



# Food Access Directory



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# Background: Food Security

## Purpose

The purpose of the Nutrition and Fitness Collaborative of the Central Coast (NFCCC) Food Guide is to guide and inform collective efforts to improve healthy living in our communities, and to identify the conduit and barriers between farmer and fork.

## Introduction

The Central Coast counties (Santa Cruz, San Benito and Monterey) have a high and increasing incidence of preventable chronic health conditions. The NFCCC is committed to working with stakeholders, service providers, organizations and groups around a common vision and agenda to achieve food security and bring about positive change to this profile. Communication and coordination between agencies who serve, stakeholders, and individuals is key to using limited resources to benefit the greatest number in need.

## Assessment

**CX<sub>3</sub> Data:** CX<sup>3</sup> is an on-going community planning framework that involves assessing communities in relation to a variety of nutrition and physical activity benchmarks known as community indicators and assets. It is designed to provide tools for collecting and measuring food quality, availability, and affordability in low-income communities. Surveying was done in select neighborhoods in Watsonville and Santa Cruz (Santa Cruz County), and Seaside, Salinas, and Soledad (Monterey County) to determine access to large food stores, farmers' markets, alternative sources of food, and density of fast food restaurants, especially around schools. Looking at the availability of healthy foods in local stores... What is the quality of the food? What types of visual cues or marketing messages are in and around the stores? Are other sources of health food available such as farmers' markets', food banks and community gardens? Is the neighborhood "walkable" and safe for shoppers without cars? How many fast food outlets are located close to schools? The data is combined and analyzed to create a complete nutrition picture – a Neighborhood Profile – of what's going on in the neighborhood... to see where it needs to go to facilitate and support healthy eating and active living.

**Food Policy Interest Assessment for Central Coast Stakeholders:** In May, 2013, 25 questionnaires were sent to Food Policy stakeholders on the Central Coast, (18 returned completed surveys) who had either been members or partners of the NFCCC, asking them to describe their organization's current goals and priorities, the most pressing issues in Central Coast food access, policies they considered feasible and appropriate, and how they themselves and/or their agency engaging in a regional Food Policy Council.

**San Benito County Access to Food and Program Information Survey:** In 2017, and building off of the 2015-16, "Healthy Stores/Healthy Communities" project, staff of the San Benito Health Department and volunteers, administered this survey to assess whether respondents felt they were able to access healthy meals consistently, receive CalFresh benefits (food stamps), and their awareness of food security programs available to them. A convenience sample of 92 surveys were conducted at five locations in and around Hollister, including family events, migrant housing, commercial establishments and grocery stores. 48% said they often or sometimes worried whether their food would run out before they had money to buy more, 50% reported that they often or sometimes couldn't afford to eat healthy meals, a shocking 21% stated that some or almost every month they or their children did not eat for a whole day because there wasn't enough money for food. On the positive side, 24% of those surveyed received CalFresh, and 9% had in the past. Testing recognition of food security programs, WIC had the highest recognition (29%), followed by CalFresh (23%), Food Banks and Pantries (22%), and the Market Match bonus program at Farmers' Markets.

Purpose: To answer the question “Are people able to make good choices about what they eat?” Next Steps: 1.) To establish a Retail Advisory Committee within the NFCCC, 2.) To share the survey results with partners, and to educate them on using the data for their programs and, 3.) To create a go-to pamphlet that includes all food resources for each county.

*What do you consider to be the most pressing issues in the Central Coast food and agricultural systems?*

- Ensuring access to healthy, culturally appropriate food to all communities
- Protecting the ecosystem and conserving biodiversity
- Water quality; issues of over- consumption of water, salinization, etc.,
- Ensuring viability for small-scale and locally owned business and farms,
- Addressing unfair, unsafe, exploitative labor practices,
- Connecting our regional farms to our schools, hospitals, colleges, & institutions
- Impacting planning, land use, and zoning to promote healthy food systems

*What programs or policies do you consider feasible and appropriate at this moment for our region?*

- Support for farmers markets/ "healthy corner stores" to increase food access
- Policy supporting ag land preservation/ adoption of conservation practices
- Address youth marketing and consumption of junk food, sweetened beverages
- Support for farmers markets/ "healthy corner stores" to increase food and healthy beverage access
- Farm/food business incubators and entrepreneurial innovation
- Reaching underserved groups to enhance health and well-being, increase stability
- Job creation in the agriculture community, branding ag products from SCC, allow agri-tourism

## Defining “Ag”

The science, art, or practice of cultivating the soil, producing crops, and raising livestock and in varying degrees the preparation and marketing of the resulting products.<sup>1</sup>

## Defining “Food Security”

*Food Security* is the access to sufficient food for a health and active life for all household members, at all times. Conversely, *food insecurity* occurs when food access is insufficient or uncertain for at least one person in the household at some point in the year. When households are food insecure, people worry about food running out without having money to buy more. Often, they cut back on the size and/or quality of meals or skip meals due to lack of money.

Food security is the ability to have regular and reliable access to healthy food sufficient for a healthy active life. The ability to afford enough food/food security, is a reality for only 63% of adults on the Central Coast. Broken down by gender, over 45% of Central Coast women do not have the security of knowing that they (and their children) will have consistent, adequate, and nutritional food available.<sup>2</sup> Paradoxically, hunger and obesity often co-exist in low income neighborhoods, for several reasons:

- Lack of awareness of nutritious foods.
- Increased calorie intake from cheap junk and fast foods with low nutritious value.
- Low-income neighborhoods usually lack full-service grocery stores and farmers’ markets that can provide fruits, vegetables, whole grains, and low-fat dairy products. As an alternative there are more convenience stores.

<sup>1</sup> Agriculture [Def.]. (n.d.). Merriam Webster Online. <http://www.merriam-webster.com/dictionary/agriculture>

<sup>2</sup> Locate source

- Healthy foods when available are usually more expensive. Alternatives of refined grains, added sugars, and fats are inexpensive and readily available in low-income communities.
- Lack of filling and nutritious foods also means eating less or skipping meals. This also means that when food is available there is overeating. This leads to cycles of food restriction or deprivation followed by overeating.<sup>3</sup>

A poor diet leads to poor health – being overweight or obese, having heart disease, diabetes and cancers. California now has the fifth lowest adult obesity rate in the nation, according to [The State of Obesity: Better Policies for a Healthier America](#) released September 2016.<sup>4</sup> California's adult obesity rate is currently 24.2 percent, up from 18.7 percent in 2000 and from 9.9 percent in 1990. A poor diet also affects the ability to learn and an individual's confidence to fully participate in community life. All these issues are impacting on our ability to reach our full potential.

