What is CalFresh?

CalFresh can help you stretch your food budget, so you can buy healthy food — up to $281 for individuals and up to $939 for a family of four. Monthly amounts are based on eligibility requirements, including household size, income and expenses. The program issues benefits on a debit-type card that can be used at grocery stores, farmers’ markets and online.
Welcome; Useful Links
CalFresh Information
Free & Low-Cost Food Resources
Humboldt Network of Family Resource Centers
Food For People Information
Youth & Senior Nutrition Resources
Farmers’ Market Information
NCGA Seasonal Eating Guide
Access Local Produce with SNAP
Community Gardens & Farms
Educational Resources
Create your own affordable seasonal dishes
Common Measurement Abbreviations
Decoding Expiration Dates
CalFresh Partner Agencies & Bonus Discounts

Helpful Links

Healthy Recipes with Local Foods
- Soups
- Salads
- Stir Fry

Community Food Guides
2022
2021

Local Gardening Guide

CalFresh Guide en español.
What should I have when I apply?

No proof of ID, non-citizen status, or income is required to apply or be brought to an appointment. Please bring what you can from the following list (if you do not have one of the items listed, we can look into other identification options):

- Identification – You may bring a driver’s license or an I.D. card or a health card or other identification document.
- Social Security numbers – Be ready to give your number and a number for all those persons for whom you are applying, if they have one.
- For non-U.S. citizens – Bring a resident alien card or other proof of immigration status.
- You may also need proof of income (pay stubs, child support orders, and benefit statements).

I am an immigrant. Can my children and I apply for CalFresh?

Yes! All children born in the U.S. can get CalFresh if they qualify, no matter where their parents were born. Parents may qualify if they are a Legal Permanent Resident and meet certain other guidelines. Parents who do not qualify themselves should apply for their children born in the U.S.

If you get CalFresh it will not count against you when you apply to become a citizen or legal permanent resident of the U.S.

The Golden State Advantage Card

If you qualify for CalFresh, you will:

- Get a plastic Electronic Benefit Transfer (EBT) card and you will select a Personal Identification Number (PIN). Your CalFresh benefits will be linked to your account each month. (If you are homeless, you and your CalFresh worker will agree on how to pick up your EBT card). Shop at any grocery store or farmers’ market authorized to accept EBT cards.
- Swipe your EBT card, like an ATM card, in the ATM/debit/credit card machine at the checkout.
- Enter your PIN. The amount you spend will be taken from your CalFresh account.

To find out if you qualify for CalFresh, call 1-877-410-8809 today!

How do I apply?

You may apply:

- In person at a DHHS office, Family Resource Center or Open Door clinic.
- In the mail or by fax.
- Online at benefits.cal.org.
Free & Low-Cost Food Resources

Please check with the organizations directly to confirm details and current availability.

Del Norte

CalFresh / DHHS
880 Northcrest Dr., Crescent City
707-464-3191
Apply in person at DHHS Mon.-Fri. 8:00 a.m.-5:00 p.m.

College of the Redwoods Pantry
883 W Washington Blvd., Crescent City
707-476-4560
Pantry and food forest for students.

Del Norte Senior Center
1765 Northcrest Dr., Crescent City
707-464-3069
Delivered meals and senior lunch program. Daily 11:30 a.m.-noon.

Del Norte Unified School District
707-464-0246
www.dnusd.org/Page/1111
Lunch and breakfast for next day.

Dorcas Society
1770 Northcrest Dr., Crescent City
707-464-2738
Food pantry Mon. 2:00-4:00 p.m.

Grace Lutheran Church
188 E. Cooper Ave., Crescent City
707-464-4712
Food pantry open Mon.-Fri. 9:00 a.m.-2:00 p.m.; ID and proof of income required.

Open Door Clinic
550 E. Washington Blvd., Crescent City
707-465-1988 x6237
Emergency pantry; food provided once a week per person. Mon. 8:00 a.m.-noon and 1:00 p.m.-5:00 p.m.; Tues.-Fri. 8:00 a.m.-noon and 1:00 p.m.-7:00 p.m.

Our Daily Bread Ministries
1135 Harold St., Crescent City
707-464-7771
Meals, clothing and hygiene items. Breakfast and dinner served, call for schedule.

Pacific Pantry
494 Pacific Ave., Crescent City
707-464-0955
Thur. 2:00-6:00 p.m.; Fri. 2:00-4:00 p.m. plus first and third Saturdays 11:00 a.m.-1:00 p.m.

Rural Human Services
286 M St. #A, Crescent City
707-464-7441
Choice nutrition pantry. View locations and distribution schedule at https://ruralhumservices.net/Our-Services/Food-Bank/

St. Vincent de Paul’s Food Pantry
1440 Parkway Dr., Crescent City
707-464-1322
Mon.-Fri. 9:00 a.m.-2:00 p.m.; ID and proof of income required.

WIC Clinic - Crescent City
440 L St., Crescent City
707-464-7293
See page 6 for more information.

Humboldt

Apply for CalFresh
929 Koster St., Eureka
877-410-8809
www.getcalfresh.org

Arcata House Annex
501 9th St. Arcata
(707) 633-6236
www.arcatahouse.org
Lunch truck (14th & Union, Arcata) Mon.-Fri. noon-12:50 p.m.; food pantry (501 9th St., Arcata) Wed. 4:00 p.m.-6:00 p.m.

Care-A-Van, Affordable Homeless Housing Alternatives (AHHA)
Serving McKinleyville, Arcata, Eureka, and Redway
www.ahha-humco.org
Pop-up care center for houseless community members. Services include fresh food, non-perishables and dog care products. See website for updated schedule.

Cooperation Humboldt
www.cooperationhumboldt.org
cooperationhumboldt@gmail.com
Network of Little Free Pantries.

Food For People
1720 10th St, Eureka (Cooper Gulch)
707-445-3166 or 707-407-0447
www.foodforpeople.org
See page 5 for more information.

Food Not Bombs - Arcata
Food served every Saturday at 4:00 p.m. at the Arcata Plaza.

Food Not Bombs - Eureka
Food served every Sunday at 3:00 p.m. at the corner of E & 3rd St.

Fortuna Adventist Community Services
2331 Rohnerville Rd., Fortuna
707-725-1166
Tues./Wed. 9:30 a.m.-11:30 a.m.

