

Adult/Youth Nutrition Education

UC-CalFresh Nutrition Education Program

925-646-6540

www.cecontracosta.ucdavis.edu

We provide science-based information to promote a healthy lifestyle free from chronic disease. Low-income families and youth learn healthful ways of eating and being active; where food comes from; how to stretch food dollars; and how to prepare simple, healthful meals. We reach adults and families through schools and community agencies and youth through their teachers. Services include adult and family workshops, an online money management program, food demonstrations, classroom presentations, educator training and ongoing support.



Federal Nutrition Programs in Contra Costa County



Developed by the
Contra Costa
County Nutrition Action Plan
(CNAP)
Partners

Food Assistance

CalFresh Program (formerly Food Stamps)

1-877-505-4630

www.foodbankccs.org/get-help/food-stamps.html

CalFresh Offices:

4545 Delta Fair Boulevard, Antioch
151 Sand Creek Road, Brentwood
400 Ellinwood Way, Pleasant Hill
151 Linus Pauling Drive, Hercules
1305 Macdonald Avenue, Richmond

The program helps to improve the health and well-being of qualified households and individuals by providing them a means to meet their nutritional needs. Monthly electronic benefits (similar to a bank debit card) are issued that can be used to buy most foods at many markets, Farmers' Markets and grocery stores.



Food Bank of Contra Costa and Solano

1-855-309-FOOD (3663)

www.foodbankccs.org

The Food Bank works to end hunger and increase access to nutritious food for low-income individuals and families through a comprehensive group of programs that combat hunger and its causes. We distribute food directly to low-income people at community sites and make food available for other non-profit organizations serving the ill, needy and infants.

Pregnant/New Mothers (also Infant/Preschool)

Women, Infants & Children Supplemental Nutrition Program (WIC) - Contra Costa Health Services

1- 800-414-4WIC

www.ccwic.org

WIC serves women who are pregnant or recently had a baby, infants, and children under 5 years old who meet the WIC income limits. Many working families are eligible. WIC provides:

- Healthy foods such as milk, cheese, cereals, eggs, and juice (value \$60 -\$100/ month)
- Nutrition education
- Breastfeeding education and support
- Referrals to health care and community services



Infant/Preschool

Contra Costa Child Care Council - Child Health and Nutrition Program

925-676-5442

www.cocokids.org

The goal of the Child Health and Nutrition Program is to provide information and support of parents and child care providers in the areas of infant and child nutrition, physical activity, health and safety. We are also a sponsor of the USDA Child and Adult Care Food Program, which provides financial assistance to support child care providers who serve healthy meals and snacks to the children in their care.



Contra Costa County Community Services Bureau - Head Start and Early Head Start

925-313-1551

www.contra.napanet.net/depart/service/faq.html#headstart

Provides free comprehensive services to low-income families with children 0-5 years. Services offered include education, health, school readiness and parent involvement. Our program is project-based and aims to promote self-care, social skills, pre-literacy, pre-math, pre-science and self-esteem. Individual attention is offered to families, such as those with overweight or special-needs children. Nutritious meals and snacks are served daily.

School-Age Nutrition

Antioch Unified School District Nutrition Services

925-779-7600 option 2

www.antioch.k12.ca.us/nutritionservices

As proud and caring professionals, the AUSD Nutrition Services Department works as a team to provide quality, nutritious, appealing meals for students and staff to promote health today and in the future.



Mt. Diablo Unified School District Food & Nutrition Services

925- 682-8000 Ext. 4124

[www.mdusd.org/Departments
FoodServices](http://www.mdusd.org/Departments/FoodServices)

MDUSD participates in the National School Lunch program at all of our school sites, providing free and reduced priced meals to qualified students as well as meals for purchase. We also offer breakfast, snack, supper and the Seamless Summer meal program at various schools in the district.

School-Age Nutrition

Pittsburg Unified School District Child Nutrition Department

925-473-4719

[www.schoolnutritionandfitness.com/
index.php?sid=1703091755087669](http://www.schoolnutritionandfitness.com/index.php?sid=1703091755087669)

We provide nutritious and well balanced meals to our students. We are aware of the of the importance that good nutrition plays in the academic performance of students, therefore we encourage all students to eat breakfast and lunch daily at our school sites. We provide "Food for thought"!



West Contra Costa Unified School District Food Services Department

510-307-4580

www.wccusd.net/page/256

We strive to provide students with food that is both nutritious and delicious. It is important to not only provide nutritiously dense food, but also present it in a way that allows the students to experience a vast variety of food ingredients, flavors, and cuisines. Our goal is to provide proper healthy habits that set up our students' behaviors for the remainder of their lives.

Seniors

Senior Nutrition Program - Contra Costa Health Services

925-646-9137

www.cchealth.org/senior-nutrition

The Senior Nutrition Program provides nutritious daily meals countywide for adults age 60+ which meet 1/3 of the Recommended Daily Allowance (RDA). Meals are served in a social setting at 20 C.C.Cafe's in local communities throughout the county, or delivered to the residence of homebound adults.



Adult/Youth Nutrition Education

Nutrition and Physical Activity Promotion - Contra Costa Health Services

925.313.6820

www.cchealth.org/nutrition

Our primary aim is to encourage Contra Costa County residents to reduce their risk of chronic disease by eating healthfully and being physically active. We do this by providing:

- Nutrition education and physical activity workshops in English and Spanish
- Training, materials and resources
- Participation in community activities and events