

HUMBOLDT & DEL NORTE COUNTY FOOD RESOURCE GUIDE

ACCESS · EQUITY · EDUCATION · EMPOWERMENT

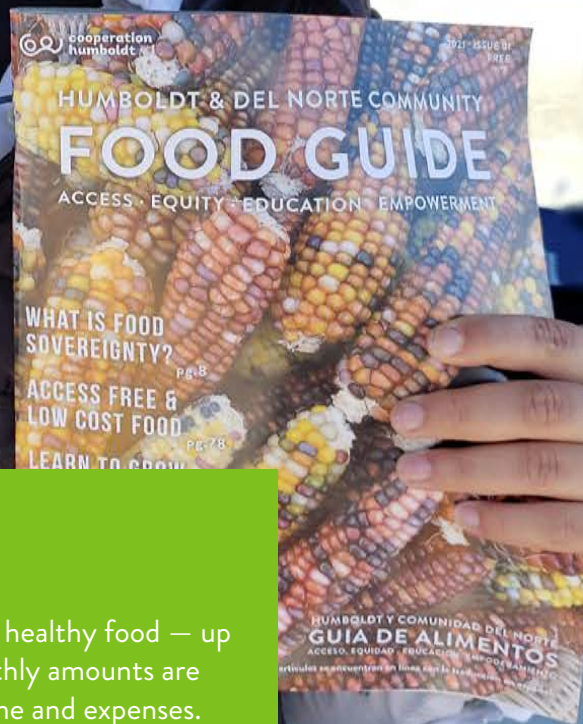


2023 · ISSUE 01
FREE



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 | *Hijurrawiw ku douwuk!* BIENVENID@² | Zoo siab txais tos³ | 'o'-lo-mah⁴ to Cooperation Humboldt's Food Resource Guide!

From our hearts to yours.

May this find you in good health, high spirits and with full bellies.

With much care,

Argie Muñoz & Tamara McFarland, Co-Editors



www.cooperationhumboldt.org

P.O. Box 7248, Eureka, CA 95502

A 501(c)(3) nonprofit; tax ID # 95-4126989



¹ 'We're glad you came' in Soulatluk (Wiyot language)

² 'Welcome' in Spanish | ³ 'Welcome' in Hmong | ⁴ 'Come in' in Yurok

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Helpful Links

Healthy Recipes with Local Foods

- Soups
- Salads
- Stir Fry



cooperationhumboldt.com/recipes

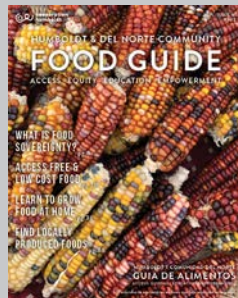
Community Food Guides

2022

2021

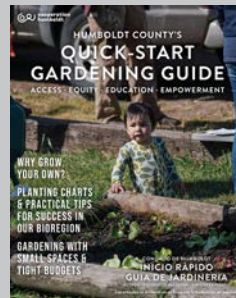


cooperationhumboldt.com/food-guide-2022



cooperationhumboldt.com/food-guide-2021

Local Gardening Guide



tinyurl.com/ch-garden-guide

CalFresh Guide en español.



cooperationhumboldt.com/calfresh-guide



CalFresh can help you and your family.

- If you are the only person or the/a primary adult in your household, you can apply for CalFresh.
- If you work full time, you and your family may still qualify for CalFresh.
- You can buy food at any grocery store or farmers' market that accepts EBT cards.
- People who receive Supplemental Security Income/ State Supplemental Payment (SSI/SSP) ARE potentially eligible for CalFresh.

How much CalFresh will I receive each month?

- The amount you get depends on your income, expenses, and family size.

How long will it take to get CalFresh?

- If eligible, you will get your CalFresh in around a month.
- You may get CalFresh in three days if you earn less than \$150 in monthly income and have less than \$100 in liquid resources (cash, savings and checking).
- Every case is reviewed for expedited services, and it is always OK to ask to have your case reviewed for expedited service processing with an Eligibility Specialist.

How much money can I have and still get CalFresh?

Individual adults or families may qualify for different amounts of nutrition assistance based on a number of factors including income and family size.

You can:

- Earn money from a job.
- Get unemployment benefits.
- Get general assistance/relief.
- Get child support.
- Be part of CalWORKs.
- Get disability benefits.
- Have money in savings.
- Own certain retirement accounts.
- Have certain education savings accounts.

