

Need help buying groceries?
Apply for CalFresh!



The CalFresh program provides monthly benefits and can help students pay for food year-round!

CalFresh can be used to buy food at Trader Joe's, Costco, Safeway, Grocery Outlet, and any store with a sign that says "EBT Accepted".

CalFresh is also accepted at all local farmers markets.

Double your dollars with Market Match!

Spend up to \$10 on fruits and veggies with your CalFresh benefits at the Live Oak, Felton or Watsonville Farmer's Markets, and receive an additional \$10 from the Market!

Find out what CalFresh can do for you!

Even the minimum of \$16 per month can help you stretch your food budget by \$48 every three months, or by \$192 a year!

See if you qualify for CalFresh assistance!

Apply online at

www.mybenefitscalwin.org

By phone at 1-888-421-8080

Or in person at one of the County of

Santa Cruz walk-in centers:

1020 Emeline Avenue, Santa Cruz

18 West Beach Street, Watsonville



**Human Services Department
County of Santa Cruz**

Local Food Pantries

<p>People's Pantry / Twin Lakes Wednesdays from 3:30 pm – 5:30 pm Located at: 2701 Cabrillo College Road Aptos, CA</p>	<p>Iglesia Adventista Hispana 1st and 3rd Wednesday of every month from 8:30 pm – 9:00 pm after their service Located at: 336 Green Valley Road Watsonville, CA</p>
<p>Resurrection Church Monday, Wednesday and Fridays from 10:00 am – 12:00 pm Located at: 7600 Soquel Drive Aptos, CA</p>	<p>Watsonville SDA Food Pantry Emergency Pantry, walk-ins only Located at: 700 S. Green Valley Road Watsonville, CA</p>
<p>Salvation Army – Watsonville Thursdays from 10:00 am – 11:30 am 112 Grant Street Watsonville, CA</p>	<p>Cornerstone Food Pantry Thursdays from 8:30 pm – 9:30 pm and Sunday from 12:00 pm – 1:00pm after their service Located at: 302 Carey Avenue Freedom, CA</p>
<p>Loaves & Fishes Monday – Friday from 9:00 am – 3:00 pm Located at: 150 Second Street Watsonville, CA</p>	<p>Community Bridges La Manzana 2nd and 4th Wednesday of every month from 11:00 am – 12:00 pm Located at: 521 Main Street, Suite Y Watsonville, CA</p>
<p>All Saints Episcopal Church 2nd and 4th Thursday of every month from 3:00 pm – 5:00 pm Located at: 437 Rogers Avenue Watsonville, CA</p>	<p>Iglesia Roca Firme Thursdays from 8:30 pm – 9:45 pm after their service Located at: 118 First Street Watsonville, CA</p>
<p>Salud Para La Gente Wednesdays from 11:00 am – 1:00 pm Located at: 204 East Beach Street Watsonville, CA</p>	<p>Iglesia De Cristo Fridays from 9:00 pm – 9:45 pm after their service Located at: 221 Airport Boulevard Watsonville, CA</p>
<p>Pan De Vida Thursdays from 8:30 pm – 9:30 pm after their service Located at: 113 E. Front Street Watsonville, CA</p>	<p>Freedom Roads Pantry 4th Tuesday of every month from 10:00 am – 11:00 am and emergencies Located at: 7200 Freedom Boulevard Aptos, CA</p>

Pantry Hotline/Hours

Need food or help ASAP? Please call the Community Food Hotline for more information or referrals at [831-662-0991](tel:831-662-0991).

Additional information is available [here](http://www.thefoodbank.org/need-food/) (<http://www.thefoodbank.org/need-food/>).

Women, Infants, & Children (WIC)

If your family qualifies for CalFresh, you may also be eligible for more benefits through WIC. Visit this [website](#) for more local information on eligibility, where to apply, and frequently asked questions.

How to Create and Maintain a Food Budget as a Student

Links and resources on how to maintain a food budget as a student:

- [Planning a Menu](#)
- [Grocery Shopping Tips](#)
- [Eating Right When Money is Tight](#)
- [Eating Better on a Budget](#)
- [7-Day Menu for Less than \\$5 a Day](#)
- [Meeting MyPlate Goals on a Budget](#)
- [Eat Well on \\$4 a Day](#)

Need more inspiration for simple, easy, and healthy recipes?

- [Champions for Change Recipes](#) has everything from breakfast, soups and stews, to main dish recipes. Check out their recipes and "Healthy Cookbooks" to step up your meal prep success.
- [EatFresh.org](#) has many budget friendly recipes and other information about maintaining a healthy lifestyle. To find the recipes that work for your budget and lifestyle, you may filter your search by cuisine, cooking environment (e.g. limited kitchen, very quick), and other dietary information.
- For even more recipe resources framed around MyPlate, visit the "Choose My Plate" Recipes, Cookbooks, and Menus [website](#)