## Nutrition and Food Insecurity Profiles

California Food Policy Advocates released their updated Nutrition and Food Insecurity Profiles by California County<sup>5</sup> in July 2016, and found the following:

Low-Income, Food-Insecure Households	Percent of Low-Income Households That are Food Insecure
<b>SAN BENITO COUNTY</b>	
8,000	45%
<b>SANTA CRUZ COUNTY</b>	
29,000	35%
<b>MONTEREY COUNTY</b>	
40,770	35%

## Why is food insecurity a problem?

Food insecurity is a challenge for anyone who is afflicted, but it can be particularly devastating for children. In childhood, food insecurity can lead to a variety of physical, cognitive and psychosocial stressors. Even when controlling for poverty, children from food insecure households have been shown to score lower on measures of arithmetic skills while also being more likely to have repeated a grade and more likely to have been seen by a psychologist. Food insecure teenagers were more likely to have been suspended from school and have difficulty forming relationships. Children from food insecure households may experience disrupted eating habits that may range from mild to severe, and both children and adults in food insecure households have greater risk of nutritional deficits.

Governments at all levels have an important role to play in addressing the particular issues of the Central Coast regarding the link between food security, and health and wellbeing outcomes. However, they are no substitutes for a community's own knowledge, networks, enterprise and institutions. It is local social capital, which has the ability to drive new placed based and collaborative approaches to community development and service delivery,

<sup>3</sup> <http://www.news-medical.net/health/What-is-obesity-paradox.aspx>

<sup>4</sup> <http://stateofobesity.org/states/ca/> Robert Wood Johnson, 2016.

<sup>5</sup> <http://cfpa.net/county-profiles> County Nutrition Profiles, California Food Policy Advocates, updated 7.17/16; <http://www.cdph.ca.gov/programs> SNAP Ed 2018 County Profiles

building from existing capabilities and providing the basis for engaging local stakeholders in the development and delivery of their own meaningful solutions.

It is also important that the combined local efforts complement and make use of the learnings of other local food security strategies, as well as the initiatives of neighboring coalitions and collaboratives, the broader region and the State.

## Transporting Food to Customers

The Central Coast region’s key freight-dependent industries, *Agriculture, Manufacturing, and Truck Transportation/Warehousing* are critical to the region in terms of jobs and contribution to the regional economy. The Central Coast is known both for the volume and the variety of agricultural products it grows. Salinas Valley is known as “America’s Salad Bowl” due to the amount of crops grown and exported to other regions. The region is also a key producer of wine.<sup>6</sup>

- **Air freight** is a small component of regional freight movement and is at less than one percent of total regional tonnage and approximately two percent of total regional value of freight moving by air.
- **Trucking freight** handles most of the ag transport, and the primary issue for that mode of shipping is traffic congestion, particularly 101 between King City and Salinas, U.S. 101 in the Prunedale area, SR 156 from Castroville to 101, SR 68 between Salinas and Monterey. And SR 1 between Santa Cruz and Aptos.
- **Rail Freight:** The Union Pacific (UP) Railroad is the only Class I carrier in the region. UP’s Coast and Santa Barbara Subdivisions run from the North end of the region to the South. There are various industrial rail leads which serve areas such as Santa Cruz and Hollister. This route primarily serves the region’s agricultural and manufacturing industries.

## Public Transportation to Food Sources

Public transportation throughout the three counties ranges from convenient to challenging to nonexistent. Population centers are mostly well served (as shown) but other areas, particularly rural and low-income, have few or no public options.

## County Characteristics

<b>MONTEREY</b>	Agriculture and tourism are the key industries for Monterey County. The County is known as “America’s Salad Bowl” due to the volume of lettuce grown, and also is home to a thriving wine industry. In 2012, the Monterey Crop Report showed a production value of \$4.14 billion for the County.
<b>SAN BENITO</b>	Located directly to the east of Monterey County, San Benito County is also highly dependent on agriculture and farming. The County retains significant activity in retail trade, wholesale trade, manufacturing (especially food manufacturing), and construction. Agriculture is the County’s largest industry with overall value agricultural production in 2012 at \$263.3 million.

<sup>6</sup> Freight Planning Regional Summary: Central Coast Region. (April 2014). California Department of Transportation. [http://www.dot.ca.gov/hq/tpp/offices/ogm/CFMP/Fact\\_Sheets/Regional/Central\\_Coast\\_061614.pdf](http://www.dot.ca.gov/hq/tpp/offices/ogm/CFMP/Fact_Sheets/Regional/Central_Coast_061614.pdf)

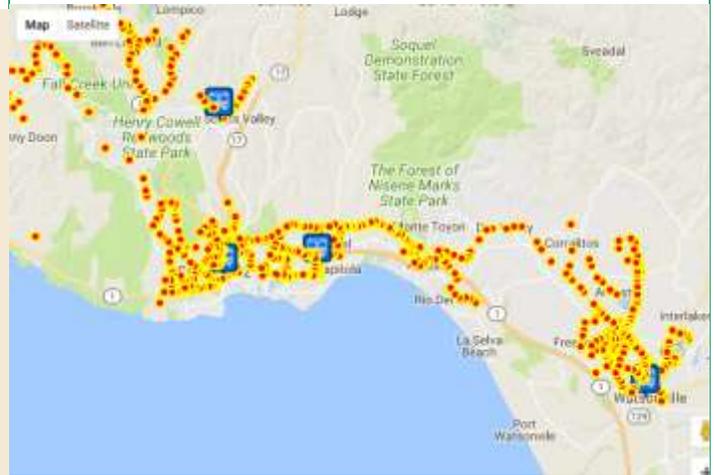
## SANTA CRUZ

The top four industries in Santa Cruz County are retail trade, construction, manufacturing, and farming. Agricultural also plays a key role for the County with strawberries, raspberries as the top-ranking crops for 2012. There are numerous agricultural coolers and packing facilities for agricultural products in and around Watsonville, which has substantial freight traffic in farm products.

## MONTEREY COUNTY



## SANTA CRUZ COUNTY



## SAN BENITO COUNTY

Bus service is exclusive to the northern end of the County, where the LTA operates and administers County Express, providing fixed local bus service in the city of Hollister, regional bus service between Hollister, San Juan Bautista and Gilroy, as well as a dial-a-ride service in northern San Benito County.