HSU Oh, SNAP Pantry
1st Harpist St., Arcata
www.hsouhsnap.org
Bag of food available weekly for students. See website for hours.

Humboldt County Office of Education
901 Myrtle Ave., Eureka
707-445-7000
See page 6 for more information.

Humboldt County Transition-Age Youth Collaborative (HCTAYC)
433 M Street, Eureka
707-476-4944
See page 6 for more information.

Humboldt Family Resource Centers
www.hnfr.org
County-wide food pantries and services with 17 sites throughout the county (see facing page).

Humboldt Senior Resource Center
707-443-9747
www.humsenior.org
See page 6 for more information.

Our Savior
425 Shaw Ave., Ferndale
707-786-9619
Dry goods food pantry Wed. 1:00-4:00 p.m., located directly behind church.

RAVEN Project, RCAA
523 T St., Eureka
707-443-7099
See page 6 for more information.

St. Vincent de Paul
35 W 3rd St., Eureka
707-445-9588
www.svdpsua.org
Free lunch Mon.-Fri. 11:00 a.m.-1:00 p.m. plus last two Saturdays of the month 1:00 a.m.-1:00 p.m.

Salvation Army
2123 Tydd St., Eureka
707-442-6275
www.eureka.salvationarmy.org
Food pantry open Mon.-Fri. 9:00 a.m.-noon.

WIC Clinics - Humboldt
Locations in McKinleyville, Eureka, Fortuna, and Garberville. See page 6 for more information.

2-1-1 HUMBOLDT
Dial 2-1-1 to get connected to a live resource specialist who can help you find and answer questions on local programs & resources.

This service is available seven days a week, 24 hours a day and offers fast, free, & confidential assistance.

Use the CA EBT locator to find everywhere you can use your benefits!
www.ebt.ca.gov/locator/index.html#locator.page
### HNFRC's Guide to Food Resources

#### Family & Community Resource Center Food Resources

<table>
<thead>
<tr>
<th>Resource Center</th>
<th>Phone Number</th>
<th>Address</th>
<th>Emergency Food*</th>
<th>Backpacks for Kids*</th>
<th>Resource Center Food Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arcata</td>
<td>(707) 822-1002</td>
<td>2400 Baldwin St</td>
<td>X</td>
<td>X</td>
<td>Call to make an appointment for an emergency food bag</td>
</tr>
<tr>
<td>Bridgeville</td>
<td>(707) 777-1775</td>
<td>38717 Kneeland Rd</td>
<td>X</td>
<td>X</td>
<td>Bridgeville Pantry (FFP): Tue-Fri 9-4: Dinsmore Pantry (FFP) 9-11: Blocksburg Pantry (FFP) 1:30-3:30</td>
</tr>
<tr>
<td>Carlotta</td>
<td>(707) 768-3372</td>
<td>300 Wilder Rd</td>
<td>X</td>
<td>X</td>
<td>Call Center for emergency food appt.</td>
</tr>
<tr>
<td>Fortuna</td>
<td>(707) 725-4603</td>
<td>2089 Newburg Rd</td>
<td></td>
<td>X</td>
<td>Referrals to Fortuna food pantries</td>
</tr>
<tr>
<td>Hupa</td>
<td>(530) 625-4000</td>
<td>8 Holt St</td>
<td>X</td>
<td>X</td>
<td>Food Boxes: 3rd Thur. Mobile Produce (FFP): 4th Wed. Emergency Food: By appt.</td>
</tr>
<tr>
<td>Eureka: Jefferson</td>
<td>(707) 497-6280</td>
<td>1000 B St</td>
<td>X</td>
<td></td>
<td>Free Produce Stand (FFP): Sat at 10</td>
</tr>
<tr>
<td>Eureka: Marshall</td>
<td>(707) 441-2404</td>
<td>I St. @ Trinity/Hunton 216.W. Harris St</td>
<td>X</td>
<td>X</td>
<td>Marshall has two different physical locations in Eureka.</td>
</tr>
<tr>
<td>Eureka: South Bay / Pine Hill</td>
<td>(707) 445-5933</td>
<td>5230 Vance Ave</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Loleta</td>
<td>(707) 733-5239</td>
<td>700 Loleta Dr</td>
<td>X</td>
<td>X</td>
<td>Pantry (FFP): 3rd Thur 3–5 (Loleta Community Church). Fresh produce distributed as available</td>
</tr>
<tr>
<td>Manila</td>
<td>(707) 444-9771</td>
<td>1611 Peninsula Dr</td>
<td>X</td>
<td>X</td>
<td>Pantry (FFP): Wed from 2-3 (on Vance Ave turnout of the 255)</td>
</tr>
<tr>
<td>McKinleyville</td>
<td>(707) 840-0905</td>
<td>1615 Heartwood Dr</td>
<td>X</td>
<td>X</td>
<td>Pantry (FFP): Mon-Fri 10–12, 1-3</td>
</tr>
<tr>
<td>Mattole Valley</td>
<td>(707) 629-3348</td>
<td>167 Sherman St Petrolia</td>
<td>X</td>
<td></td>
<td>Pantry: 4th Wed 11-12 at the MVRC office, 3-4 at Honeydew School</td>
</tr>
<tr>
<td>Rio Dell</td>
<td>(707) 764-5239</td>
<td>406 Wildwood Ave</td>
<td>X</td>
<td>X</td>
<td>Mobile Produce (FFP): 2nd Wed 10-1 at Fire Hall. Commodities (FFP): 3rd Thur 9-12 at the RDRC 406 Wildwood Ave</td>
</tr>
<tr>
<td>Southern Humboldt</td>
<td>(707) 923-1147</td>
<td>344 Humboldt Ave Garberville</td>
<td>X</td>
<td></td>
<td>Pantry (FFP): Tue &amp; Thur 10:30-12, Wed 2-4 at Presbyterian Church. Mobile Produce (FFP): 2nd Tue 10:30-1 at First Baptist Church. Weekly emergency food for enrolled families/seniors</td>
</tr>
<tr>
<td>Willow Creek</td>
<td>(530) 629-3141</td>
<td>38883 Highway 299</td>
<td>X</td>
<td></td>
<td>Pantry (FFP): 3rd Thur 10-1 (commodity bags avail. other Thur 10-12). Senior Food and Mobile Produce (FFP): 3rd Wed. Emergency ‘hold over’ bags avail weekly as supplies allow</td>
</tr>
</tbody>
</table>

