

# Food Resources: Sonoma 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:** **Redwood Empire Food Bank:** <https://getfood.refb.org/>

**Sonoma Valley Food Distribution:** <https://www.sonomacity.org/food-calendar/>