

Women, Infants, and Children (WIC)

- **Eligibility**
 - **1. Meet the income guidelines**
 - The income guideline table can be found at <https://www.phfewic.org/how-wic-works/faqs/>
 - **2. Be in one of the following groups:**
 - You may be eligible for WIC if you
 - Are pregnant
 - Are breastfeeding a baby under the age of one
 - Had a baby within the last six months
 - Have a child under the age of five
 - Experienced a pregnancy loss/termination
- **Where to apply**
 - Go to www.signupwic.com and enter your zip code. It will give you the address and contact information of the nearest office.
- **How to apply**
 - Contact the nearest office to apply
- **Required documents**
 - Identification (example: driver's license, state ID, immunization card, birth certificate, Medi-Cal/Medicaid card, etc.)
 - Proof of address (example: any piece of mail with your name and current address, rent receipt, bill, Medi-Cal/Medicaid card, CalFresh/SNAP letter)
 - Proof of income (example: pay stub, disability/unemployment letter, active Medi-Cal/Medicaid card, CalFresh/SNAP letter)
 - WIC referral form completed by health care provider or doctor, if available

CalFresh

- **Eligibility (For more information refer to www.cdss.ca.gov/inforesources/cdss-programs/calfresh/eligibility-and-issuance-requirements#transitional)**
 - CalFresh households, except those containing an aged (60 or older) or disabled member or where all members receive cash assistance, are subject to gross and net income determination tests. Gross Income – all non-excludable income from any source including all earned income and all unearned income. The maximum gross allowed is 200% of the Federal Poverty Level (FPL)
- **Where to apply**
 - Apply online at www.getcalfresh.org/en/apply
- **Required documents (For more information refer to www.cdss.ca.gov/inforesources/cdss-programs/calfresh/eligibility-and-issuance-requirements#transitional)**

- For households to receive CalFresh benefits they must provide certain information in the following areas:
 - Citizenship/Immigration Status
 - Income
 - Reporting Changes
 - Resources
 - Work Requirements
 - Work Rule for Able-Bodied Adults Not Receiving Cash Aid
 - Transitional CalFresh

Meals on Wheels

- **Eligibility**

- The applicant must be homebound.
- The person must not be able to take care of themselves, which usually means the individual applying for Meals on Wheels needs to be at least 60 years of age or older, disabled, or in a serious medical condition. Most agencies will also provide free meals to the spouse or partner of a person at least 60 years of age.
- The person who needs food must be unable to attend a local Senior Center or food pantry because of emotional or physical disabilities.
- Applicants must be elderly, physically or emotionally unable to obtain food, disabled, or otherwise can't prepare full meals on their own.
- A priority for delivery is homebound, and they need to lack a car or transportation to a local grocery store.

- **Where to apply**

- Go to www.mealsonwheelsamerica.org/find-meals and enter your zip code; you will get the contact information of the nearest location

- **How to apply**

- Contact the nearest location (Few locations closest to clinic)

Meals on Wheels by ACC
 7375 Park City Dr, Sacramento, CA 95831
 (916) 444-9533

Next Steps:

1. Call their office
2. After this a caseworker will make a home visit to determine eligibility, explain the program, and provide further information.
3. Individuals receiving this benefit will be assessed every three months either over the phone or by in person visits.

California Department of Aging
 1300 National Dr. Ste 200 Sacramento, CA 95834, (800) 510-2020

Meals on Wheels Yolo County
40 N East St. Ste C Woodland, CA 95776
(530) 662-7035

Next Steps:

1. If you are interested in this program, contact the number to the office
2. Paperwork will be filled out by an HDM coordinator within 10 days of the first meal during a home visit
3. Program will be re-assessed quarterly - over the phone or in person
 - a. They will determine your eligibility as well as assess health and need for any other programs that may be needed
4. There is no charge, but any contribution is appreciated

- **Required documents**

- Contact the nearest location

Child and Adult Care Food Programs

- **Eligibility**

- Eligible children include infants and children through age 12 in child care centers and daycare homes. Children of migrant workers are eligible through age 15. Eligible adults are enrolled in adult daycare and are at least 60 years of age or physically or mentally impaired. In afterschool care centers and emergency shelters, children through age 18 are eligible.

- **How to apply** (the California Department of Education is temporarily not accepting new CACFP applications. It is expected that the program staff will begin accepting new CACFP applications shortly after the transition. For CACFP application inquiries before July 1, 2021, please contact us at CACFP@cde.ca.gov. Information on how to contact the CACFP unit after July 1, 2021 will be forthcoming.)

- Step 1: Contact the CACFP specialist assigned to your county by phone or by email. You can find your county's CACFP specialist at (<https://www.cde.ca.gov/ls/nu/cc/cacfpcontact.asp>).
- Step 2: The specialist will complete a prescreening questionnaire over the phone; during the phone call the specialist will either deem you eligible or not eligible to apply for the CACFP. If you are deemed eligible, the specialist will follow up with an email containing application instructions and deadlines based on your agency type.
- Step 3: Once the specialist has received and reviewed the requested documentation by the deadline, the specialist will determine if you meet the performance standards that demonstrate Viability, Capability, and Accountability.

If you do, you will be given access to the Child Nutrition Information and Payment System (CNIPS) websiteExternal link opens in a new window or tab., where you will complete and submit an online application for your agency.

- Step 4: When your application in the CNIPS is complete, a specialist will schedule a visit to your center. This visit includes staff training on all program requirements

Food Bank locations

Sacramento

Sacramento Food Bank & Family Services

3333 3rd Ave, Sacramento, CA 95817

(916)-456-1980

<http://www.sacramentofoodbank.org/>

River City Food Bank

1800 28th St, Sacramento, CA 95816

(916)-446-2627

<http://www.rivercityfoodbank.org/>

Sacramento Food Bank & Family Services

1951 Bell Ave, Sacramento, CA 95838

(916)-925-3240

<http://www.sacramentofoodbank.org/>

Yolo

ASUCD Pantry

Memorial Union, 1 Shields Ave #154, Davis, CA 95616

(530)-752-2612

<https://thepantry.ucdavis.edu/>

Yolo Food Bank

Address: 233 Harter Ave, Woodland, CA 95776

(530) 668-0690

<https://yolofoodbank.org/>