* FFP = Food For People Program  
  For more information about Food for People resources, [visit their website](#)  
  *Call Centers for specific hours and number of visits allowed to the Emergency Pantry per month  
  * Backpacks for Kids is a weekend food bag for students enrolled in school, sites have limited availability
**Food for People**

The Food Bank for Humboldt County

**FOOD DISTRIBUTION PROGRAMS**

**Senior & Homebound Programs**
- Program for those 60 and older and a Homebound Delivery Program for adults younger than 60 years old who can’t leave home due to disability or medical need. Requires a medical referral. Read details and income guidelines on line or call (707) 445-3166 ext. 309 for inquires. https://foodforpeople.org/programs/senior-homebound-programs

**Free Produce Markets**
- No appointment required. Program runs June-October and is available in Eureka, Fortuna, Garberville & Redway. Check online or call for updated schedule. https://foodforpeople.org/programs/free-produce-markets

**Mobile Produce Pantry**
- No appointment required. Visits 10 communities on a monthly schedule. CalFresh Outreach assistance available at sites. Check online or call for schedule. https://foodforpeople.org/programs/mobile-produce-pantry

**Backpacks for Kids**
- Provides income-eligible children with a bag of food on Fridays during the school year. Contact your school’s front office, resource center or counselor to see if they participate or call (707) 445-3166 ext. 309 or email ChildNutrition@foodforpeople.org.

**Food Pantry Network**
- 18 Emergency Food Pantries located throughout Humboldt County. One pickup per household monthly. Check online or call for updated schedule. https://foodforpeople.org/programs/pantry-network

**Eureka Choice Pantry**
- Current Location: 1720 10th St. (Cooper Gulch near Montessori school). ***Moving to 307 West 14th Street in the Spring of 2023*** Call for appointment Monday-Friday 9:00am-4:00pm: (707) 407-0447. One appointment per household per month. If you are physically unable to get to the pantry you can give someone specific permission to pick up food on your behalf. Arrange this when you schedule your appointment. https://foodforpeople.org/programs/choice-pantry

**MAP OF COUNTY SERVICES**

**Seniors & Homebound Programs**
- No appointment or income eligibility required. Program runs June-October Monthly visit from a refrigerated truck ---

- **Orrick Elementary School**
  120918 Hwy 101
  3rd Thursday of month - 12:00pm - 2:00pm

- **Trinidad Library Park**
  Downtown Trinidad - 380 Janis Ct.
  1st Tuesday of month - 10:00am - 12:00pm

- **Orleans - Karuk Senior Center**
  459 Asip Rd.
  2nd Thursday of month - 11:00am - 1:00pm

- **Weitchpec - Yurok Tribal Office**
  23001 CA-96
  3rd Thursday of month - 11:00am - 1:00pm

- **Hupa Shopping Center**
  12509 Hwy 96, Hoopa
  4th Wednesday of month - 10:00am - 1:00pm

- **Willow Creek Community Resource Center**
  38883 Hwy. 299
  3rd Wednesday of month - 10:00am - 1:00pm

- **Blue Lake Community Resource Center**
  111 Greenwood Ave.
  4th Thursday of month - 10:00am - 1:30pm

- **Fortuna Community Services**
  2331 Rohnerville Rd.
  1st Tuesday of month - 10:00am - 12:30pm

- **Redway Baptist Church**
  1055 Redway Dr.
  2nd Tuesday of month - 10:30am - 1:00pm

**Most Current Information**
- Please verify information by checking website or calling.
- www.FoodForPeople.org
- 707-445-3166
**YOUTH NUTRITION RESOURCES**

**FREE SUMMER MEALS!**

For kids and teens 18 and under. Find a free meal site at www.hcoe.org

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**THE RAVEN PROJECT**

Hot meals & to-go lunches
Monday - Saturday 1:30 - 5:00 p.m.
523 T Street, Eureka
707-443-7099

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**FREE SUMMER MEALS!**

For kids and teens 18 and under. Find a free meal site at www.hcoe.org

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**MEALS ON WHEELS**

If you are home-bound and at least 60 years old, meals can be delivered to your home in Arcata, Eureka, Fortuna, and McKinleyville. Drivers also provide wellness checks for clients.

---

**CALIFORNIA WIC**

Women, Infants & Children

**Crescent City WIC Clinic**
440 L St. | 707-464-7293
For hours and services, please contact the office.

**McKinleyville WIC Clinic**
1615 Heartwood Drive
707-445-6255 / 707-839-1173
Thursdays 8:30 a.m. - 1:00 p.m.
and 2:00 - 4:30 p.m.; Fridays
8:30 a.m. - 1:30 p.m.

**Eureka WIC Clinic**
317 2nd St. | 707-445-6255
Monday-Thursday 8:30 a.m.
- 4:30 p.m.; Fridays 8:30 a.m.
- 3:00 p.m.

**Fortuna WIC Clinic**
3306 Renner Dr.
707-726-9427
Monday-Thursday 9:00 a.m. -
noon and 1:00 - 4:00 p.m.

**Garberville WIC Clinic**
707-445-6255
This WIC office is temporarily
closed due to construction.
Services can be accessed at 3156
Redwood Drive in Redway.

**WIC Parents’ Nutrition Center**
1125 Summer Street, Eureka
707-798-2150
www.parentsnutritioncenter.com
Carries exclusively WIC-eligible
items, making it fast and easy
for you to shop. Monday-Friday
10:00 a.m. - 7:00 p.m. and Satur-
days 10:00 a.m. - 4:00 p.m.

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**YOUTH NUTRITION RESOURCES**

The Humboldt County Transition-Age Youth Collaboration (HCTAYC) is a youth advocacy and leadership development organization dedicated to empowering young people with lived experience to transform the foster care, juvenile justice, mental health and homelessness services systems.

Serving youth ages 16 to 26.
707-476-4944

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**SENIOR NUTRITION RESOURCES**

**Humboldt Senior Resource Center**

**Heritage Cafés**

Providing hot, nutritious meals in friendly group settings. For diners age 60 and older, the suggested donation is $3.50; however, no one 60+ is denied a meal because of inability or unwillingness to donate. Those under 60 years of age are welcome; there is a fee of $8.00. Reservations are recommended. The monthly menu can be found at www.humsenior.org. For more information call (707) 443-9747.

