

Building Community Through Nutrition

A guide to fighting food insecurity during COVID-19

Nutrition Programs¹

In response to COVID-19, food assistance programs expanded their benefits. The following programs may assist those who are eligible:

Income-based Programs

Supplemental Nutrition Assistance Program (SNAP)

- Known as *CalFresh* in California
- This program provides monthly assistance to participants through a card called EBT.
- Participants can now buy groceries on Walmart.com and Amazon.com

Women, Infants, and Children (WIC)

- This program offers assistance for pregnant women, new mothers, and children up to 5 years old.

Families with Children

CA Meals for Kids Mobile App

- This app helps locate meals for students during school closures.
- Available for both iPhone and Android devices.

Seniors

Great Plates Delivered (select California cities)

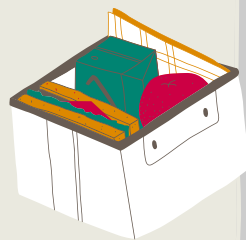
- Participants receive meals delivered from local restaurants.

GoGoGrandparents

- Meal and grocery delivery service

To find out more, please visit:

<https://covid19.ca.gov/food-resources/#top>



What is Food Insecurity?²

Food insecurity is when families experience **difficulties accessing food**.

- Many things can lead to food insecurity. Layoffs and school-closures can make it difficult for families to access food.
- Families with children or single parents may experience food insecurity more often.
- **Providing support** is a step toward fighting food insecurity.



Ways to Help:

- **Offer to help with groceries** for vulnerable populations. This includes elders or people with suppressed immune health.
- **Donate** untouched foods to a local food bank. Check food expiration dates before donating.³
- Help people who cannot leave their houses. Help them set up a grocery delivery system.



References:

¹ State of California. Getting food. CA.GOV. <https://covid19.ca.gov/food-resources/>. Published 2020. Accessed July 25, 2020.

² Economic Research Service. Definitions of Food Security. USDA ERS - Definitions of Food Security. <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security.aspx>. Accessed July 25, 2020.

³ United States Environmental Protection Agency. Reducing Wasted Food At Home. EPA. <https://www.epa.gov/recycle/reducing-wasted-food-home>. Published November 13, 2019. Accessed July 25, 2020.