnant women and nursing mothers, infants and children up to age five.

Brown Bag Programs: Operated by food banks, churches, and other community-based agencies, these programs give bags of food to seniors and others at nutritional risk who can prepare meals at home.

Community

Child and Adult Care Food Programs: This program provides healthy meals to public and private child care centers, family child care homes, adult day care centers, homeless shelters and afterschool programs.

Summer Food Service Program: Supplies healthy meals and snacks to children during their summer vacation and whenever schools are not in session. Food is served at school during summer sessions and at sites in the community.

Senior Nutrition Programs: These programs serve seniors both when they eat together (congregate sites) and also when they are housebound (meals on wheels).

School

School Lunch Program: Virtually every school in California makes sure that students get a nutritious meal each school day to help them learn. Eligible children are able to eat lunch for free or at very low cost.

School Breakfast Program: Seeks to ensure that every child is nutritionally ready to learn by providing breakfast at the start of each school day. Most children participate in this program without charge.

Afterschool Snack Program: This program provides a snack or light supper for the increasing number of kids who join structured after-school programs at school or at community-based organizations.

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