**Eureka HSRC Dining Center**
1910 California St. | 707-442-1181
Tues.-Fri. 11:30 a.m.-12:15 p.m.

**Arcata Community Center**
321 Dr Martin Luther King Jr. Pkwy.
707-825-2027
Tues.-Fri. 11:30 a.m.-12:15 p.m.

**Gene Lucas Community Center**
3000 Newburg Road, Fortuna
707-725-6245
Tues.-Fri. noon-12:45 p.m.

**NEW! McKinleyville and Rio Dell pop-up cafes - call for info.**

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---

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1615 Heartwood Drive
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- 4:30 p.m.; Fridays 8:30 a.m.
- 3:00 p.m.

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3306 Renner Dr.
707-726-9427
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noon and 1:00 - 4:00 p.m.

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days 10:00 a.m. - 4:00 p.m.

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**FREE SUMMER MEALS!**

For kids and teens 18 and under. Find a free meal site at www.hcoe.org

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**MEALS ON WHEELS**

Delivering meals three days per week to adults over 60 years old in Benbow, Redway, Garberville, Briceland, Miranda, Phillipsville, and Myers Flat. To sign up, call (707) 923-2399, ext. 3. $2.00 contribution per meal requested.

**Social Dining**

Mondays, Wednesdays, and Thursdays at 12:30 p.m. - hosting a social meal in Redway. Seniors dine for $7.00 and anyone under 60 years old can dine for $9.00. We do not turn any Senior away if they are unable to pay the full contribution. Please call ahead for a reservation - (707) 923-2399, ext. 3.

**Frozen Meal Program**

Our kitchen staff prepares nutritious flash-frozen meals in bulk for a $6.00 contribution. They are available to anyone who can pick up the frozen meals in person at the Healy Senior Center on Mondays, Wednesdays, and Thursdays.

www.healyseniorcenter.org
456 Briceland Road, Redway
707-923-2399
## FARMERS' MARKETS are for EVERYONE!

### 2023 FARMERS' MARKET SCHEDULE

<table>
<thead>
<tr>
<th>Location</th>
<th>Days and Times</th>
<th>Seasons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arcata Plaza</td>
<td>Saturdays, 9am-2pm</td>
<td>April 1 - Nov 18</td>
</tr>
<tr>
<td></td>
<td>10am-2pm</td>
<td>Nov 25 - March 30</td>
</tr>
<tr>
<td>Miranda</td>
<td>Mondays, 2-6pm</td>
<td>May 1 - Oct 30</td>
</tr>
<tr>
<td>Shelter Cove</td>
<td>Tuesdays, 11am-3pm</td>
<td>May 2 - Oct 31</td>
</tr>
<tr>
<td>Fortuna</td>
<td>Tuesdays, 3-6pm</td>
<td>June 6 - Oct 31</td>
</tr>
<tr>
<td>Old Town, Eureka</td>
<td>Tuesdays, 10am-1pm</td>
<td>July 11 - Oct 31</td>
</tr>
<tr>
<td>Henderson Center, Eureka</td>
<td>Thursdays, 10am-1pm</td>
<td>June 1 - Oct 26</td>
</tr>
<tr>
<td>McKinleyville</td>
<td>Thursdays, 3-6pm</td>
<td>July 13 - Oct 26</td>
</tr>
<tr>
<td>Willow Creek</td>
<td>Thursdays, 4-7pm</td>
<td>June 1 - Aug 31</td>
</tr>
<tr>
<td>Garberville</td>
<td>Fridays, 11am-3pm</td>
<td>May 5 - Nov 17</td>
</tr>
<tr>
<td>Friday Night Market, Eureka</td>
<td>Fridays, 5:30-8:30pm</td>
<td>June 30 - Oct 27</td>
</tr>
</tbody>
</table>

See our website for the most up to date scheduling information!

### Harvest Box

Our multi-farm CSA style boxes are packed with a variety of locally grown produce! CalFresh EBT customers can use their benefits to purchase a Harvest Box AND will receive a Market Match to reduce the cost of their box. Boxes are pre-ordered online and are available via home delivery or pick-up. Check out our website for current locations, pick-up and delivery schedules, and to order your box today at: www.NorthCoastGrowersAssociation.org/HarvestBox

### CALFRESH EBT AT THE FARMERS' MARKET

We accept CalFresh EBT and P-EBT at most of our farmers’ markets. The Market Match Program helps make fresh food affordable, and allows CalFresh EBT customers to match up to their first $10. Visit the market info booth for more information. See how to use your benefits at the market on the next page.
# Seasonal Eating Calendar

