

# Sign up for CalFresh today!

**BETTER FOOD FOR BETTER LIVING**



*Photo credit: Lenka Vodicka*

**If your student...** is eligible for free/reduced price meals through the national school lunch program, your family is probably eligible for fresh food benefits using CalFresh.

## **Why apply for your CalFresh benefit?**

- Stretch your food dollar and use other disposable income on other household needs
- Improved health through access to fresh, seasonal, nutritious foods
- Decreased medical needs
- Reduced hunger for yourself and your family
- Support local farmers
- Grow your own food in a home or community garden



# Can't afford healthy & nutritious food?



**Did you know...**if you make \$4,418 a month or less for a family of four, you could qualify for up to \$835 a month in CalFresh EBT dollars through Nevada County Social Services? You can buy healthy, nutritious, fresh, local, and organic foods with CalFresh at grocery stores, farmers markets, and select U-pick farms. You can also buy vegetable seeds and starts for your garden.

## Apply for CalFresh today!

Contact any of the organizations listed below for more information or to assist you with your application. You may also sign up directly at [www.BenefitsCal.com](http://www.BenefitsCal.com).

- **211 Connecting Point:** Dial 2-1-1 or 1-833-342-5211 and ask for Cal-Fresh Application Assistance.
- **Bright Futures for Youth:** (by appointment) Call 530-265-4311 or email [ChristianB@bffyouth.org](mailto:ChristianB@bffyouth.org) to schedule.
- **Gold Country Senior Services:** Call 530-615-4541 for application assistance for Senior Citizens.
- **Interfaith Food Ministry:** Drive-thru distribution every Monday, Wednesday and Friday from 10 am-12 pm: 440 Henderson St., Grass Valley, CA 95945. Email [venuspm.ifm@gmail.com](mailto:venuspm.ifm@gmail.com) or call 530-273-8132 and leave a message.
- **Nevada County Department of Social Services:** 950 Maidu Ave., Nevada City. 530-265-1340.
- **Sierra Harvest:** (by appointment) Call 530-265-2343 or email [info@sierraharvest.org](mailto:info@sierraharvest.org) to schedule.

**If you have any questions** about the CalFresh program, contact your eligibility team at the Nevada County Department of Social Services, or call their main number at 530-265-1340.