*Courtesy of the California Department of Transportation.*

# Food Assistance

## Access to affordable and nutritious food

- Food sources (grocery stores, farmers' markets, other food outlets) that offer affordable and nutritious food, and accept the currency of the neighborhood, i.e., WIC and EBT.
- Accessible food outlets for pedestrians or via public transportation.

## Nutrition Education Programs

- *Women, Infant and Children program (WIC):* The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides Federal grants to States for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

- *The California Department of Public Health (CDPH):* CDPH conducts obesity prevention activities through programs in several of its Divisions, including Maternal, Child and Adolescent Health, Chronic Disease Prevention, Health in All Policies and the Women, Infants and Children (WIC) Nutrition Division. The mission of the Nutrition Education and Obesity Prevention Branch (NEOPB) is to reduce the prevalence of overweight and obesity in California residents through education and other strategies. Primary funding sources are the US Department of Agriculture (USDA) Supplemental Nutrition Assistance Program (SNAP), known as CalFresh in California, Education Program (SNAP-Ed) and the US Department of Health and Human Services (USDHHS) Centers for Disease Control and Prevention (CDC).
- *Nutrition Education Obesity Prevention program in Monterey, San Benito and Santa Cruz Counties (NEOP):* This program addresses the statewide obesity epidemic through-nutrition, beverage and physical activity education, community development strategies and marketing of healthy behaviors, focusing on low income Californians. CDPH/NEOP, in a manner consistent with tobacco control, immunizations, HIV/AIDS control and other public health imperatives, works primarily through its counterparts in local health jurisdictions to assess and conduct surveillance of community needs, plan and implement strategies, engage with local stakeholders to evaluate the health outcomes of the strategies to strengthen the evidence for future practices. The programs in each county partners with several organizations to implement policy, systems or environmental strategies that will further enhance nutrition and physical activity in the communities. The state's funds are granted to Local Health Departments (LHDs) for obesity prevention activities, with university-led research and state public health oversight to ensure the service model remains valid and sustainable.

NEOP Programs by County			
SANTA CRUZ COUNTY	Health Services Agency Corinne Hyland NEOP Project Director <a href="mailto:corinne.hyland@santacruzcounty.us">corinne.hyland@santacruzcounty.us</a> (831) 454-7558	MONTEREY COUNTY	Health Department Niaomi Hrepich NEOP Project Director <a href="mailto:hrepichns@co.monterey.ca.us">hrepichns@co.monterey.ca.us</a> (831) 796-2872
		SAN BENITO COUNTY	Erika Perez Health Education Associate <a href="mailto:Evperez@cosb.us">Evperez@cosb.us</a> (831) 637-5367

## Garden-Based Education

<p style="text-align: center;"><b>LIFE LAB</b></p> <p><b>PHONE:</b> 831-459-3484</p> <p><b>WEBSITE:</b> <a href="http://lifelab.org">lifelab.org</a></p> <p><b>EMAIL:</b> <a href="mailto:lifelab@lifelab.org">lifelab@lifelab.org</a></p> <p><b>ADDRESS:</b> 1156 High Street, Santa Cruz, CA, 95064</p>	<p>Life Lab cultivates children's love of learning, healthy food, and nature through garden-based education. LL promotes experiential learning for people of all ages through field trips, children's camps, and teacher workshops. Workshops and award-winning publications are the go-to resource for educators and families interested in engaging young people in gardens. At the Life Lab Garden Classroom educational center in Santa Cruz and the Blooming Classroom garden in Watsonville, we promote experiential learning for people of all ages through field trips, children's camps, and teacher workshops.</p>
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### MEARTH

**PHONE:** 831-624-1032

**WEBSITE:** [meearthcarmel.org](http://meearthcarmel.org)

**MAIL:** PO Box 223702, Carmel CA 93922

**ADDRESS:** 4380 Carmel Valley Road,  
Carmel CA 93923

MEarth is an environmental education nonprofit with roots in Carmel Valley, California, that is growing the next generation of environmental leaders through education, collaboration, partnerships and community action. We educate and inspire through environmental stewardship.

### CAFF

**PHONE:** 530-756-8518

**WEBSITE:** [caff.org](http://caff.org)

**EMAIL:** [centralcoast@caff.org](mailto:centralcoast@caff.org)

**ADDRESS:** 303 Potrero Street, Santa Cruz,  
CA, 95060

The Community Alliance with Family Farmers (CAFF) is working statewide, running extensive, on-the-ground [programs](#) in many regions throughout CA. We help family farmers increase their income and sustainability while enabling community members and businesses to find and choose local food. CAFF's mission is to build sustainable food and farming systems through policy advocacy and on- the-ground programs that create more resilient family farms, communities and ecosystems.

### MESA VERDE GARDENS

**PHONE:** 831-761-5640

**WEBSITE:** [mesaverdegardens.org](http://mesaverdegardens.org)

**EMAIL:** [info@mesaverdegardens.org](mailto:info@mesaverdegardens.org)

**ADDRESS:** 85 Nielson Street, Watsonville,  
CA, 95076

Works alongside residents of Santa Cruz County to improve food security and nutrition. We co-create edible community gardens where families can grow pesticide-free fresh fruits and vegetables that they choose for their own tables. MVG has also launched a CSA (Community Supported Agriculture) pilot program—currently recruiting families to purchase weekly boxes of organic produce, over ten weeks. (the CSA boxes are only available for folks living in the Pajaro Valley) Community Gardens, Community Farms, and Peer Leadership Development

### HOMELESS GARDEN PROJECT

**PHONE:** 831-426-3609

**WEBSITE:** [homelessgardenproject.org](http://homelessgardenproject.org)

**EMAIL:** [info@homelessgardenproject.org](mailto:info@homelessgardenproject.org)

**ADDRESS:** 30 West Cliff Drive, Santa Cruz,  
CA 95060

The Homeless Garden Project provides job training, transitional employment and support services to people who are homeless. HGP's vibrant education and volunteer program for the broad community blends formal, experiential and service-learning. The programs take place in our 3-acre organic farm and related enterprises. Programs include: [Women's Organic Flower Enterprise](#), [Community Supported Agriculture](#), [Connecting with Community](#), and [Cultivating Community](#).