<table>
<thead>
<tr>
<th>Month</th>
<th>Fruits and Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>JAN</td>
<td>BRUSSELS SPROUTS, CABBAGE, CARROTS, CAULIFLOWER, GARLIC, KIWI, LEEKS, MEYER LEMON, ONIONS, PARSNIPS, POTATOES, RADICCHIO, TURNIPS, WINTER SQUASH</td>
</tr>
<tr>
<td>FEB</td>
<td>ARTICHOKE, BRUSSELS SPROUTS, CABBAGE, CARROTS, CELERY, LEEKS, MEYER LEMON, ONIONS, PARSNIPS, POTATOES, RADICCHIO, TURNIPS, WINTER SQUASH</td>
</tr>
<tr>
<td>MAR</td>
<td>ARTICHOKE, BOK CHOY, BROCCOLI, BRUSSELS SPROUTS, CAULIFLOWER, CELERY, LEEKS, MEYER LEMON, ONIONS, PARSNIPS, POTATOES, RADICCHIO</td>
</tr>
<tr>
<td>APR</td>
<td>ARTICHOKE, ASPARAGUS, BOK CHOY, BROCCOLI, CARROTS, CAULIFLOWER, CHERRIES, LEEKS, RADISH, SNAP PEAS, SPINACH</td>
</tr>
<tr>
<td>MAY</td>
<td>ARTICHOKE, ASPARAGUS, BEANS, BOK CHOY, BROCCOLI, CABBAGE, CARROTS, CAULIFLOWER, GARLIC, LEEKS, MEYER LEMON, ONIONS, PARSNIPS, POTATOES, RADICCHIO, TURNIPS, WINTER SQUASH</td>
</tr>
<tr>
<td>JUN</td>
<td>ARTICHOKE, ASPARAGUS, BEANS, BLUEBERRIES, BROCCOLI, CABBAGE, CARROTS, CAULIFLOWER, CUCUMBER, FIGS, GARLIC, KOHLRABI, LEEKS, MEYER LEMON, ONIONS, SNAP PEAS, PEACHES, PERSIMMONS, PLUMS, PLUOTS, POTATOES, RHUBARB, ROMANESCO, SPINACH, STRAWBERRIES, SUMMER SQUASH, TURNIPS, ZUCCHINI</td>
</tr>
<tr>
<td>JUL</td>
<td>ARTICHOKE, BEANS, BLACKBERRIES, BLUEBERRIES, BROCCOLI, CABBAGE, CARROTS, CAULIFLOWER, CORN, CUCUMBER, EGGPLANT, FIGS, GARLIC, KOHLRABI, MELON, ONIONS, SNAP PEAS, PEACHES, PERSIMMONS, PLUMS, PLUOTS, POTATOES, RHUBARB, ROMANESCO, SPINACH, STRAWBERRIES, SUMMER SQUASH, TOMATILLOS, TOMATOES, TURNIPS, ZUCCHINI</td>
</tr>
<tr>
<td>AUG</td>
<td>APPLES, ARTICHOKE, BEANS, BLACKBERRIES, BLUEBERRIES, BROCCOLI, CABBAGE, CARROTS, CAULIFLOWER, CORN, CUCUMBER, EGGPLANT, FIGS, GARLIC, GRAPE, KOHLRABI, MELON, ONIONS, SNAP PEAS, PEACHES, PERSIMMONS, PLUMS, PLUOTS, POTATOES, RHUBARB, ROMANESCO, SPINACH, SUMMER SQUASH, TOMATILLOS, TOMATOES, ZUCCHINI</td>
</tr>
<tr>
<td>SEP</td>
<td>APPLES, ARTICHOKE, BEANS, BROCCOLI, BRUSSELS SPROUTS, CABBAGE, CARROTS, CAULIFLOWER, CORN, CUCUMBER, EGGPLANT, FIGS, GARLIC, GRAPE, KOHLRABI, MELON, ONIONS, SNAP PEAS, PEACHES, PERSIMMONS, POTATOES, PUMPKIN, QUINCE, ROMANESCO, SPINACH, SUMMER SQUASH, TOMATILLOS, TOMATOES, WINTER SQUASH, ZUCCHINI</td>
</tr>
<tr>
<td>OCT</td>
<td>APPLES, ARTICHOKE, BEANS, BOK CHOY, BROCCOLI, BRUSSELS SPROUTS, CABBAGE, CARROTS, CAULIFLOWER, CELERY, CORN, CUCUMBER, EGGPLANT, FIGS, GARLIC, KIWI, LEEKS, MEYER LEMON, ONIONS, PARSNIPS, SNAP PEAS, PERSIMMONS, POTATOES, PUMPKINS, RADICCHIO, RADISH, SPINACH, TOMATILLOS, TOMATOES, TURNIPS, WINTER SQUASH</td>
</tr>
<tr>
<td>NOV</td>
<td>BOK CHOY, BROCCOLI, BRUSSELS SPROUTS, CABBAGE, CARROTS, CAULIFLOWER, GARLIC, KIWI, LEEKS, MEYER LEMON, ONIONS, PARSNIPS, PERSIMMONS, POTATOES, PUMPKIN, RADICCHIO, RADISH, SPINACH, TURNIPS, WINTER SQUASH</td>
</tr>
<tr>
<td>DEC</td>
<td>LETTUCE, SALAD GREENS, BEETS, CHARD, KALE, COLLARD GREENS, MUSHROOMS, HONEY, &amp; HUMANELY RAISED MEATS. SPECIALTY ITEMS THAT CAN BE FOUND DURING THE MAIN SEASON OF APR.-NOV. INCLUDE EGGS, OYSTERS, FISH, AND HERBS.</td>
</tr>
</tbody>
</table>

## How Does Market Match Work?

Bring your **CalFresh EBT card** to the info booth at any Humboldt County farmers’ market. Receive Market Match bonus tokens or vouchers to match your CalFresh spending, dollar for dollar, up to $10 each day. 

1. Bring your [CalFresh EBT card](#) to the info booth at any Humboldt County farmers’ market. Receive Market Match bonus tokens or vouchers to match your CalFresh spending, dollar for dollar, up to $10 each day.

2. Spend your tokens with farmers of your choice.

Calfresh EBT and Market Match tokens can be spent on fresh fruits and vegetables as well as plant starts for your garden. EBT specific tokens can also be spent on any other grocery item including meat, cheese, eggs, bread, hot sauce, honey, and more.
Access Local Produce with SNAP

The farms listed on this page all accept CalFresh, California’s SNAP program, which provides supplemental income for purchasing food to low-income households.

U-PICKS

Humboldt - North

Redwood Roots Farm Cooperative
45 Fellowship Lane, Bayside (½ mile down Jacoby Creek Rd.)
707-633-8197
www.redwoodrootsfarm.com
redwoodrootsfarm@gmail.com
Organic, seasonal produce and flowers. Early winter U-pick (Nov.-Jan.); Late winter U-pick (Feb.-April); U-pick flower share (July-Oct).

Humboldt - South

College of the Redwoods Shively Farm
7351 Tompkins Hill Rd., Eureka
707-599-1338
www.redwoods.edu/cte/agriculture
shivelycsa@redwoods.edu
Produce available from the farm during the harvest season.

The farms listed on this page all accept CalFresh, California’s SNAP program, which provides supplemental income for purchasing food to low-income households.

FARM STANDS

Humboldt - North

College of the Redwoods Shively Farm
7351 Tompkins Hill Rd., Eureka
707-599-1338
www.redwoods.edu/cte/agriculture
shivelycsa@redwoods.edu
Produce available from the farm during the harvest season.

Humboldt - South

Bear River Tribal Market
263 Keisner Road (Family Entertainment Center Parking Lot)
707-296-4161
bonnieparker@brt-nsn.gov
June through October - Fridays 10:00 a.m.-2:00 p.m. Produce vendors, crafts, food trucks, and live music.

Table Bluff Farm
101 Clough Rd., Loleta
707-890-6699
www.tableblufffarm.com
info@tableblufffarm.com
Spring-Fall; see website for hours of operation. Also has CSA; see listing.

Fair Curve Farm
600 Main St., Ferndale
707-890-6699
www.tableblufffarm.com
info@tableblufffarm.com
Open Saturdays May-December from 10:00 a.m.-2:00 p.m.

