

# Santa Barbara Food Access Information

Below are some 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 and Groceries for Families and Kids:

- Santa Barbara Food Bank | (805) 967-5741 | 4554 Hollister Avenue, Santa Barbara, CA 93110
  - Distribution locations: [www.foodbanksbc.org/get-help](http://www.foodbanksbc.org/get-help)
- CalFresh: a supplemental program that helps limited-income individuals and families buy the food they need in order to stay healthy.
  - [www.countyofsb.org/dss/services/food-aid/calfresh.sbc](http://www.countyofsb.org/dss/services/food-aid/calfresh.sbc)
- WIC: The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) provides low-income, high-risk mothers with funds to support their families.
  - [www.womeninfantschildrenoffice.com/apply-for-wic](http://www.womeninfantschildrenoffice.com/apply-for-wic)
- No Kid Hungry: provides free meals to kids
  - [www.nokidhungry.org/find-free-meals](http://www.nokidhungry.org/find-free-meals)
- The Storyteller Children's Center: a therapeutic preschool that provides high-quality early childhood education for homeless and at-risk children in Santa Barbara County, as well as comprehensive support services for their families.
  - (805)682-9585 | [www.storytellercenter.org](http://www.storytellercenter.org)
- Supplemental Nutrition Assistance Program (SNAP): a SNAP debit card at farmer's markets in California 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)
- Free Food Distribution Sites: <https://www.independent.com/2022/06/29/food-distribution-sites-in-santa-barbara/>
- For additional resources: [www.211santabarbaracounty.org/food](http://www.211santabarbaracounty.org/food)



<p><b>NEW!</b> <b>First Saturday</b>  <b>Foodbank of Santa Barbara County</b>            Santa Maria Warehouse            490 W Foster Rd. 8:30-10:30am</p>	<p><b>Third Saturday</b>  <b>Goleta Valley Church</b>            595 N Fairview Ave. 8-10am</p>
<p><b>Good Shepherd Pantry</b>            380 N Fairview Ave. Goleta. 9-10am            walk-up beginning in July</p>	<p><b>NEW!</b> <b>Franklin Elementary School</b>            1111 E Mason St., Santa Barbara            8:30-10:30am</p>
<p><b>Grace Food Pantry</b>            3869 State St., Santa Barbara            1st, 2nd, 4th Saturday, 9am</p>	<p><b>Calvary Chapel</b>            2620 Santa Maria Way. 10-11am</p>
<p><b>Second Saturday</b>  <b>Goleta Valley Community Center</b>            5679 Hollister Ave., Goleta.            8:30-10:30am</p>	<p><b>Allan Hancock College</b>            800 S College Dr., Santa Maria            10am-1pm</p>
<p><b>NEW!</b> <b>Boys &amp; Girls Club</b>            901 N Railroad Ave., Santa Maria            8:30-10:30am</p>	<p><b>Fourth Saturday</b>  <b>Grace Food Pantry</b>            see listing under first Saturday</p>
<p><b>NEW!</b> <b>Grace Food Pantry</b>            see listing under first Saturday</p>	<p><b>Carpenteria Children's Project</b>            5201 8th St., 8:30-10:30am            (4th Saturday beginning Sept. 25)</p>
	<p><b>Last Saturday</b>  <b>Lompoc High School</b>            515 W College Ave., 8:30-10:30am</p>
	<p><b>Every Saturday</b>  <b>Angel Food/Pacific Christian</b>            1217 S Blosser Rd., Santa Maria, 8:30-11:30am</p>

FoodbankSBC.org - Walk-up - Drive-thru While supplies last

## Free Summer Meals:

- Text "FOOD" to 304-304 for information on free summer meals for your kids.
- Call the USDA Hotline at 1-866-348-6479 to find free summer food service programs in your area.

## Free Meal Delivery for the Elderly and Home-bound:

- For seniors looking for grocery delivery during the COVID-19 situation, call (805)357-5761.
- Food From the Heart: provides free meal delivery for individuals recovering from surgery, major illness or those with failing health.
  - (805) 334-5292 | [www.sbfoodfromtheheart.com](http://www.sbfoodfromtheheart.com)
- Meal on Wheels: provides free meal delivery for elderly and home-bound individuals
  - (805) 683-1565 | [www.mealsonwheelssb.org](http://www.mealsonwheelssb.org)
- Brown Bag Home Delivery with the Santa Barbara Food Bank: delivers free groceries and produce bags to low-income seniors who are homebound and/or have no social support to pick up food on their behalf.
  - [www.foodbanksbc.org/programs/seniors](http://www.foodbanksbc.org/programs/seniors)



# Ways to help increase food accessibility

For volunteers: Backyard bounty program with the SB Food Bank- The food bank obtains produce from backyards, gardens, farms, and orchards in the Santa Barbara area and redistributes it to those in the community who face hunger and food insecurity. Many of the organizations mentioned on this resource sheet rely on volunteers! - [www.foodbanksbc.org/backyardbounty](http://www.foodbanksbc.org/backyardbounty)

For businesses and nonprofits: Apply for grants through Santa Barbara County Food Action - [www.sbfoundation.org/nonprofits/grant-opportunities](http://www.sbfoundation.org/nonprofits/grant-opportunities)

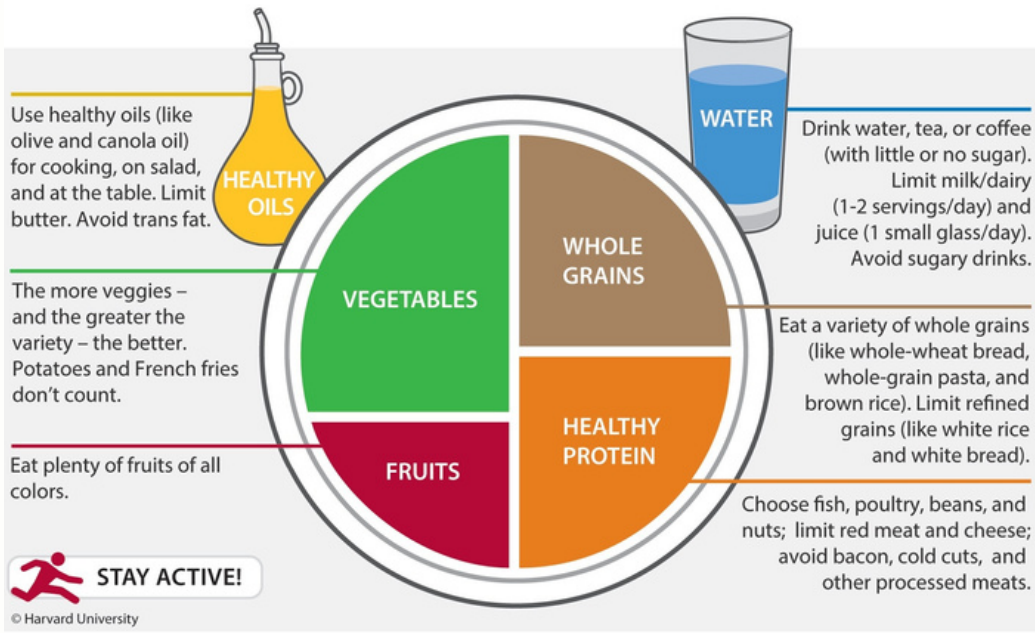
Eating locally sourced foods: A list of businesses that buy their produce locally - [www.ediblesantabarbara.com/sb-local-food](http://www.ediblesantabarbara.com/sb-local-food)



## 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](http://www.heart.org) 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](http://www.dietaryguidelines.gov) 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>