### CHINATOWN COMMUNITY GARDEN

**PHONE:** 831-770-1700

**EMAIL:**  
[chinatowncommunitygarden@yahoo.com](mailto:chinatowncommunitygarden@yahoo.com)

**ADDRESS:** 22 Soledad St, Salinas, CA 93901

The Chinatown Community Garden is a program of the Chinatown Renewal Project and provides a free public green space to a low-income neighborhood, increasing food production and community building. The Garden is largely maintained by volunteers from CSUMB, Volunteer Center, United Way, and CalWorks.

<p><b>EVERYONE'S HARVEST</b></p> <p><b>PHONE:</b> 831-384-6961  <b>WEBSITE:</b> <a href="http://everyonesharvest.org">everyonesharvest.org</a>  <b>EMAIL:</b> <a href="mailto:info@everyonesharvest.org">info@everyonesharvest.org</a></p>	<p>Everyone's Harvests mission is to provide access to healthy, affordable fruits and vegetables through certified farmers' markets and community food programs.  <a href="#">Farmers' Market locations and schedule.</a></p> <p><a href="#">Fresh Rx</a> is a partnership between healthcare providers and farmers' markets, focusing on preventive health care to fight the rise of chronic diseases related to diet and body weight. Doctors "prescribe" fresh fruits and vegetables to young overweight patients and direct them to the farmers' markets where they can receive \$25 worth of fresh produce weekly.</p> <p>The <a href="#">Edible Education for Healthy Families</a> program helps families discover the joy of preparing healthy meals at home. With community presentations and the farmers' market kitchen, EH leads youth and parents working alongside a professional chef.</p>
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<p><b>MARKET MATCH</b></p> <p><b>PHONE:</b> 510-548-2220  <b>WEBSITE:</b> <a href="http://marketmatch.org">marketmatch.org</a>  <b>EMAIL:</b> <a href="mailto:marketmatch@ecologycenter.org">marketmatch@ecologycenter.org</a></p>	<p>Market Match matches customers' federal nutrition assistance, such as CalFresh benefits, today's food stamps. It empowers low-income customers to make healthy food choices. When a customer spends \$10 of CalFresh benefits at an Everyone's Harvest market, they receive an additional \$10 to buy fresh produce. Market Match increases CalFresh usage at the farmers' markets, increasing sales by farmers.</p>
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## Nutrition Assistance

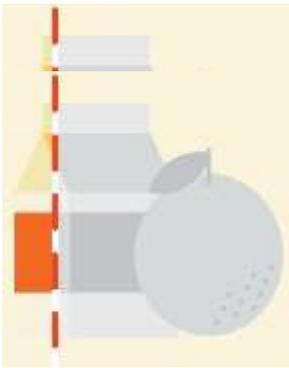
### School Meal Participation

- [10 Ideas for Increasing Participation in Lunch Programs](#)
- [Efforts to Stop School-Lunch Shaming Move to Congress](#)

**County Participation in the School Free and Reduced Meal Programs (FRMP):** *The following data comes from the California Food Policy Advocates (CFPA), a statewide policy and advocacy organization dedicated to improving the health and well-being of low-income Californians by increasing their access to nutritious, affordable food.*

MONTEREY COUNTY DEMOGRAPHICS		SAN BENITO COUNTY DEMOGRAPHICS		SANTA CRUZ COUNTY DEMOGRAPHICS	
Total Population (2015)	433,898	Total Population (2015)	58,792	Total Population (2015)	274,146
Individuals in Poverty (2014)	71,246	Individuals in Poverty (2014)	6,864	Individuals in Poverty (2014)	43,927
Percent of Individuals in Poverty (2014)	17%	Percent of Individuals in Poverty (2014)	12%	Percent of Individuals in Poverty (2014)	17%

CHILDREN (2014)		CHILDREN (2014)		CHILDREN (2014)	
Children 0-5 Years	38,482	Children 0-5 Years	4,664	Children 0-5 Years	18,241
Children 6-17 Years	73,900	Children 6-17 Years	10,918	Children 6-17 Years	35,286
All Children Under 18	112,382	All Children Under 18	15,582	All Children Under 18	53,527
Children in Poverty	29,944	Children in Poverty	2,581	Children in Poverty	11,266
Percent of Children in Poverty	27%	Percent of Children in Poverty	17%	Percent of Children in Poverty	21%
Students Eligible for Free or Reduced-Price School Meals	50,998	Students Eligible for Free or Reduced-Price School Meals	5,879	Students Eligible for Free or Reduced-Price School Meals	19,236



**California Kids Risk Summer Hunger:** For most of us, summertime brings up picturesque images of sunshine, fun and relaxation. But for many of California's low-income children, summer comes with a burden.

When school's out and the summer begins, nearly 1.7 million low-income children in California lose access to nutritious meals that support their health and ability to reach their full academic potential. In 2016, 85% of the children and youth who benefited from free or reduced-price lunches during the school-year missed out on similar lunches during the summer.

Healthy summer meals support student health and their ability to learn throughout the summer and when school is back in session. Increased participation in the summer meal programs could also bring tens of millions of dollars in federal funding to

California. Luckily, there are several actions policymakers and community leaders can take to bring the benefits of summer meals to more children in California. Learn more by accessing the [School's Out...Who Ate?](#) report.

#### CFPA Recommends:

- *Support Immigrant Families:* Immigrant families may be less likely to show up for summer meals due to immigration concerns. Policy solutions should be considered to foster safe spaces for these families during the summer. In the meantime, sponsors and community partners can take action now to promote a welcoming summer meal environment.
- *Expand Summer EBT for Children:* By expanding Summer EBT for Children, low-income families with children will receive a few extra dollars to support tightened grocery budgets during the summer months. This is especially important for families who do not live near a summer meal site or have transportation issues.
- *Protect Expanded Learning Programs:* Expanded learning programs provide academic and enrichment opportunities for high-need students, support working families, and keep kids safe and well-nourished during the summer and after school.
- *Elevate the Role of Nutrition for Academic Success:* Healthy and well-nourished children are more likely to attend class, be ready to learn, stay engaged, and perform well in school. The state's flexible education spending structure allows districts to support summer meal programs to improve health and academic outcomes for students.

## Data Tables

- [Statewide Summary: School Meal Access and Participation](#)
- [Local School Meal Data: CFPA's County Profiles](#)

## Overview

**3 in 5** California public school students live in low-income households and are therefore eligible to receive free or reduced-price school meals. 