Tell your worker if you are a disabled or an elderly person (over 60 years old), because the standard eligibility requirements may not apply to you. You can earn more money and be eligible.

What about things I own?

When you apply for CalFresh you may own a house, have cars, and still qualify. Ask your worker for more information.

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 benefitscal.org.



Free & Low-Cost Food Resources



Use the CA EBT locator to find everywhere you can use your benefits!

www.ebt.ca.gov/locator/index.html#/locator.page

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.dnused.org/Page/1111
Lunch and breakfast for next day.

Dorcas Society

1770 Northcrest Dr., Crescent City
707-464-2738
Wed. 1:00-3:00 p.m.

Grace Lutheran Church

188 E. Cooper Ave., Crescent City
707-464-4712
Food pantry Mon. 2:00-4:00 p.m.

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://ruralhumanservices.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 homeless 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 Harpst St., Arcata
www.hsuohsnap.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.hnfrc.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.svdpusa.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.

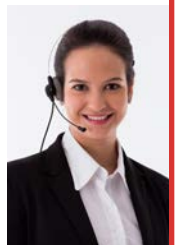
WIC Clinics - Humboldt

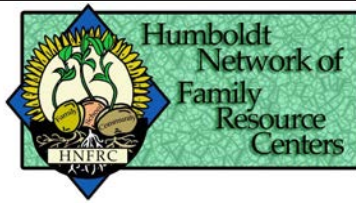
Locations in McKinleyville, Eureka, Fortuna, and Garberville. See page 6 for more information.

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.





HNFRC's Guide to Food Resources

Family & Community Resource Center Food Resources

Resource Center	Phone Number	Address	Emergency Food*	Backpacks for Kids*	Resource Center Food Details
Arcata	(707) 822-1002	2400 Baldwin St	X	X	Call to make an appointment for an emergency food bag
Blue Lake	(707) 668-5239	111 Greenwood Ave	X	X	Commodities/Senior Brown Bag (FFP): 3rd Thur 10-2. Mobile Produce (FFP): 4th Thur 10-1:30. Emergency Food: Tue-Fri 9-3.
Bridgeville	(707) 777-1775	38717 Kneeland Rd	X	X	Bridgeville Pantry (FFP): Tue-Fri 9-4: Dinsmore Pantry (FFP) 9-11: Blocksburg Pantry (FFP) 1:30-3:30
Carlotta	(707) 768-3372	300 Wilder Rd	X	X	Call Center for emergency food appt.
Fortuna	(707) 725-4603	2089 Newburg Rd		X	Referrals to Fortuna food pantries
Hupa	(530) 625-4000	8 Holt St	X	X	Food Boxes: 3rd Thur. Mobile Produce (FFP): 4th Wed. Emergency Food: By appt.
Eureka: Jefferson	(707) 497-6280	1000 B St	X		Free Produce Stand (FFP): Sat at 10
Eureka: Marshall	(707) 441-2404 (707) 441-2404	I St. @ Trinity/Huntoon 216.W. Harris St	X	X	Marshall has two different physical locations in Eureka.
Eureka: South Bay / Pine Hill	(707) 445-5933	5230 Vance Ave	X	X	
Loleta	(707) 733-5239	700 Loleta Dr	X	X	Pantry (FFP): 3rd Thur 3-5 (Loleta Community Church). Fresh produce distributed as available
Manila	(707) 444-9771	1611 Peninsula Dr	X	X	Pantry (FFP): Wed from 2-3 (on Vance Ave turnout of the 255)
McKinleyville	(707) 840-0905	1615 Heartwood Dr	X	X	Pantry (FFP): Mon-Fri 10-12, 1-3
Mattole Valley	(707) 629-3348	167 Sherman St Petrolia	X		Pantry: 4th Wed 11-12 at the MVRC office, 3-4 at Honeydew School
Rio Dell	(707) 764-5239	406 Wildwood Ave	X	X	Mobile Produce (FFP): 2nd Wed 10-1 at Fire Hall. Commodities (FFP): 3rd Thur 9-12 at the RDCRC 406 Wildwood Ave
Southern Humboldt	(707) 923-1147	344 Humboldt Ave Garberville	X		Pantry (FFP): Tue & 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
Willow Creek	(530) 629-3141	38883 Highway 299	X		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

