



Project Open Hand  
meals with love

## ADDITIONAL FOOD AND NUTRITION RESOURCES

### Food Resources in Alameda County

The resources below provide food assistance for Alameda County residents. Additional resources are listed on the handouts in your Project Age Well binder. Please reach out to Sami Wilkinson (415-497-2330) or Mandy Carroll (415-954-2532) with any questions.

Resource	Type	What is it?	Who is eligible?	How to apply?
CalFresh	money for food	A nutrition assistance program for low-income individuals and families to buy food at grocery stores, farmers' markets, and for some, restaurants or community meal programs	US Citizen, Permanent Resident, U or T Visa holder Refugee or Asylee, or US born children  CA SSI/SSP recipients	Ask your POH dietitian/nutritionist OR  Call 510-635-3663 or visit: <a href="https://www.getcalfresh.org/en/apply">https://www.getcalfresh.org/en/apply</a> . Applications take 10 minutes to complete. Proof of ID and SSI benefits required for sign-up.
Market Match	money for food	A healthy food program providing CalFresh recipients the opportunity to double their funds at local farmers markets	CalFresh (i.e. SNAP, food stamp) recipients	Visit the information booth at any farmers market for details.
Alameda County Community Food Bank	groceries	Grocery delivery or pickup	Alameda County residents	Call 510-635-3663 or visit <a href="http://foodnow.net">foodnow.net</a> to find a location near you or sign up.

## Food Resources in Alameda County (cont'd)

Resource	Type	What is it?	Who is eligible?	How to apply?
Project Open Hand Wellness Program	groceries and prepared meals	Medically tailored meals and groceries for clients living with certain chronic illnesses	San Francisco or Alameda County residents 18+ with HIV/AIDS, Hepatitis C, cancer stage 3 and 4, and recent major surgery	Ask your medical provider to complete the application on the POH website: <a href="https://www.openhand.org/get-meals/how-apply">https://www.openhand.org/get-meals/how-apply</a> .
Meals on Wheels	home-delivered meals	Meals on Wheels offers two daily meals that are well-balanced and meet two-thirds of the daily nutritional requirements for seniors	For most Alameda County cities, older adults, age 60+ that are unable to get out to obtain food	Visit the website <a href="https://www.feedingseniors.org/get-meals-1">https://www.feedingseniors.org/get-meals-1</a> or contact Meals on Wheels of Alameda County at 510-777-9560 or <a href="mailto:marisa@feedingseniors.org">marisa@feedingseniors.org</a> .