

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 \$4,292 a month or less for a family of four, you could qualify for up to \$646 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.c4yourself.com.

- **211 Connecting Point:** Dial 211 for application assistance.
- **Alliance For Workforce Development:** Call ahead due to COVID-19 guidelines 530-265-7088. M-F, 8am-5pm; Brighton Greens Resource Center, 988 McCourtney Rd., Grass Valley.
- **Big Brothers Big Sisters of Northern Sierra:** (by appointment) Call 530-626-1222 or email admin@bbbsns.org to schedule. 236 South Church Street, Grass Valley.
- **C4Yourself.com**
- **The Friendship Club:** (by appointment) Call 530-265-4311 or email dena@friendshipclub.org to schedule.
- **Interfaith Food Ministry:** Drop-in Monday, Wednesday and Fridays of the month, 10 am-1pm: 440 Henderson St., Grass Valley. Email naomidd.ifm@gmail.com or call 530-870-0177.
- **Sierra Harvest:** (by appointment) Call 530-265-2343 or email info@sierraharvest.org to schedule.
- **County of Nevada Department of Social Services:** 950 Maidu Ave., Nevada City

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.