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

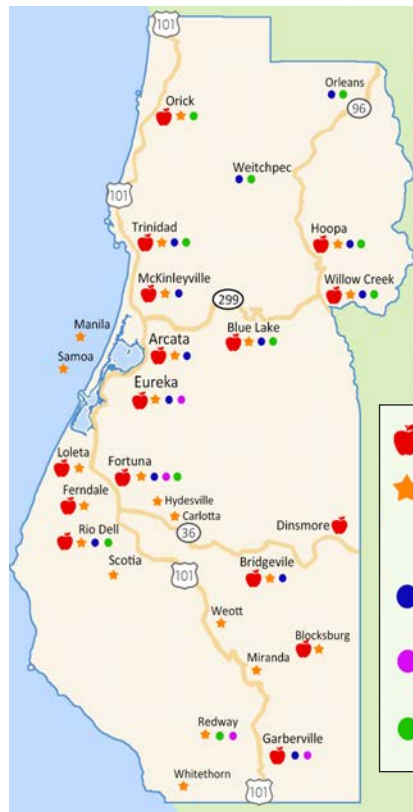


Food for People

The Food Bank for Humboldt County

Please verify information by
checking website or calling.

(707) 445-3166
www.FoodForPeople.org



Network of Food Pantries

Sites with Child Nutrition Programs: Children's Summer Lunch - Backpacks for Kids

Sites with Senior & Homebound Programs

Sites with Free Produce Market Distributions

Sites with Mobile Produce Pantry Distributions

MOBILE PRODUCE PANTRY

--- Monthly Visit from a Refrigerated Truck ---

Orick 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 Tuesday 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 Wednesday of month - 10:00am -
12:30pm

Rio Dell Vol. Fire Dept.

50 Center St.
2nd Wednesday of month -
10:00am - 1:00pm

Redway Baptist Church

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

FOOD DISTRIBUTION PROGRAMS

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>

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>

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.

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>

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>

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



THE RAVEN PROJECT

Hot meals & to-go lunches
Monday - Saturday 1:30-5:00 p.m.

**523 T Street, Eureka
707-443-7099**



FREE SUMMER MEALS!

For kids and teens 18 and under.

Find a free meal site at
www.hcoe.org



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.

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.**



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.



Meals on Wheels

Delivering meals three days per week to adults over 60 years old in Benbow, Redway, Garberville, Briceland, Miranda, Phillippsville, 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

Arcata Plaza

Saturdays, 9am-2pm
10am-2pm

April 1 - Nov 18
Nov 25 - March 30

Miranda

Mondays, 2-6pm

May 1 - Oct 30

Shelter Cove

Tuesdays, 11am-3pm

May 2 - Oct 31

Fortuna

Tuesdays, 3-6pm

June 6 - Oct 31

Old Town, Eureka

Tuesdays, 10am-1pm

July 11 - Oct 31

Henderson Center, Eureka

Thursdays, 10am-1pm

June 1 - Oct 26

McKinleyville

Thursdays, 3-6pm

July 13 - Oct 26

Willow Creek

Thursdays, 4-7pm

June 1 - Aug 31

Garberville

Fridays, 11am-3pm

May 5 - Nov 17

Friday Night Market, Eureka

Fridays, 5:30-8:30pm

June 30 - Oct 27

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.**

NorthCoastGrowersAssociation.org
(707) 441-9999

A 501(c)(3) nonprofit organization, making significant contributions to the health and well-being of our community since 1979.



