

## CNAP Committee Members

- ◆ 2-1-1 (HELPLINK) United Way of the Bay Area
- ◆ Children's Council of San Francisco
- ◆ City College of San Francisco, Nutrition Assistant Program
- ◆ Feeling Good Project, San Francisco Department of Public Health
- ◆ Food Stamp Program
- ◆ Nutrition Services, San Francisco Department of Public Health
- ◆ San Francisco Department of Aging & Adult Services
- ◆ San Francisco Food Bank
- ◆ San Francisco Head Start
- ◆ San Francisco Nutrition Education Project, San Francisco Unified School District
- ◆ Student Nutrition Services, San Francisco Unified School District
- ◆ Summer Food Service Program, Department of Children, Youth & Their Families
- ◆ University of California Cooperative Extension
- ◆ Women, Infants & Children (WIC) Supplemental Nutrition Program, San Francisco Department of Public Health
- ◆ Wu Yee Children's Services

These institutions are equal opportunity programs.

# Federal Nutrition Programs in San Francisco



*Developed by:  
San Francisco County  
Nutrition Action Plan  
(CNAP) Committee*

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## 2-1-1 (HELPLINK) United Way of the Bay Area

Offers free, confidential assistance 24 hours a day, 7 days a week to anyone who needs help finding community services. Information is provided in over 150 languages. Information and Referral specialists can:

- ◆ Help callers tell their stories, understand and prioritize their needs
- ◆ Identify and offer appropriate resources
- ◆ Follow up with callers about resources given to them

2-1-1  
[www.211bayarea.org](http://www.211bayarea.org)

**For Hearing Impaired,  
(415) 808-4440 TTY calls or  
7-1-1 California Relay Service**

## Children's Council of San Francisco

As a sponsor agency of the Child Care Food Program, we:

- ◆ Provide reimbursements to enrolled child care providers for serving nutritious meals to the children in their care
- ◆ Present nutrition education workshops to child care providers and parents
- ◆ Conduct farmer's market tours in various neighborhoods throughout the City
- ◆ Offer cooking classes at child care centers

**(415) 276-2900 Nutrition Department  
[www.childrenscouncil.org](http://www.childrenscouncil.org)  
[foodprogram@childrenscouncil.org](mailto:foodprogram@childrenscouncil.org)**

## Feeling Good Project

As part of the San Francisco Department of Public Health's Nutrition Services Program, we provide:

- ◆ Nutrition education materials (English, Spanish & Chinese)
- ◆ Technical assistance and nutrition education (workshops, classes, materials) to community partners serving low-income San Francisco residents

**(415) 575-5689  
Feeling Good Project  
<http://www.sfdph.org/dph/comupg/oprograms/MCH/FeelingGood.asp>**

## Food Stamp Program

Many low-income families and individuals can receive an electronic benefits card (like an ATM) to buy groceries. Get up to several hundred dollars a month in food assistance. Even working families may be eligible.

To find out if you are eligible or to apply, contact us at:

**(415) 558-1001  
email: [food@sfgov.org](mailto:food@sfgov.org)  
1235 Mission Street  
3120 Mission Street**

## San Francisco Department of Aging and Adult Services

Provides meals to seniors age 60+ and adults with disabilities age 18+ at various community centers throughout the city. Many centers also offer different activities. For consumers who are homebound or have difficulty leaving their home, home-delivered meal service is available to eligible seniors and adults with disabilities.

**(415) 626-1033** In San Francisco  
**(800) 510-2020** Calls outside of San Francisco

[www.sfgov.org/daas](http://www.sfgov.org/daas)

## San Francisco Food Bank

The San Francisco Food Bank operates the following USDA programs:

- ◆ Supplemental Food Program (SFP): Distributes a monthly box of USDA commodities to eligible seniors, infants and children under 6 years, pregnant and one-year postpartum women. You cannot participate in both SFP and the WIC Program.
- ◆ Emergency Food Assistance Program (EFAP): A USDA sponsored food program that provides low-income households and unemployed persons with surplus USDA donated food and privately donated products through local food banks and community based organizations. The San Francisco Food Bank distributes EFAP products through its pantry network.

**Call 2-1-1 (HELPLINK) United Way of the**

**Bay Area for a site near you.**

## Summer Food Service Program

Provides free nutritious lunches which are served during the summer months for children and youth 18 years and younger at more than 100 locations around the City.

**Call 2-1-1 (HELPLINK) United Way of the Bay Area for a site near you.**

## School Health Programs Department, San Francisco Nutrition Education Project, SFUSD

Program of the School Health Programs Department in the San Francisco Unified School District. School site nutrition coordinators are responsible for:

- ◆ Nutrition education and physical activity promotion in the classroom
- ◆ Teacher support
- ◆ School wide nutrition education and physical activity promotion
- ◆ Family outreach
- ◆ Educator Professional Development

**(415) 242-2615**  
**[www.healthiersf.org](http://www.healthiersf.org)**

## Student Nutrition Services, SFUSD

Provides school breakfast and lunch through the National School Lunch Program. Prepares and serves food for the Summer Food Program. Follows the Wellness Policy developed by the San Francisco Unified School District's Nutrition and Physical Activity Committee.

**(415) 749-3604**  
**[www.sfusdfood.org](http://www.sfusdfood.org)**

## San Francisco Head Start

A free, comprehensive child development program serving eligible children and their families in San Francisco. Services are offered to meet the individual needs of all children, including children with disabilities. Comprehensive services include the provision of nutrition education and nutritious meals/snacks. Families with children from birth to five are encouraged to apply.

**(415) 405-0500**  
**[www.sfheadstart.org](http://www.sfheadstart.org)**

## University of California Cooperative Extension, San Francisco/San Mateo Counties

The Nutrition, Family & Consumer Sciences education programs help limited resource families and individuals achieve optimal health through:

- ◆ Multilingual, small group nutrition class series and workshops for parents
- ◆ Learn-by-mail nutrition education packets for Food Stamp eligible individuals
- ◆ Professional development curriculum training for teachers and youth leaders
- ◆ Nutrition education curricula and resources for pre-K to teens
- ◆ Gardening curricula and resources

**(650) 871-7559**  
**<http://cesanmateo.ucdavis.edu>**

## Women, Infants & Children Supplemental Nutrition Program (WIC)

As part of the San Francisco Department of Public Health's Nutrition Services Program, WIC serves women who are pregnant, breastfeeding or recently had a baby, infants, and children under 5 years old who meet the WIC income limits. WIC provides:

- ◆ Supplemental foods such as milk, cheese, cereals, eggs, and juice
- ◆ Nutrition education
- ◆ Breastfeeding education and support
- ◆ Referrals to health care and community services

**Call (415) 575-5788 for a site near you.**  
**<http://www.sfdph.org/dph/comupg/oprograms/PHP/WIC/WIC.asp>**

## Wu Yee Children's Services

Helps to ensure that children receive nutritious and well-balanced meals while in child care. Wu Yee, as a Food Program sponsor, is dedicated to providing quality child care through its continuing nutrition education, technical assistance, and reimbursement for meals. Requirements include:

- ◆ Must be a licensed family day care provider
- ◆ Serve USDA approved meals
- ◆ Maintain simple daily record of meals served
- ◆ Participate in annual nutrition training

**(415) 677-0100**