The National School Lunch Program currently serves 2.2 million (or 69%) of California's low-income students. Improving meal quality, appeal, and access – for example, by providing adequate time to eat – would help reach the additional 985,000 students eligible for a free or reduced-price lunch.

Nearly **2 million** of the state's most vulnerable students miss out on the health & academic benefits of school breakfast.

**Serving breakfast after the bell increases student participation.**

Research shows that school breakfast, and in particular breakfast after the bell, improves academic performance, physical health, and emotional well-being. <sup>1</sup>



**\$340 million**

California public schools would receive an additional \$340 million in federal meal reimbursements if their breakfast programs reached as many low-income students as their lunch programs.

## Nutrition Assistance Programs

<div data-bbox="422 1081 587 1207" data-label="Image"> </div> <p data-bbox="272 1228 737 1260"><b>WIC (Women, Infants and Children)</b></p> <p data-bbox="214 1291 766 1354"><b>WEBSITE:</b> <a href="https://www.fns.usda.gov/wic/women-infants-and-children-wc">https://www.fns.usda.gov/wic/women-infants-and-children-wc</a></p>	<p data-bbox="862 1075 1479 1367">The WIC (Women, Infants and Children) Program provides nutritious food and nutrition and breastfeeding education for low-income parents, infants and children up to age 5. WIC provides vouchers to mothers of young children and pregnant women for specific foods and are accepted at many local grocery stores. WIC coupons can be used at many farmers' markets. Based on new dietary guidelines, WIC packages now include fresh fruits and vegetables and whole grains.</p>
<p data-bbox="214 1444 474 1472"><b>WIC - MAIN OFFICE</b></p> <p data-bbox="214 1476 760 1503"><b>ADDRESS:</b> 632 East Alisal St, Salinas, CA 93905</p> <p data-bbox="214 1507 493 1535"><b>PHONE:</b> (831) 796-2888</p> <p data-bbox="214 1568 422 1596"><b>WIC - SOLEDAD</b></p> <p data-bbox="214 1600 743 1627"><b>ADDRESS:</b> 355 Gabilan Dr, Soledad, CA 93960</p> <p data-bbox="214 1631 493 1659"><b>PHONE:</b> (831) 678-5121</p> <p data-bbox="214 1692 407 1719"><b>WIC - SEASIDE</b></p> <p data-bbox="214 1724 781 1751"><b>ADDRESS:</b> 1156 Fremont Blvd, Seaside, CA 93955</p> <p data-bbox="214 1755 493 1782"><b>PHONE:</b> (831) 796-2888</p>	<p data-bbox="849 1430 1102 1457"><b>WIC - SANTA CRUZ</b></p> <p data-bbox="849 1461 1398 1488"><b>ADDRESS:</b> 1105 Water St, Santa Cruz, CA 95062</p> <p data-bbox="849 1493 1127 1520"><b>PHONE:</b> (831) 426-3911</p> <p data-bbox="849 1554 1318 1610"><b>WIC - WATSONVILLE LA MANZANA COMMUNITY RESOURCE CENTER</b></p> <p data-bbox="849 1614 1446 1642"><b>ADDRESS:</b> 18 East Lake Ave, Watsonville, CA 95076</p> <p data-bbox="849 1646 1127 1673"><b>PHONE:</b> (831) 722-7121</p> <p data-bbox="849 1707 1214 1734"><b>WIC - SAN BENITO COUNTY</b></p> <p data-bbox="849 1738 1398 1766"><b>ADDRESS:</b> 351 Felice Drive, Hollister, CA 95023</p> <p data-bbox="849 1770 1127 1797"><b>PHONE:</b> (831) 637-5306</p>



**WEBSITE:** [getcalfresh.org](http://getcalfresh.org)

CalFresh is a nutrition program that can help households buy healthy foods. In California, CalFresh used to be known as the Food Stamp Program, and nationally, the program is called SNAP. CalFresh benefits are issued on an EBT card that works like a debit card and can be used at most grocery stores and many farmers' markets to purchase food. To learn how to apply for CalFresh in your county, enter you zip code or [click on your county](#) on the map.



### FOOD AND NUTRITION SERVICE

**WEBSITE:** [fns.usda.gov](http://fns.usda.gov)

The Food and Nutrition Service administers several programs that provide healthy food to children including the [National School Lunch Program](#), [School Breakfast Program](#), [Child and Adult Care Food Program](#), [Summer Food Service Program](#), [Fresh Fruit and Vegetable Program](#), and [Special Milk Program](#). Administered by state agencies, each of these programs helps fight hunger and obesity by reimbursing organizations such as schools, child care centers, and after-school programs for providing healthy meals to children. Schools send school meal applications home at the beginning of each school year. However, you may apply for school meals any time during the school year by submitting an application directly to your school or district. You may ask for an application any time during the school year. If you're earning at or below current [Income Eligibility Guidelines](#), you are encouraged to contact your school or district to fill out a school meal application. Applications are reviewed by local school or district officials before granting free or reduced-price benefits. If you receive [Supplemental Nutrition Assistance Program \(SNAP\)](#) ([CalFresh](#) in California) benefits, all of your children who attend school automatically qualify for free school meals. Participation in other Federal assistance programs, including [Temporary Assistance for Needy Families \(TANF\)](#) also provides automatic eligibility. Please contact your school to determine if you need to fill out an application. The [Summer Food Service Program \(SFSP\)](#) ensures that low-income children continue to receive nutritious meals when school is not in session. This summer, USDA plans to serve more than 200 million free meals to children 18 years and under at approved SFSP sites.

## MEALS ON WHEELS

### Monterey Peninsula

**PHONE:** 831-375-4454

**WEBSITE:** [mowmp.org](http://mowmp.org)

### Salinas Valley

**PHONE:** 831-758-6325

**WEBSITE:** [mowsalinas.org](http://mowsalinas.org)

### Santa Cruz

**PHONE:** 831-464-3180

**WEBSITE:** [communitybridges.org/mealsonwheels](http://communitybridges.org/mealsonwheels)

Meals on Wheels programs deliver nutritious meals, friendly visits and safety checks to America's seniors to ensure that they can live healthy, happy and independent lives at home, where they want to be.