JAN	BRUSSELS SPROUTS, CABBAGE, CARROTS, CAULIFLOWER, GARLIC, KIWI, LEEKS, MEYER LEMON, ONIONS, PARSNIPS, POTATOES, RADICCHIO, TURNIPS, WINTER SQUASH
FEB	ARTICHOKE, BRUSSELS SPROUTS, CABBAGE, CARROTS, CELERY, LEEKS, MEYER LEMON, ONIONS, PARSNIPS, POTATOES, RADICCHIO, TURNIPS, WINTER SQUASH
MARCH	ARTICHOKE, BOK CHOY, BROCCOLI, BRUSSELS SPROUTS, CAULIFLOWER, CELERY, LEEKS, MEYER LEMON, ONIONS, PARSNIPS, POTATOES, RADICCHIO
APRIL	ARTICHOKE, ASPARAGUS, BOK CHOY, BROCCOLI, CARROTS, CAULIFLOWER, CHERRIES, LEEKS, RADICCHIO, RADISH, SNAP PEAS, SPINACH
MAY	ARTICHOKE, ASPARAGUS, BEANS, BOK CHOY, BROCCOLI, CABBAGE, CARROTS, CAULIFLOWER, GARLIC, LEEKS, RADISH, RHUBARB, SNAP PEAS, SPINACH, STRAWBERRIES, SUMMER SQUASH, TURNIPS, ZUCCHINI
JUNE	ARTICHOKE, ASPARAGUS, BEANS, BLUEBERRIES, BROCCOLI, CABBAGE, CARROTS, CAULIFLOWER, CUCUMBER, FIGS, GARLIC, KOHLRABI, ONIONS, SNAP PEAS, PEACHES, PLUMS, PLUOTS, RHUBARB, ROMANESCO, SPINACH, STRAWBERRIES, SUMMER SQUASH, TOMATILLOS, TOMATOES, TURNIPS, ZUCCHINI
JULY	ARTICHOKE, BEANS, BLACKBERRIES, BLUEBERRIES, BROCCOLI, CABBAGE, CARROTS, CAULIFLOWER, CORN, CUCUMBER, EGGPLANT, FIGS, GARLIC, KOHLRABI, MELON, ONIONS, SNAP PEAS, PEACHES, PEARS, PEPPERS, PLUMS, PLUOTS, POTATOES, RHUBARB, ROMANESCO, SPINACH, STRAWBERRIES, SUMMER SQUASH, TOMATILLOS, TOMATOES, ZUCCHINI
AUG	APPLES, ARTICHOKE, BEANS, BLACKBERRIES, BLUEBERRIES, BROCCOLI, CABBAGE, CARROTS, CAULIFLOWER, CORN, CUCUMBER, EGGPLANT, FIGS, GARLIC, GRAPES, KOHLRABI, MELON, ONIONS, SNAP PEAS, PEACHES, PEARS, PEPPERS, PLUMS, PLUOTS, POTATOES, ROMANESCO, SPINACH, SUMMER SQUASH, TOMATILLOS, TOMATOES, ZUCCHINI
SEP	APPLES, ARTICHOKE, BEANS, BROCCOLI, BRUSSELS SPROUTS, CABBAGE, CARROTS, CAULIFLOWER, CORN, CUCUMBER, EGGPLANT, FIGS, GARLIC, GRAPES, MELON, ONIONS, SNAP PEAS, PEACHES, PEARS, PEPPERS, POTATOES, PUMPKIN, QUINCE, ROMANESCO, SPINACH, SUMMER SQUASH, TOMATILLOS, TOMATOES, WINTER SQUASH, ZUCCHINI
OCT	APPLES, ARTICHOKE, BEANS, BOK CHOY, BROCCOLI, BRUSSELS SPROUTS, CABBAGE, CARROTS, CAULIFLOWER, CELERY, CORN, CUCUMBER, EGGPLANT, FIGS, GARLIC, KIWI, MELON, ONIONS, PARSNIPS, SNAP PEAS, PEARS, PEPPERS, PERSIMMONS, POTATOES, PUMPKIN, QUINCE, ROMANESCO, SPINACH, TOMATILLOS, TOMATOES, WINTER SQUASH, ZUCCHINI
NOV	APPLES, ARTICHOKE, BEANS, BOK CHOY, BROCCOLI, BRUSSELS SPROUTS, CABBAGE, CARROTS, CORN, CUCUMBER, EGGPLANT, FIGS, GARLIC, KIWI, LEEK, MEYER LEMON, ONIONS, PARSNIPS, PEPPERS, PERSIMMONS, POTATOES, PUMPKINS, RADDICCHIO, RADISH, SPINACH, TOMATILLOS, TOMATOES, TURNIPS, WINTER SQUASH
DEC	BOK CHOY, BROCCOLI, BRUSSELS SPROUTS, CABBAGE, CARROTS, CAULIFLOWER, GARLIC, KIWI, LEEKS, MEYER LEMONS, ONIONS, PARSNIPS, PERSIMMONS, POTATOES, PUMPKIN, RADICCHIO, RADISH, SPINACH, TURNIPS, WINTER SQUASH
YEAR ROUND	LETTUCE, SALAD GREENS, BEETS, CHARD, KALE, COLLARD GREENS, MUSHROOMS, HONEY, & HUMANELY RAISED MEATS. SPECIALTY ITEMS THAT CAN BE FOUND DURING THE MAIN SEASON OF APR.-NOV. INCLUDE EGGS, OYSTERS, FISH, AND HERBS.

