

Food Resources: Solano County

State-wide: CalFresh/SNAP (Supplemental Nutrition Assistance Program): is California's food stamp program. Apply online to get up to \$204 a month per household member on an EBT card.
<https://www.getcalfresh.org>

WIC (Special Supplemental Nutrition Program for Women, Infants and Children): provides nutritional support to low-income pregnant, postpartum and breastfeeding women, infants and children up to age 5 yrs. <https://www.myfamily.wic.ca.gov/>

211CA.org or call 2-1-1: online & phone database of useful resources throughout California

Findhelp.org: online database of useful resources throughout California

Local: **Food Bank of Contra Costa & Solano:** <https://www.foodbankccs.org/>

Free meals for children 18 years and younger:

<https://www.solanocounty.com/documents/freemealsENG.pdf>