## SENIOR COMMUNAL MEALS (AREA AGENCY ON AGING)

**EMAIL:** [mcaaa@co.monterey.ca.us](mailto:mcaaa@co.monterey.ca.us)

**WEBSITE:** [co.monterey.ca.us/aaa](http://co.monterey.ca.us/aaa)

Senior Communal Meals (AAA) Senior lunch programs are often run at senior centers by the Area Agencies on Aging or other groups. *Monterey County:* [Click](#) for AAA's Senior Resource Directory, including senior meal sites and schedules. *Santa Cruz County:* [Click](#) for Senior Network Services, Including Senior Meal sites and schedules. *Senior Information and Assistance:* 1-800-510-2020 *Eldercare Locator:* 1-800-677-1116 *To Report Elder Abuse:* (831) 755-4466

## The Emergency Food System



**PHONE:** 2-1-1

**WEBSITE:** [211mc.org](http://211mc.org)

2-1-1 is an Information and Referral service that connects people to local health and human service resources. It's fast, free and confidential and is available 24/7 in more than 180 languages. To access the service people can dial 2-1-1 and be connected to a certified Call Specialist who will provide a list of appropriate services. In Monterey and Santa Cruz counties people can also search the 2-1-1 online database for help. And, in Monterey County, English or Spanish speakers can text their Zip Code to 898-211 and engage in a two-way discussion to find help.

## Food Banks and Pantries

<p style="text-align: center;"><b>SECOND HARVEST FOOD BANK</b></p> <p><b>PHONE:</b> 831-722-7110  <b>WEBSITE:</b> <a href="http://thefoodbank.org">thefoodbank.org</a>  <b>ADDRESS:</b> 800 Ohlone Parkway, Watsonville, CA 95076</p>	<p>Second Harvest Food Bank was founded in 1972, Second Harvest's mission is to end hunger and malnutrition by educating and involving the community. Information is available on: Neighborhood pantries, USDA food distributions, hot meal kitchens, summer lunch sites, <a href="#">CalFresh</a> and <a href="#">WIC</a>, and more. Through our network of more than 200 agencies and programs and over 3,000 volunteers, over 8 million pounds of food are distributed annually to working poor families, children, and seniors. For current and accurate information on food distribution sites and schedules, contact the Community Food Hotline at (831) 662-0991. ¿Necesita Comida? ¡Nosotros podemos ayudar <a href="#">en Español!</a></p>
<p style="text-align: center;"><b>SAN BENITO COMMUNITY FOOD BANK</b></p> <p><b>PHONE:</b> 831-637-0340  <b>WEBSITE:</b> <a href="http://communityfoodbankofsb.org">communityfoodbankofsb.org</a>  <b>ADDRESS:</b> 1133 San Felipe Drive, Hollister CA 95023</p>	<p>San Benito Community Food Bank is a nonprofit organization that provides supplemental, nutritious food to children, seniors, and low-income families. With your help, and with the thousands of hours volunteers contribute each year, 97 cents out of every dollar we receive goes directly to our food programs. During 2015, our food programs helped an average of 4,000 people every month. We delivered 25,000 bags of food to folks who are physically unable to visit our pantries. We packed and delivered over 6,000 weekend backpack bags for children. And we distributed over 6,000 emergency drought-relief boxes. <a href="#">Schedule of food distribution sites.</a></p>
<p style="text-align: center;"><b>FOOD BANK OF MONTEREY COUNTY</b></p> <p><b>PHONE:</b> 831-758-1523  <b>WEBSITE:</b> <a href="http://foodbankformontereycounty.org">foodbankformontereycounty.org</a>  <b>ADDRESS:</b> 353 W. Rossi St., Salinas, CA 93907</p>	<p>The Food Bank for Monterey County provides emergency supplemental food to 1 in 5 Monterey County residents--90,000 different people annually. For every dollar donated, we are able to provide \$8 worth of food and 95 cents of every dollar goes directly to programs and services. For food distribution sites and times, <a href="#">click here.</a></p>

## Pantries and Volunteer-based Food Distribution Sites

MONTEREY COUNTY		
<a href="#">Victory Mission</a>	43 Soledad Street, Salinas 93901	Sunday - Sunday
<a href="#">Comunidad Cristiana de Calif.</a>	298 East Market Street, Salinas 93901	Call Mon thru Fri / Last Sat 10-1
<a href="#">Dorothy's Place</a>	30 Soledad Street, Salinas 93901	Monday thru Thursday, food boxes
<a href="#">First United Methodist Church</a>	404 Lincoln Avenue, Salinas 93901	Sunday to Friday, lunch/breakfast 6:30