HOW DOES MARKET MATCH WORK?

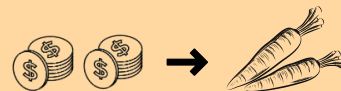
1

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

409 Shively Flat Rd., Scotia
707-599-1338
shivelycsa@redwoods.edu
Pumpkin patch weekends at the end of September/beginning of October. Organic produce also available.

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@brb-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

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.

Table Bluff Farm

101 Clough Rd., Loleta
707-890-6699
www.tableblufffarm.com
info@tableblufffarm.com
Cost-friendly Equity CSA (pay-as-you-go available with no upfront costs). Weekly box of vegetables, fruit, flowers & meats, and other locally-sourced fruits, nuts, and goodies. Flower CSA also available. Pick up site in Eureka and at the farm. Doorstep delivery for \$5 from Rio Dell to McKinleyville.

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



Community Gardens & Farms

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.



Individual plots or beds available

Del Norte

Taa-'at-dvn Chee-ne' Tetlh-tvm' (Crescent City Tree Garden) - Crescent City Food Forest Farm
College of the Redwoods, Del Norte
883 W Washington Blvd, Crescent City
707-464-0955
agray@frcdwoods.org



Del Norte Community Health and Wellness Garden
550 E. Washington Blvd., Crescent City
707-465-1988 x6237
garden@opendoorhealth.com

Kids Garden - Family Resource Center of the Redwoods
494 Pacific Ave., Crescent City
707-464-0955
along@frcdwoods.org



Seventh Day Adventist Community Garden
1770 Northcrest Dr., Crescent City
707-464-2738

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/



Garden of Eatin'
716 South Ave., Eureka
707-599-5799 / 707-442-6046
suzodea@mac.com



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

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

Jardín 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@madriverrhospital.com



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

Potawot Community Food Garden
1600 Weeot 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
94jiso38@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.MejiaCastillo@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



Educational Resources

GROWING FOOD

Del Norte

Del Norte and Tribal Lands Community Food Council

494 Pacific Ave., Crescent City
707-464-0955

www.dnatlfood.com

foodcouncildnatl@gmail.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 garden-
ing education for youth.

Fungaia Farm

Arcata

707-444-3799

www.fungaiafarm.com

fungaiafarm@gmail.com

Mushroom cultivation workshops,
consultations and trainings.

Humboldt Permaculture Guild

www.humboldtpermaculture.com

Workshops, demonstrations and
permaculture tours.

Northwest School for Botanical Studies

Fieldbrook

707-826-7762

www.herbaleducation.net

herbaleducation@gmail.com

Herbal education.

Redwood Roots Farm Cooperative

www.redwoodrootsfarm.com

redwoodrootsfarm@gmail.com

707-633-8197

Classes, workshops and internships.

UCCE Master Gardeners of Humboldt and Del Norte Counties

5630 South Broadway, Eureka
707-445-7351

ucanr.edu/sites/hdnmastergardeners

facebook.com/HumboldtMG

ehtanner@ucanr.edu

Information online on growing
edibles plus an online help desk.
Public workshops & demonstrations
throughout the year.

North Coast Community Garden Collaborative

904 G St., Eureka

707-269-2071

Find on Facebook

mdrummond@rcaa.org

Garden workshops, volunteer work-
days, seeds, plant, and produce
giveaways, and promoting wellness
through gardening.

Sea Goat Farmstand

1450 Hiller Rd., McKinleyville

530-205-5882

Find on Facebook

seagoatfarmstand@gmail.com

Gardening workshops and classes.

COOKING & PRESERVING FOOD

Del Norte

Del Norte CALFresh 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 commu-
nity 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

Offers cooking and baking classes
featuring local bakers, chefs, and
food professionals. Proceeds are
donated to local non-profit organi-
zations and used to fund college
scholarships for local students.

Foodwise Kitchen

971 8th St., Arcata

707-633-8328

www.foodwisekitchen.com

foodwisekitchen@gmail.com

Plant-based cooking classes,
wellness workshops for children and
adults.

