

The Jacobs & Cushman San Diego Food Bank's Emergency Food Assistance Program

What is the Emergency Food Assistance Program?

The Emergency Food Assistance Program (EFAP) is a USDA program which works to improve the health of low-income families by supplementing their diets with nutritious foods. The Food Bank receives commodities from the USDA and distributes food packages at more than 80 locations throughout San Diego County. Food packages contain a variety of canned food, dry grains, proteins (such as meat, canned or frozen), and other nutritious items. Each qualifying household is eligible to receive one food package per month.



This is an example of the contents of an EFAP package.

How to get EFAP food:

To be eligible, participants must be a resident of San Diego County and meet the federal income guidelines* listed below. Eligible applicants may dial 2-1-1 or call the San Diego Food Bank to find out the location of their nearest distribution site. No documentation is required.

Household Size	Monthly Household Income	Annual Household Income
1	\$1,561.25	\$18,735
2	\$2,113.75	\$25,365
3	\$2,666.25	\$31,995
4	\$3,218.75	\$38,625
Additional member (up to 10)	Add \$552.50 each	Add \$6,630 each
Additional member (over 10)	Add \$552.50 each	Add \$6,630each

* Federal income guidelines are provided by USDA. They were updated mid-year 2018 and will be valid until mid-year 2019. This institution is an equal opportunity provider.



For your local distribution site, call the Food Bank at
1-866-350-FOOD (3663) or call 2-1-1
www.SanDiegoFoodBank.org



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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov. This institution is an equal opportunity provider.