<b>Mount Nebo, Hispanic Church</b>	21 East Lake Street, Salinas 93901	Every other Thursday
<b>S.V.D.P. / Sacred Heart Church</b>	26 Stone Street, Salinas 93901	Mon & Fri
<b>Sacred Heart Church</b>	22 Stone Street, Salinas 93901	Tuesday, Wednesday Thursday only
<b>Valley Baptist Church</b>	320 Church Street, Salinas 93901	Second & Fourth Friday
<b>St. Paul's Episcopal Church</b>	1071 Pajaro Street, Salinas 93901	Fridays Distribution (Mon-Thurs 8-12,1-4)
<b>St. James CME Church</b>	285 Calle Cebu, Salinas 93901	Fridays
<b>Harvestlands Church</b>	327 Pajaro Street, Salinas 93901	3rd Wednesday
<b>Vineyard Christian Church</b>	1122 East Alisal Street, Salinas 93905	2nd & 4th Saturdays
<b>Celebration Church</b>	Woods Street & Roosevelt, Salinas 93905	Saturdays
<b>Primera Iglesia Bautista Del Sur</b>	1212 East Alisal Street, Salinas 93905	Thursdays
<b>Hispanic Seventh Day Adventist Church</b>	780 Holly Street, Salinas 93905	Fridays
<b>Kingdom Builders</b>	Mobile Pantry, Salinas 93905	Tuesday - Thursday Call for appointment
<b>Royal Family Church of God</b>	671 East Market Street, Salinas 93905	2nd & 4th Saturdays
<b>Salvation Army - Salinas</b>	2460 N. Main Street, Salinas 93906	Monday through Friday
<b>Salinas New Life Church of the Nazarene</b>	800 North Main Street, Salinas 93906	Wednesday
<b>S.V.D.P./ Madonna Del Sasso</b>	320 East Laurel Drive, Salinas 93906	Mondays & Thursdays
<b>Northside Assembly of God</b>	55 Natividad Road, Salinas 93906	2nd & 4th Wednesdays
<b>St. George's Episcopal Church</b>	98 Kip Drive, Salinas 93906	Fridays
<b>Echoes From Calvary Church</b>	1025 Post Drive, Salinas 93907	Thurs & Fri. 9am-4pm Weds 1pm-4pm
<b>Cypress Community Church</b>	681 Monterey-Salinas Highway, Salinas 93908	Tuesday - Thursday
<b>All Saints Episcopal Church</b>	9th & Delores, Carmel 93923	Monday - Friday
<b>Carmel Presbyterian Church</b>	Corner of Junipero & Ocean, Carmel 93923	Monday - Friday
<b>Carmel Mission Basilica</b>	3080 Rio Road, Carmel 93923	Monday - Friday
<b>Our Lady of Mt. Carmel Church</b>	9 El Caminito Road, Carmel Valley 93924	Wednesday
<b>Light of the Valley Christian Church</b>	25588 Jackson Street, Chualar 93925	3rd Wednesday
<b>Gonzales Comm. Church Food Pantry</b>	340 Day Street, Gonzales 93926	Saturdays
<b>Greenfield United Methodist Church</b>	237 Ninth Street, Greenfield 93927	3rd Friday of each month
<b>Holy Trinity Church</b>	27 S. El Camino Real, Greenfield 93927	Last Friday of the month
<b>Loaves &amp; Fishes</b>	King City Fairgrounds, King City 93930	Fridays (Nov - April)
<b>King City Community Food Pantry</b>	126 Bassett Street, King City 93930	Fridays (April - Nov)
<b>Holy Assembly Church</b>	3305 Abdy Way, Marina 93933	3rd Saturday
<b>Marina Church of God of Prophecy</b>	226 Carmel Avenue, Marina 93933	Last Friday of the month
<b>S.V.D.P./ St. Judes Church</b>	303 Hillcrest, Marina 93933	1st & 3rd & 5th Wed. 93933 Only
<b>Thomas Carman Food Pantry</b>	425 Carmel Avenue, Marina 93933	Tues. 5-7pm and Saturday
<b>Shoreline Community Church</b>	2500 Garden Road, Monterey 93940	Tuesday & Thursday (Avail once a month)
<b>San Carlos Cathedral</b>	580 Fremont Street, Monterey 93940	Sunday, Tuesday & Friday
<b>Harbor Chapel</b>	620 Dolan Road, Moss Landing 95039	Monday - Friday

<a href="#">S.V.D.P./ St. Angela's Church</a>	9th & Lighthouse, Pacific Grove 93950	Tuesday and Thursday 93950 only
<a href="#">St. Mary's by the Sea Church</a>	146 12th Street, Pacific Grove 93950	Monday, Wednesday, Friday
<a href="#">St. Francis Xavier Church</a>	1475 La Salle Avenue, Seaside 93955	Tuesdays and Thursdays
<a href="#">Salvation Army, Sand City</a>	800 Scott Street, Sand City 93955	Food Boxes, Tu-Wed-Thurs.
<a href="#">S.V.D.P./Our Lady of Solitude Church</a>	235 Main Street, Soledad 93960	Sunday thru Sunday
<a href="#">Salvation Army - Soledad</a>	179 Main Street, Soledad 93960	Mon - Fri 93960 only
<a href="#">North County Christian Center</a>	11299 Poole Street, Castroville 95012	Wednesday
<a href="#">Centro Aviva Iglesia de Jesucristo</a>	11351 Geil Street, Castroville 95012	Fridays
<a href="#">Our Lady of Refuge Catholic Church</a>	11140 Preston Street, Castroville 95012	3rd Tuesday
<a href="#">Pajaro Rescue Mission</a>	111 Railroad Avenue, Pajaro 95076	Monday-Saturday

*Updated February 2, 2017.*

#### SAN BENITO COUNTY

<a href="#">Community Food Bank of SBC</a>	1133 San Felipe Road, Hollister 95023	Friday – Saturday, 9am – 12pm
<a href="#">Sacred Heart and St. Benedict Parish</a>	680 College St. Hollister 95023	Open Mon. & Fri., 10am to Noon. Clients may receive food up to six times a year. Bring photo ID.
<a href="#">Salvation Army</a>	910 Buena Vista Rd. Hollister 95023	831-636-9832
<a href="#">Church of Christ</a>	620 Monterey St. Hollister 95023	831-637-7988

#### SANTA CRUZ COUNTY

<a href="#">Community Food Hotline / La Línea de la Comunidad</a>	800 Ohlone Parkway, Watsonville 95076	Call (831) 662-0991 for food distribution information 8am – 4pm, Monday - Friday
<a href="#">California Grey Bears, Inc.</a>	2710 Chanticleer Ave, Santa Cruz, 95065	Weekly grocery delivery to county residents age 55+ in Santa Cruz County. Sign-up online
<a href="#">Calvary Episcopal Church Coffee House</a>	532 Center St, Santa Cruz 95060	Monday 6pm, Coffeehouse,
<a href="#">Community Bridges - Meals on Wheels</a>	Varies Senior Dining Sites, Santa Cruz	Daily, call for locations
<a href="#">Elm Street Mission</a>	117 Elm Street, Santa Cruz 95060	Wednesday 7am; Friday, Saturday, and Sunday 4:30pm
<a href="#">Manna Ministries</a>	7600 Soquel Dr., Aptos 95003	Saturday 12pm, Resurrection Catholic Community Church lot
<a href="#">Nueva Vista Community Resources</a>	711 East Cliff Dr., Santa Cruz 95060	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday, 3pm-5pm
<a href="#">Pajaro Valley Loaves &amp; Fishes</a>	150 2nd St., Watsonville, CA 95076	Monday – Friday, 12pm
<a href="#">Santa Cruz Food Not Bombs</a>	850 Front Street, Santa Cruz 95060	Saturday – Sunday, 4-6pm
<a href="#">St. Francis Soup Kitchen</a>	205 Mora St, Santa Cruz 95060	Monday – Friday, 12pm – 1pm
<a href="#">Valley Churches United Missions</a>	9400 Hwy 9, Ben Lomond 95005.	Tuesday – Thursday, 9am – 11:45am; First and Third Friday, 9am – 11am (Grey Bears seniors only); Saturday, 10am – 12pm (working clients only)