Home Cooking with Wendy Chan

Find on Facebook

Learn the secrets to handcrafted
dim sums, seasonal and local
inspired meals, desserts and other
treats. Hands-on courses practicing
techniques for making recipes suc-
cessfully. Each class includes lunch.

HSU Extended Education

[extended.humboldt.edu/extend-
ed-education/programs-and-cours-
es/courses](http://extended.humboldt.edu/extended-education/programs-and-courses/courses)

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 can-
ning, dehydrating, pickling, smoking,
and refrigeration. Demonstrations,
workshops, distribution of informa-
tion, 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, romanescos) - 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.

Common Measurement Abbreviations and Equivalents

These common measurement abbreviations and equivalents are helpful in reading and understanding recipes.

Teaspoons→ tsp or t
Tablespoons→ tbsp or T
Cups→ c or C
Pints→ pt
Quarts→ qt
Gallons→ gal
Fluid ounces→ fl oz
Milliliters→ mL or ml
Liters→ L

1 GALLON	1 QUART	1 PINT	1 CUP	1 FL OZ	1 TBSP	1 TSP
4 qt	2 pt	2 c	16 tbsp	2 tbsp	3 tsp	5 mL
8 pt	4 c	32 tbsp	8 fl oz	6 tsp	15 mL	
16 c	32 fl oz	16 fl oz	240 mL	30 mL		
3.8 L	.95 L	480 mL				

QUICK TIP:

$\frac{1}{4}$ c = 4 tbsp = 2 fl oz



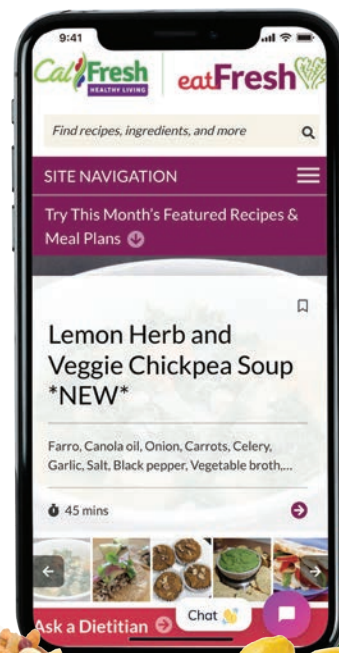
How do you find trustworthy nutritional information online?

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!**


eatFresh.org
Tasty Recipes on Your Budget





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.

“Best if Used-By” or “Best Before”

- » When a product’s flavor and quality will be best.
- » The product is still safe to eat even though nutrients and quality slowly decline.

“Sell-By”

- » On refrigerated foods such as milk, yogurt, cheese, eggs, lunch meat, and packaged salad.

- » Stores must sell these foods by this date even though they are still safe to eat.

Expiration Date

- » Only on baby formula, medicines, and vitamins, which should not be used after this date.

Canned Foods Shelf Life	After Code Date	Dry Goods Shelf Life	After Use-By Date
Beans	3 years	Dried beans	1 year
High acid foods (fruit)	1-2 years	Bread	3-5 days, 3 mo. frozen
Low acid foods (vegetables)	2-3 years	Cereal and oatmeal	1 year
Meat and fish	2-3 years	Crackers	8 months
Condiments Shelf Life	After Use-By Date	White flour	1 year
Ketchup, cocktail, or chili sauce	18 months	Whole wheat flour	6 months
Mayonnaise	3-6 months	Dried fruit	6 months
Mustard	2 years	Mac and cheese	9-12 months
Olives, pickles	2 years	Pasta	2-3 years
Salad dressing	1 year	Peanut butter	18 months
Salsa	12-18 months	Popcorn	2 years
Spaghetti sauce	18 months	Brown rice	1 year
Vinegar	2 years	White rice	2 years
Shelf-Stable Beverages Shelf Life	After Use-By Date	Dairy Shelf Life	After Sell-By Date
Soy or rice milk	6 months	Butter	3 months, 1 yr. frozen
Nutritional aids like Ensure	1 year	Hard cheese	6 months
Juice	9 months	Soft cheese	1-2 weeks
Milk evaporated, dry	1 year	Yogurt	2 weeks
		Milk	1 week

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



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/ys7akn7s

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.

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



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.



PG&E: California Alternate Rates for Energy Program (CARE)

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



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.