Humboldt - Inland

Trinity River Farm
2443 Highway 96, Willow Creek
530-629-3200
www.trinityriverfarm.com
Open April to Thanksgiving. Satellite location next to the Willow Creek Renner open July-Oct.

Community-supported agriculture (CSA) connects producers and consumers more closely by allowing the consumer to subscribe to the harvest of a certain farm or group of farms. Subscribers receive either a weekly or bi-weekly box of produce or other farm goods.

Deep Seeded Farm
Arcata
707-633-8343
www.arcatacsa.com
deepseeded@gmail.com
CSA: 30- or 36-week shares; farm pickup only; includes U-pick flowers & herbs.

Redwood Roots Farm Cooperative
45 Fellowship Lane, Bayside (½ mile down Jacoby Creek Rd.)
707-633-8197
www.redwoodrootsfarm.com
redwoodrootsfarm@gmail.com
Organic, seasonal produce and flowers. Main season share (June-Oct.); two share options available.

Shakefork Community Farm
Carlotta
707-768-7002
www.shakeforkcommunityfarm.com
shakeforkcommunityfarm@gmail.com
22 weeks; 2 share sizes; 6 pick up sites, from Redway to the Harvest Hub in Arcata (details on website). Eggs, Humboldt Bay Coffee Company coffee, extra greens, and other add-ons available.

College of the Redwoods Shively Farm
409 Shively Flat Rd., Scotia
707-599-1338
www.redwoods.edu/cte/agriculture
shivelycsa@redwoods.edu
20 week and 10 week CSA program. Full and partial shares available. Multiple drop off locations. Program provides hands-on training for interns and students in the agriculture program.

FARMERS’ MARKET CSAs

Please visit NCGA’s website to see a listing of additional vendors who participate in traditional CSA and Free Choice CSA.

Free Choice CSA customers still pay in advance, but can then visit a farmstand or booth and choose whatever items they want that day.

www.northcoastgrowersassociation.org/member-directory.html
These gardens are located on land set aside to grow food for individuals and their communities. Some have individual plots available. Others don't have individual plots, but communally grow food to be distributed to communities or food pantries. Please contact the gardens directly for more information.

**Humboldt - North**

**Abuelita's Garden**  
539 T St., Eureka  
707-269-2071  
mdrummond@rcaa.org

**Bayside Park Community Garden**  
930 Old Arcata Rd., Arcata  
707-822-7091  
baysideparkfarm@cityofarcata.org

**Blue Lake Community Garden**  
Blue Lake  
707-668-5932  
parksdirector@bluelake.ca.gov

**Daluviwi' Community Garden**  
428 Chartin Rd. Blue Lake  
www.bluelakerancheria-nsn.gov/pathmakers/daluviwicommunitygarden/

**Henderson Community Garden**  
800 West Henderson St., Eureka  
707-269-2071  
mdrummond@rcaa.org

**Jardin Santuario Community Garden**  
Corner of 11th & F St., Arcata  
707-683-5293  
cdpoutreach@cdpueblo.com

**Jefferson Community Center Garden**  
1000 B St., Eureka  
707-497-6280  
thejeffersoncenterandpark@gmail.com

**Mad River Comm. Hospital Farm**  
3800 Janes Rd., Arcata  
707-822-3621 ext 4128  
pbailey@madriverhospital.com

**McKinleyville Garden**  
Pierson Park on Gwin Rd., McK.  
707-839-9003

**Potawot Community Food Garden**  
1600 Weot Way, Arcata  
707-825-5085  
jude.marshall@uihs.org

**Redwood Acres Garden / Lost Foods Native Plant Nursery**  
3750 Harris St. (Gate #3), Eureka  
707-268-8447  
redwoodacres1@gmail.com

**Sea Goat Farmstand**  
1450 Hiller Rd., McKinleyville  
530-205-5882  
seagoatfarmstand@gmail.com

**Eureka Community Health and Wellness Garden**  
2200 Tydd St., Eureka  
707-269-7073  
garden@opendoorhealth.com

**Unity Garden**  
W. 15th and California St., Eureka  
94jlso38@att.net  
dor.leisz@gmail.com

**Villa de Valle Community Garden**  
End of Valley West Blvd., Arcata  
707-599-3768  
mdrummond@rcaa.org

**Humboldt - South**

**El Jardín de la Comunidad de Loleta**  
Loleta Community Resource Center  
700 Loleta Dr., Loleta  
707-733-5239  
Marcelina.MejiaDeCastillo@stjoe.org

**Fortuna Community Garden**  
1200 Ross Hill Rd., Fortuna  
707-725-1166

**Fortuna Community Health and Wellness Garden**  
3750 Rohnerville Rd., Fortuna  
707-269-7073  
garden@opendoorhealth.com

**Wiyot Tribe Community Garden**  
Table Bluff Reservation  
1000 Wiyot Dr., Loleta  
707-733-5055  
wiyotta@gmail.com

**Humboldt - Inland**

**Dreamquest**  
100 Country Club Dr., Willow Creek  
530-629-3564  
office@dqwc.org

**Kin Tah Te Community Botanical and Demonstration Garden**  
Hoopa Neighborhood Facilities Bldg.  
11900 Hwy 96, Hoopa  
530-515-5223  
meagen18@gmail.com

**Willow Creek Community Health and Wellness Garden**  
28883 Hwy. 299, Willow Creek  
707-269-7073  
garden@opendoorhealth.com

DID YOU KNOW? You can purchase food plant starts with EBT!
**Educational Resources**

### Growing Food

**Del Norte**

**Del Norte and Tribal Lands Community Food Council**
494 Pacific Ave., Crescent City
707-464-0955
www.dnatfood.com

Pacific Pantry, Food Forest Farm, Food Recovery, workshops.

**Wild Rivers Permaculture Guild**
wildriverspermacultureguild@gmail.com
541-661-2510
Empowering the Wild Rivers Bioregion to engage in permaculture ethics, principles, and techniques.

**Humboldt**

**Beneficial Living Center**
148 South G St., Suite 1, Arcata
707-633-6125
www.beneficiallivingcenter.com
BLCarcata@gmail.com
Free gardening workshops.

**CR's Shively Farm**
409 Shively Flat Rd., Scotia
707-599-1338
www.redwoods.edu/cte/agriculture
silas-sarvinski@redwoods.edu
Internships and courses in sustainable agriculture practices.