**SANTA CRUZ COUNTY**

**All Services**

<a href="#"><u>Community Bridges Live Oak Family Resource Center</u></a>	Case/Care Management for Families, Childbirth Education, Health Insurance Information/Counseling, Mentoring Programs for Youth and Probationers, Ongoing Emergency Food Assistance for Families with Children, Paralegal Counseling, Parenting Education, Specialized Information and Referral for Families.
<a href="#"><u>Community Food Hotline / La Línea de la Comunidad</u></a>	Call (831) 662-0991 for current and accurate information on food distribution sites and schedules. ¿Necesita Comida? ¡Nosotros podemos ayudar en Español!
<a href="#"><u>California Grey Bears, Inc.</u></a>	Operation Brown Bag (serves 9,000 lunches annually) provides free bags of nutritious produce for anyone over age 55 each week or 50 years old with Social Security/Disability benefits.
<a href="#"><u>Calvary Episcopal Church Coffee House</u></a>	Serves an evening meal to homeless youth every Monday, serving 100 meals per week.
<a href="#"><u>Calvary Episcopal Church Food Pantry</u></a>	Distributes food twice a month to nearly 200 people, representing nearly 400 families, many of which are homeless or handicapped. Last year, nearly 50,000 pounds of food was given out.
<a href="#"><u>Catholic Charities</u></a>	Family Supportive Services program provides timely assistance to the needy, homeless, and working poor families and individuals facing such obstacles as rent/eviction situations, utility shut-off, food and lodging needs, transportation problems and other emergencies of day-to-day living.
<a href="#"><u>Community Action Board</u></a>	Shelter Project direct services to people living in or near poverty who have no other resources available. This includes motel vouchers, residential assistance payments to landlords/mortgage holders to prevent eviction or foreclosure, voicemail service to homeless people to maintain communication with family or employers, and an information and referral service.
<a href="#"><u>Community Bridges - Meals on Wheels</u></a>	Meals on Wheels provides an average of 400 daily home delivered meals to senior citizens, disable non-seniors and people with AIDS who face the most challenging of circumstances. Last year, the program provided 107,251 home delivered meals to eligible shut-in residents in Santa Cruz County.
<a href="#"><u>Elm Street Mission</u></a>	Provides a breakfast service on Wednesday mornings as well as weekend dinner services on Friday, Saturday, and Sunday.
<a href="#"><u>Encompass Community Services - River Street Shelter &amp; the Independent Living Program (ILP)</u></a>	The shelter is a 32-bed homeless shelter for both men and women. The ILP provides rental assistance, counseling and support for foster care youth, ages 16-21.
<a href="#"><u>Nueva Vista Community Resources</u></a>	Safe place for the Santa Cruz community to access resources that offer stability and hope for the future. Services. Nueva Vista Community Resources is part of the Community Bridges family of programs.
<a href="#"><u>Homeless Services Center</u></a>	Homeless Services Center is a nonprofit organization that has a variety of services and transitional housing programs.
<a href="#"><u>Manna Ministries</u></a>	Providing free hot lunches to the hungry & homeless in Aptos every Saturday noon, along with new socks, used clothing, pet food & more. 7600 Soquel Dr. Aptos, Resurrection Catholic Community Church lot.
<a href="#"><u>Pajaro Valley Loaves &amp; Fishes</u></a>	Provides a hot lunch, five days a week year-round to the homeless and very low-income population of the Pajaro Valley, including working poor families with children, migrant farm workers, elderly, disabled, and mentally ill individuals. Additionally, they operate a pantry program.
<a href="#"><u>Pajaro Valley Shelter Services</u></a>	The shelter is open all day, every day; providing 90 days of occupancy after which the clients are transitioned into stable housing or into the organization's transitional housing program where they work closely with a case manager and develop skills to help them manage their money.
<a href="#"><u>Santa Cruz Food Not Bombs</u></a>	All volunteer program that shares free vegan meals, produce and bake goods with the local community. They share their meals outside the downtown post office at Water and Front Streets from 4:00 to 6:00 PM every Saturday and Sunday. The number of people eating with them has grown from around 50 per week to more than 300 people each weekend.

<a href="#"><u>Second Harvest Food Bank</u></a>	Operates as a donated food clearinghouse in addition to operating their own food assistance programs. They serve approximately 43,000 clients a month which is equal to about 424,580 meals per month.
<a href="#"><u>Siena House Maternity Home of Santa Cruz County</u></a>	Provides food, shelter and help in accessing adequate medical care to women who are pregnant and homeless. Additionally, they provide a program of interactive education including pre and post-natal care, child development, bonding and attachment, nutrition, forming and sustaining healthy relationships and stress management.
<a href="#"><u>St. Francis Soup Kitchen</u></a>	Their food program for the needy delivers free nutritious hot lunches, Monday through Friday, all year long. Last year the program served 41,932 meals.
<a href="#"><u>Valley Churches United Missions</u></a>	Their primary focus is providing supplemental food to clients throughout the year. Their food pantry is open four days per week, year-round. Clients may come in every other week for groceries. Clients facing extreme circumstances may receive additional food.
<a href="#"><u>Walnut Avenue Women's Center</u></a>	Provides emergency shelter for battered women and children through hotel or safe home placements. Their food program provides emergency food and education to women, children and families who participate in one of their agency's five programs.

## How Can the NFCCC Advance a Healthy, Sustainable Food System?

Member agencies and individuals can lead community food system initiatives by serving in the following functions:

- **Convening.** Provide leadership in assembling food system stakeholders from the community in food system discussions. Become a guiding force in the establishment of healthy and sustainable community food systems. Establish a food policy council in the community.
- **Assessment.** Integrate food system elements into the Community Health Needs Assessment and Health Improvement Planning process. The findings may lead to encouraging municipalities to include food system and sustainability goals in their comprehensive plan (e.g., agricultural land preservation and smart growth strategies).
- **Educating and Assisting.** Host networking and educational opportunities where stakeholders have access to one another as well as local, state or national experts on healthy, sustainable food systems. Inform partners of funding opportunities that support food system initiatives. Provide technical assistance or letters of support to stakeholders applying for loans or grants.
- The NFCCC supports the adoption of a Health in all Policies, specifically targeting healthy food access. Addressing Health and Hunger in All Policies: [Health in All Policies: A Guide for State and Local Governments](#) was created by the Public Health Institute, the California Department of Public Health, and the American Public Health Association. *Health in All Policies* is a collaborative approach to improving the health of all people by incorporating health considerations into decision-making across sectors and policy areas. The goal of Health in All Policies is to ensure that all decision-makers are informed about the health consequences of various policy options during the policy development process.