



Eating Right When Money's Tight





Eating Right When Money's Tight:

Many families are concerned about the rising costs of food. Read on for tips for how to stretch your food dollars.

Make a Plan:

- Plan meals for a week using the food you have and then make a list of things you need.
- Shop once a week.
- Cook several meals at once and freeze them for later.
- Use coupons or look for sales on healthy items.
- Do not shop when you are hungry.

Shop Smart to Eat Smart:

- Buy fruits and vegetables. They are good for your body and your wallet.
- Substitute meat in some meals with more legumes, beans, eggs, tofu, and nut butters.
- Eat regular oatmeal and brown rice instead of instant.

What to Look For:

- Buy fruits and vegetables in season; they are usually fresher and cheaper.
- Buy store brands. They are just as healthy as brand names, and cheaper.
- Check the costs per ounce or per pound to get better deals.
- Look for better deals on the bottom and top shelves.
- Find a farmers' market; fruits and vegetables tend to be fresher.
- Check the sell by and use by dates.
- Read the label to compare products' nutritional and cost values.
- Compare unit prices.
- **Eat Fruits and Vegetables in Season. They Cost Less!**

Free Money for Healthy Food

The Supplemental Nutrition Assistance Program, formerly Food Stamp Program, helps you and your family buy the food you need for good health.

- The Food Stamp Program is NOT a welfare program.
- Using food stamps for food means
- You can use your cash to pay bills.
- You get a card that works just like a debit card.
- Buy plant starts and seeds with your food stamp dollars.

Facts about the Food Stamp Program.

Did You Know?

- * **Children get free school breakfast and lunch** when their family gets food stamps.
- * **Your kids will not be taken away.** Food stamps can help your children get the healthy food they need.



More Facts about the Food Stamp Program.

* **If you are single or married** you may still get food stamps. You do not have to have children.

* **You can own a home and/or a car** and still get food stamps.

* **Elderly people receive an average benefit of \$53 per month** and you do not need to have children in the home to qualify. People receiving SSI/SSP are not eligible for food stamps in California, but other members of their household may still qualify.

* **You are helping your community** because for every \$5 you use in new food stamp benefits, you help generate nearly twice as much (\$9.20) in total community spending.

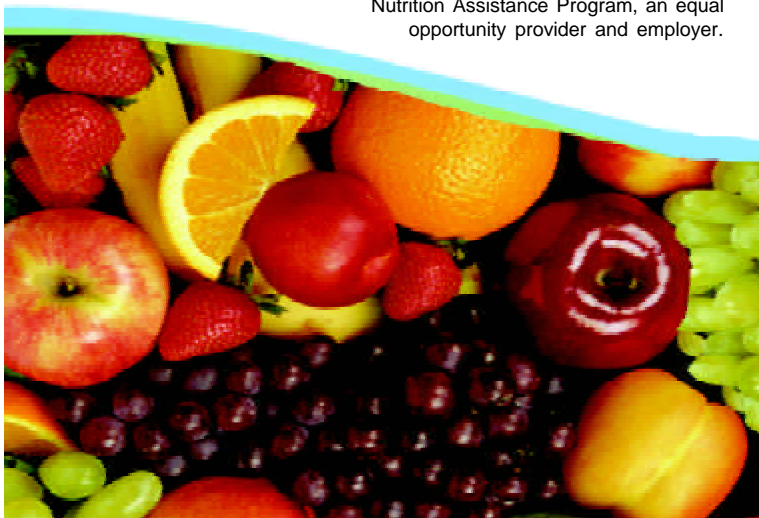
* **Regardless of your immigration status**, you can get food stamps for your children if they are citizens or legal permanent residents. It should not affect your eligibility for legal residence or U.S. citizenship. The food stamp office is not allowed to share client records with Immigration.

Contact Legal Aid Society of San Diego if you have questions about immigration: 1-877-534-2524

Do I or my children qualify?

Number of people	1	2	3	4	5	6	7
Monthly gross income	\$1,174	\$1,579	\$1,984	\$2,389	\$2,794	\$3,200	\$3,606

For important nutrition information visit www.cachampionsforchange.net. For food stamp information, call 2-1-1 or 1-877-847-3663. Funded in part by the San Diego County Health & Human Services Agency, San Diego Hunger Coalition, 211, and USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.



Where can I go to get help applying for the Food Stamps?

AGENCY	TELEPHONE	REGION
Catholic Charities (Mid-City Christian)	619.286.1100	Central
SAY San Diego	619.283.9624	Central
City Heights Farmers	43rd & Wightman	Central
Salvation Army Kroc Center	619.269.1430	Central
Healthy Start (Military Families)	858.496.0044	Central
SAY San Diego	858.974.3603	N. Central
Senior Community Centers	619.235.6538 x317	Central
2-1-1 San Diego	2-1-1	County-wide
Mental Health Systems	1.888.843.5800	County-wide
Golden Share Foods	619.590.1692	County-wide
Neighborhood Healthcare	619.440.7616 x218	East
New Seasons Church	619.463.0725	East
Community Resource center	760.753.8300	North
Neighborhood Healthcare	760.690.5907	North
Interfaith Community Services	760.721.2117	North
Vista Community Clinic	760.631.5000 x7114	North
Beacon Family Resource Centers	619.422.9208	South
Fairwinds Family Resource Centers	619.420.0468	South
Rayo de Esperanza Family Resource Centers	619.425.4458	South
New Directions Family Resource Centers	619.691.5301	South
Open Door Family Resource Centers	619.407.4840	South