**Cooperative Gardens Commission of Northern California**
www.coopgardens.com
quosis1@gmail.com
Free organic heirloom seeds.

**Dandelion Herbal Center**
4803 Greenwood Hts. Dr., Kneeland
707-442-8157
www.dandelionherb.com
allison@dandelionherb.com
Herbal education.

**Dreamquest**
100 Country Club Dr., Willow Creek
530-629-3564
www.dqwc.org
office@dqwc.org
Demonstration garden and gardening education for youth.

**UC Cooperative Extension Master Food Preserver Program**
5630 South Broadway, Eureka
707-445-7351
dmespinoza@ucanr.edu
http://ucanr.edu/mfp
Education about preserving foods safely at home including freezing, water-bath canning, pressure canning, dehydration, pickling, smoking, and refrigeration. Demonstrations, workshops, distribution of information, and answering questions about home food preservation. Preserver Certification Training in February.

### Cooking & Preserving Food

**Del Norte**

**Del Norte CAL Fresh Healthy Living (Del Norte Public Health)**
420 L St., Crescent City
707-464-3191 x2830
sbaker@co.del-norte.ca.us
Provides low income residents access to nutrition education, physical activity promotion, and leadership toward healthy community initiatives. Contact to request resources that include cookbooks, recipe cards, health promotion and education materials.

**Humboldt - North**

**Eureka Emblem Club (Elks Lodge)**
445 Herrick Ave., Eureka
707-443-8073
Find on Facebook
suziecooks@yahoo.com
Find on Facebook
707-443-8073
www.foodwisekitchen.com
707-633-8328
971 8th St., Arcata
Foodwise Kitchen
Scholarships for local students.

**UC Cooperative Extension Master Food Preserver Program**
5630 South Broadway, Eureka
707-445-7351
dmespinoza@ucanr.edu
http://ucanr.edu/mfp
Education about preserving foods safely at home including freezing, water-bath canning, pressure canning, dehydration, pickling, smoking, and refrigeration. Demonstrations, workshops, distribution of information, and answering questions about home food preservation. Preserver Certification Training in February.

**Humboldt - Inland**

**Cooking Healthy in Indian Country (Meagen Baldy)**
530-515-5223
meagen18@gmail.com
www.youtube.com/user/Meagen18
Focuses on living a healthier lifestyle through sustainable agriculture and local food systems. Sources local produce, indigenous foods, and accessible foods to teach making healthy affordable meals.
Create affordable seasonal dishes

The North Coast Co-op contributed this article. Find recipes at northcoast.coop/

You want to prepare a healthy meal, but as you scan the produce section - or the Farmers Market booths - your eyes glaze over. We get it. It’s easy to get overwhelmed, especially when you’re trying to use seasonal produce and you’re working without a recipe.

Never fear! We have some tips to take you from wanting to cook using the produce that’s in season - to actually cooking using the produce that’s in season. And it won’t break the bank - we promise.

Getting started:
1. Don’t get overwhelmed; start early (before you’re hungry).
2. What produce is in season? (See list on page 8.)
3. What proteins (beans, meats, eggs) and grains are produced, grown, or harvested locally that I like? What haven’t I tried yet?

In the mood for something warm?
1. Thinly slice and roast seasonal root vegetables or tubers (sweet potato, harvest moon purple potatoes, carrots, golden beets). Top with other veggies, protein, and/or your favorite sauce.
2. Lightly sauté seasonal greens (first heat pan evenly then add butter or oil before adding greens) - use these to top any meal like fresh toast, eggs, or meat.
3. Keep roasted or steamed fibrous cruciferous vegetables at the ready (broccolini, broccoli, cauliflower, cheddar cauliflower, romanesco) - they will be ready to add to just about anything from pasta to pizza to salads.
4. Cook mushrooms, potatoes and garlic in the oven in a cast iron skillet. After cooking top with seasonal greens like arugula or microgreens pair with a warm nutty grain (wild rice is great).
5. Roasted acorn squash or butternut squash soup keeps and reheats really well (easily made vegan if you prefer), and it’s especially delicious with chili powder and roasted garlic.

More in the mood for a meal-sized salad?
1. Choose your base(s) (as many as you want): tomato, cucumber, crunchy fresh lettuce, spinach, cabbage (finely chopped or quick rice vinegar pickled).
2. Add colorful nutritious toppings: seasonal citrus (peel and separate each wedge), apples, figs, pears, berries, sugar snap peas, rainbow carrots (slice or use a vegetable peeler for thinner shaved carrot pieces).
3. Consider fun toppings: dried fruit, oven-roasted seeds, stale bread or tortillas for a warm topping (lightly toss in oil and seasonings before placing in oven).
4. Dress it up: To create your own dressing try a ratio of three parts oil to one part vinegar and then mix in dried or fresh herbs, mustard, chopped chili, or some leftover avocados and a pinch of salt and pepper. If you prefer creamier dressings combine the ingredients with a blender, or by shaking in a tightly closed jar.

Have fun and don’t be afraid to try new things!

Also check out our free recipes for soups, salads and stir fry using produce available by season in our region at cooperationhumboldt.com/recipes.
How do you find trustworthy nutritional information online?

Trustworthy sites typically do not have advertisements and come from a reputable medical, educational, or professional organization—the web address usually ends in .edu, .gov, or .org. At EatFresh.org you can:

» Find healthy, inexpensive, and quick recipes.
» Print, save, share, and text recipes to your mobile phone.
» Learn lifestyle tips to keep you healthy and feeling your best.
» Ask a question to the EatFresh.org dietitian.
» Save time planning and shopping with meal plans.
» Apply for SNAP/CalFresh.
» Learn basic cooking skills and how to substitute ingredients to use what you already have at home.
» View the website in multiple languages.
» View nutritional information for each recipe.

EatFresh.org is funded by CalFresh (USDA) and makes shopping and home cooking easy. Go to www.EatFresh.org today and start exploring!
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Guide to Decoding Expiration Dates

Unopened canned and boxed foods are often safe long after the stamped date. The shelf life of refrigerated and frozen foods can be extended with proper handling. Unopened and undamaged canned and boxed foods are often safe long after the stamped date. Make sure there are no rips, tears, water damage, dents or rust. The shelf life of refrigerated and frozen foods can be extended with proper handling.

