**Federal Nutrition Programs in Contra Costa County**

**Food Assistance**

**CalFresh Program (formerly Food Stamps)**
1-877-505-4630
www.foodbankccs.org/get-help/food-stamps.html

**CalFresh Offices:**
4545 Delta Fair Boulevard, Antioch
151 Sand Creek Road, Brentwood
400 Ellinwood Way, Pleasant Hill
151 Linus Pauling Drive, Hercules
1305 Macdonald Avenue, Richmond

The program helps to improve the health and well-being of qualified households and individuals by providing them a means to meet their nutritional needs. Monthly electronic benefits (similar to a bank debit card) are issued that can be used to buy most foods at many markets, Farmers’ Markets and grocery stores.

**Food Bank of Contra Costa and Solano**
1-855-309-FOOD (3663)
www.foodbankccs.org

The Food Bank works to end hunger and increase access to nutritious food for low-income individuals and families through a comprehensive group of programs that combat hunger and its causes. We distribute food directly to low-income people at community sites and make food available for other non-profit organizations serving the ill, needy and infants.

**Developed by the Contra Costa County Nutrition Action Plan (CNAP) Partners**

**Pregnant/New Mothers (also Infant/Preschool)**

Women, Infants & Children Supplemental Nutrition Program (WIC) - Contra Costa Health Services
1-800-414-4WIC
www.ccwic.org

WIC serves women who are pregnant or recently had a baby, infants, and children under 5 years old who meet the WIC income limits. Many working families are eligible. WIC provides:

- Healthy foods such as milk, cheese, cereals, eggs, and juice (value $60 -$100/month)
- Nutrition education
- Breastfeeding education and support
- Referrals to health care and community services

**Adult/Youth Nutrition Education**

UC-CalFresh Nutrition Education Program
925-646-6540
www.cecontracosta.ucdavis.edu

We provide science-based information to promote a healthy lifestyle free from chronic disease. Low-income families and youth learn healthful ways of eating and being active; where food comes from; how to stretch food dollars; and how to prepare simple, healthful meals. We reach adults and families through schools and community agencies and youth through their teachers. Services include adult and family workshops, an online money management program, food demonstrations, classroom presentations, educator training and ongoing support.
The goal of the Child Health and Nutrition Program is to provide information and support of parents and child care providers in the areas of infant and child nutrition, physical activity, health and safety. We are also a sponsor of the USDA Child and Adult Care Food Program, which provides financial assistance to support child care providers who serve healthy meals and snacks to the children in their care.

Contra Costa County Community Services Bureau - Head Start and Early Head Start
925-313-1551
www.contra.napanet.net/depart/service/faq.html#headstart

Provides free comprehensive services to low-income families with children 0-5 years. Services offered include education, health, school readiness and parent involvement. Our program is project-based and aims to promote self-care, social skills, pre-literacy, pre-math, pre-science and self-esteem. Individual attention is offered to families, such as those with overweight or special-needs children. Nutritious meals and snacks are served daily.

Infant/Preschool
Contra Costa Child Care Council - Child Health and Nutrition Program
925-676-5442
www.cocokids.org

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School-Age Nutrition
Antioch Unified School District Nutrition Services
925-779-7600 option 2
www.antioc.k12.ca.us/nutritionservices

As proud and caring professionals, the AUSD Nutrition Services Department works as a team to provide quality, nutritious, appealing meals for students and staff to promote health today and in the future.

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School-Age Nutrition
Pittsburg Unified School District Child Nutrition Department
925-473-4719
www.schoolnutritionandfitness.com/index.php?sid=1703091755087669

We provide nutritious and well balanced meals to our students. We are aware of the importance that good nutrition plays in the academic performance of students, therefore we encourage all students to eat breakfast and lunch daily at our school sites. We provide “Food for thought”!

We strive to provide students with food that is both nutritious and delicious. It is important to not only provide nutritiously dense food, but also present it in a way that allows the students to experience a vast variety of food ingredients, flavors, and cuisines. Our goal is to provide proper healthy habits that set up our students’ behaviors for the remainder of their lives.

School-Age Nutrition
West Contra Costa Unified School District Food Services Department
510-307-4580
www.wccusd.net/page/256

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Senior Nutrition Program - Contra Costa Health Services
925-464-9137
www.cchealth.org/senior-nutrition

The Senior Nutrition Program provides nutritious daily meals countywide for adults age 60+ which meet 1/3 of the Recommended Daily Allowance (RDA). Meals are served in a social setting at 20 C.Cafe’s in local communities throughout the county, or delivered to the residence of homebound adults.

Middle School Nutrition Education
Nutrition and Physical Activity Promotion - Contra Costa Health Services
925.313.6820
www.cchealth.org/nutrition

Our primary aim is to encourage Contra Costa County residents to reduce their risk of chronic disease by eating healthfully and being physically active. We do this by providing:
- Nutrition education and physical activity workshops in English and Spanish
- Training, materials and resources
- Participation in community activities and events