

# Yolo County Food Access Information

Below are organizations that aim to serve food-insecure families in the local community. Please feel free to share this sheet with anyone who might find these resources useful.

## Free Meals for Families and Kids:

- Davis Community Meals and Housing | (530) 753-9204 | 640 Hawthorn Lane, Davis, CA 95616
  - Free meals on Tuesday and Thursday evenings 5:45 pm - 6:30 pm; lunch Saturday 11:30 am - 12:15 pm
  - Meal Program: <https://daviscommunitymeals.org/meals-program/>
- Yolo County Food Bank | (530) 668-0690 | 233 Harter Ave Woodland, CA 95776
  - Find Food Near You: <https://yolofoodbank.org/findfood/>
  - Kids Farmers Market Program: provides Yolo County's elementary-school-aged children access to local produce and nutrition education
    - <https://yolofoodbank.org/programs/kids-farmers-market/>
- Short Term Emergency Aid Committee (STEAC) | (530) 758-8435
  - Immediate, short-term emergency aid to families and individuals with incomes at or below the federal poverty level in Yolo County
  - Receive food up to two times each month: <http://www.steac.org/>
  - Free food for Davis residents: [http://www.steac.org/program\\_infocforclients.php](http://www.steac.org/program_infocforclients.php)

## Apply for SNAP:

- Supplemental Nutrition Assistance Program (SNAP): a SNAP debit card at farmer's markets in Davis/West Sacramento can get you double dollars! (ie: \$20 worth of groceries for \$10)
  - [www.fns.usda.gov/snap/supplemental-nutrition-assistance-program](http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program)



## Affordable Groceries:

- New Hope Community Church
  - The Gift of Groceries Program: <https://www.newhopemeadowview.com/receive-food/>
    - Sign ups every Thursday from 7:00 am to 3:30 pm to receive groceries

## Food Resources in the Community:

- Nutrition & Aging Resource Center: <https://acl.gov/senior-nutrition>
  - Provides senior nutrition programs and promote health of older adults
- Rise Inc, Food Distributions
  - Locations: <https://www.riseinc.org/>
- The Pantry at UC Davis - Food Distribution Center
  - Food pantry for UC Davis students: <https://thepantry.ucdavis.edu/>
  - Student ID required
- Woodland Volunteer Food Closet | (530) 662-7020 | 420 Grand Ave. Woodland, CA 95695
  - Twice per month for food allocation to residents in Woodland and Davis
  - Hours: Monday to Friday 3:00 pm to 4:00 pm
  - <https://www.woodlandfoodcloset.org/>
- Yolo County Children's Alliance | (530) 757-5558 | <https://www.yolokids.org/>
  - Application Assistance for the following programs: CalFresh (Food Stamps), Covered California, and MediCal.
  - Services are free of charge

## Food Distributions

### Food Distribution Days:

### Eat Well Yolo (produce) Distribution

(Please bring your own bags)  
Every 1st and 3rd Thursday of each month. 9:30 am for Esparto Community & 10 am for Winters Community

### EFAP Distribution

(Esparto Office Only)  
Every 4th Monday of each month from 10 am- 12 pm

### Food Closet at Countryside Community Church

(26479 Grafton St. Esparto)  
Friday's from 2 pm- 5 pm



# Ways to help increase food accessibility

For volunteers: Yolo Food Bank | Volunteers play a critical role in helping to end hunger in Yolo County. Their role is even more critical given the COVID-19 crisis. Take part in individual and group volunteering and meet people in your community! Visit <https://yolofoodbank.org/volunteer-new/> for more information.

For businesses and nonprofits: Community Food Projects Competitive Grant Program fights food insecurity through developing community food projects that help promote self-sufficiency of low-income communities:

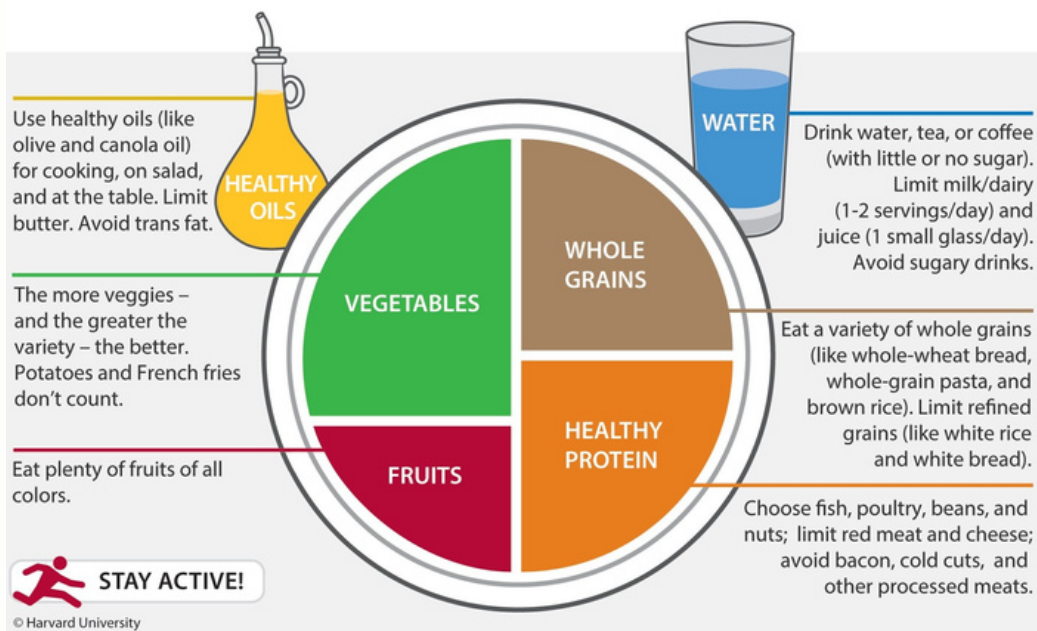
<https://www.nifa.usda.gov/grants/programs/hunger-food-security-programs/community-food-projects-competitive-grant-program-cfpcgp>



## How to eat healthy at no extra cost

Visit [www.hsph.harvard.edu/nutritionsource/healthy-eating-plate](http://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate) for up-to-date information on nutrition.

### HEALTHY EATING PLATE



Did you know you can get plenty of protein from plants? AND it's generally more cost effective than buying animal products. Here are some great plant protein sources to try and home: lentils, tofu, nuts, chickpeas (all beans!), broccoli, seeds, sprouts, edamame, quinoa, and dark leafy greens.



Try to consume added sugars in moderation. The [American Heart Association](#) recommends limiting added sugars to no more than 6% of calories each day (about 6-9 tsp/day for women/men). For children, the recommendation is to limit sugar intake to a maximum 5 tsp/day.

Americans eat on average about 3,400 mg of sodium/day. However, the [Dietary Guidelines for Americans](#) recommends that adults limit intake to less than 2,300 mg/day (equal to about 1 teaspoon of table salt). For children, it's even less!

**To manage salt and sugar intake, a good rule-of-thumb is to limit processed and fried foods.** ✓

For local resources on how to practice plant-forward eating: [www.rootedsantabarbara.org](http://www.rootedsantabarbara.org)

For tips & tricks on how to navigate healthy and affordable food at the grocery store: [www.kidsinnutrition.org/tips-tricks](http://www.kidsinnutrition.org/tips-tricks)

For healthy child-friendly recipes: <https://www.kidsinnutrition.org/recipes>