<table>
<thead>
<tr>
<th>Canned Foods Shelf Life</th>
<th>After Code Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans</td>
<td>3 years</td>
</tr>
<tr>
<td>High acid foods (fruit)</td>
<td>1-2 years</td>
</tr>
<tr>
<td>Low acid foods (vegetables)</td>
<td>2-3 years</td>
</tr>
<tr>
<td>Meat and fish</td>
<td>2-3 years</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Condiments Shelf Life</th>
<th>After Use-By Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ketchup, cocktail, or chili sauce</td>
<td>18 months</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>3-6 months</td>
</tr>
<tr>
<td>Mustard</td>
<td>2 years</td>
</tr>
<tr>
<td>Olives, pickles</td>
<td>2 years</td>
</tr>
<tr>
<td>Salad dressing</td>
<td>1 year</td>
</tr>
<tr>
<td>Salsa</td>
<td>12-18 months</td>
</tr>
<tr>
<td>Spaghetti sauce</td>
<td>18 months</td>
</tr>
<tr>
<td>Vinegar</td>
<td>2 years</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Shelf-Stable Beverages Shelf Life</th>
<th>After Use-By Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soy or rice milk</td>
<td>6 months</td>
</tr>
<tr>
<td>Nutritional aids like Ensure</td>
<td>1 year</td>
</tr>
<tr>
<td>Juice</td>
<td>9 months</td>
</tr>
<tr>
<td>Milk evaporated, dry</td>
<td>1 year</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dry Goods Shelf Life</th>
<th>After Use-By Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried beans</td>
<td>1 year</td>
</tr>
<tr>
<td>Bread</td>
<td>3-5 days, 3 mo. frozen</td>
</tr>
<tr>
<td>Cereal and oatmeal</td>
<td>1 year</td>
</tr>
<tr>
<td>Crackers</td>
<td>8 months</td>
</tr>
<tr>
<td>White flour</td>
<td>1 year</td>
</tr>
<tr>
<td>Whole wheat flour</td>
<td>6 months</td>
</tr>
<tr>
<td>Dried fruit</td>
<td>6 months</td>
</tr>
<tr>
<td>Mac and cheese</td>
<td>9-12 months</td>
</tr>
<tr>
<td>Pasta</td>
<td>2-3 years</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>18 months</td>
</tr>
<tr>
<td>Popcorn</td>
<td>2 years</td>
</tr>
<tr>
<td>Brown rice</td>
<td>1 year</td>
</tr>
<tr>
<td>White rice</td>
<td>2 years</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dairy Shelf Life</th>
<th>After Sell-By Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter</td>
<td>3 months, 1 yr. frozen</td>
</tr>
<tr>
<td>Hard cheese</td>
<td>6 months</td>
</tr>
<tr>
<td>Soft cheese</td>
<td>1-2 weeks</td>
</tr>
<tr>
<td>Yogurt</td>
<td>2 weeks</td>
</tr>
<tr>
<td>Milk</td>
<td>1 week</td>
</tr>
</tbody>
</table>

Information for these guidelines were developed by: Food Marketing Institute, Washington, DC 20005 with the cooperation of Cornell University, Institute of Food Science, Cornell Cooperative Extension.
The following local agencies can help you apply for CalFresh:

- 2-1-1 Humboldt Resource and Information Center
- Arcata House Partnership
- Arcata United Methodist Church
- Area 1 Agency on Aging
- Betty Chinn Homeless Foundation
- Boys & Girls Club of the Redwoods
- California Department of Aging
- California Department of Rehabilitation
- Changing Tides
- DHHS Healthy Communities (CalFresh Healthy Living)
- DHHS ETD including Helping Humboldt
- DHHS Behavioral Health (formerly Mental Health)
- DHHS Public Health Healthy Communities (CalFresh Healthy Living)
- DHHS TAY
- Food for People
- Fortuna Adventist Community Services
- Humboldt County Office of Education
- Healy Senior Center
- HSU Sponsored Programs Foundation
- Humboldt Network of Family Resource Centers (see page 4)
- Humboldt Senior Resource Center
- Klamath Trinity Resource Conservation District
- Making Headway Center for Brain Injury Recovery
- North Coast Growers’ Association
- North Coast Vets
- Open Door Community Health Centers
- Planned Parenthood
- Redwood Community Action Agency (RCAA)
- Redwoods Rural Health Center
- Southern Humboldt Community Park
- United Indian Health Services

Save even more with these benefits and discounts for CalFresh recipients!

- **Access from AT&T**
  - tinyurl.com/4kfpeue9
  - AT&T offers low-cost wireline home internet service to qualifying households, including households with an SSI or CalFresh recipient.

- **Affordable Connectivity Program**
  - tinyurl.com/ys7kn7s
  - Enroll to receive a monthly discount off the cost of broadband service from an approved provider. Household qualifies if member of the household qualifies for SNAP (CalFresh) or other programs listed on the website.

- **Arcata Pool**
  - 1150 16th St., Arcata
  - arcatapool.com
  - Discounted price is $4 with proof of SSI Disability, Medi-Cal or EBT.

- **Amazon Prime**
  - amazon.com
  - Amazon Prime is available for $6.99 a month for qualifying customers with an EBT card or a Medicaid/Medi-Cal card. Includes music and video streaming libraries and free shipping.

- **Assurance Wireless**
  - 888-321-5880
  - assurancewireless.com
  - Low cost cell phones/plans available to consumers who qualify based on household income or who receive certain public assistance programs, like Medi-Cal or CalFresh.

- **Morris Graves Museum of Art**
  - 636 F St., Eureka
  - 707-442-0278
  - humboldtarts.org/
  - Families with EBT Cards (CalFresh/CalWORKs) can visit for free any day.

- **Museums for All**
  - museums4all.org
  - Those receiving CalFresh/SNAP benefits can gain free or reduced admission to more than 300 museums throughout the United States simply by presenting their EBT card. Website has search function.

- **Pacific Gas & Electric:**
  - tinyurl.com/y3f4rh8p
  - CARE provides a monthly discount of 20% or more on gas and electricity. Participants qualify through income guidelines or if enrolled in certain public assistance programs including CalFresh and Medi-Cal.

- **Sequoia Park Zoo**
  - 3414 W St., Eureka
  - 707-441-4263
  - sequoiaparkzoo.net
  - CalFresh/CalWORKs and Medi-Cal cardholders may purchase tickets for $4 per person for up to five people in their group.