



This document provides information and resources for anyone needing assistance with food insecurities.

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WHAT ARE SNAP BENEFITS?

The Supplemental Nutrition Assistance Program (SNAP) is a federal program that helps eligible individuals and families buy food. SNAP provides monthly benefits on an Electronic Benefit Transfer (EBT) card, which works like a debit card and can be used to purchase groceries at authorized stores and some farmers' markets. SNAP, which supports over 42 million Americans, is facing a nationwide halt in benefits as of November 1 due to the prolonged government shutdown. This marks the first time in history that SNAP benefits could be suspended on such a massive scale. If your EBT card still has funds on it, you can use it as normal. However, the benefit amounts will not be reloaded beginning November 1.

WHO CAN GET SNAP BENEFITS?

SNAP is available to low-income individuals and families who meet certain income and resource limits set by the U.S. Department of Agriculture (USDA). Eligibility is based on:

- Household income and size
- Citizenship or immigration status
- Certain expenses, such as rent, utilities, and childcare

Each state administers SNAP and determines specific eligibility guidelines within federal limits. CalFresh is California's version of the federal SNAP and benefits are loaded onto the EBT card to purchase groceries.

WHAT CAN SNAP BENEFITS BE USED FOR?

SNAP benefits can be used to buy:

- Fruits and vegetables
- Meat, poultry, and fish
- Dairy products
- Breads and cereals
- Snacks and non-alcoholic beverages
- Seeds and plants that grow food for the household

WHY ARE SNAP BENEFITS IMPORTANT?

SNAP helps reduce food insecurity by ensuring individuals and families can access nutritious food. It also supports local economies because benefits are spent in community grocery stores and markets.

While many of us may have the privilege of not needing government assistance, it's important to recognize that economic hardship can affect anyone - especially in times of inflation, job instability, and rising living costs.

HOW CAN WE ASSIST?

- **Donate to Local Food Banks/Pantries:** Donations to your local food banks/pantries of non-perishable items, fresh produce, and hygiene products are urgently needed. Financial donations are also helpful and often go further than goods.
- **Volunteer Your Time:** Help sort, pack, or distribute food at local pantries or mobile food drives. Deliver items to families without transportation or with disabled children or seniors.
- **Advocacy:** Contact your members of Congress and tell them to end the government shutdown! Call your Senators at (202) 224-3121 or use this [link](#) to find their district number or email address. (https://www.senate.gov/legislative/legislative_home.htm)

RESOURCES AND INFORMATION TO SUPPORT THOSE AFFECTED BY THE SHUTDOWN:

Benefits will be disrupted for those that typically fund the first of the month. Once the federal government reopens, benefits will take 4-5 days to fund. Funding will be retroactive for days that were missed.

Sacramento County has activated its Emergency Operations Center to help assess and coordinate community needs. The County is in communication with the foodbank system, faith-based partners and Community Organizations to help assess resources already available.

Plans are also being implemented to help people that are:

- Unhoused
- Homebound and unable to get to a foodbank
- People without means to cook that would usually use benefits for prepared food

Cal OES is deploying the CA National Guard and CA Volunteers to support food banks. We are waiting for phone calls from other units to see if anything more will be done.

FREE FOOD PANTRIES:

For immediate food assistance needs, here is a link to the [local Food Finder](#). JRT is hoping this will be a “live” map with locations being updated regularly. (<https://www.sacramentofoodbank.org/find-food>)

In addition, below are some of the free food pantries, as put together by grassroots community organizations:

- 765 Sotano Dr., Sacramento, 95833
- Green Box @ Corner of N St & 11th St, Sacramento, 95814
- Strapping Store, 3405 Broadway, Sacramento, 95817
- 5020 Bradford Dr., Sacramento, 95820
- 9 Questa Ct, Sacramento, 95833

- 4244 Cabrillo Way, Sacramento, 95820
- 1617 25th Street, Sacramento, 95816 (Alley)
- 425 Lampasas Ave, Sacramento, 95815
- 3210 California Ave, Carmichael, 95608
- 2417 Aramon Dr, Rancho Cordova, 95670
- 718 Flint Way, Sacramento, 95818

2025



FREE FOOD DISTRIBUTIONS

CAMERON PARK 10am-12pm Faith Episcopal Church 2200 Country Club Dr. Cam. Park, 95682 1/2, 2/6, 3/6, 4/3, 5/1, 6/5, 7/2, 8/7, 9/4, 10/2, 11/6, 12/4	ROSEVILLE 8-10am Denio's Market 1401 Church St. Roseville, 95678 1/3, 2/7, 3/7, 4/4, 5/2, 6/6, 7/3, 8/1, 9/5, 10/3, 11/7, 12/5
SHERIDAN 10am-12pm Celebration Fam. Worship 5721 10th St. Sheridan, 95681 1/8, 2/12, 3/12, 4/9, 5/7, 6/11, 7/9, 8/13, 9/10, 10/8, 11/12, 12/10	PLACERVILLE 10am-12pm Lot next to MORE 337 Placerville Dr. Placerville, 95667 1/9, 2/13, 3/13, 4/10, 5/8, 6/12, 7/10, 8/14, 9/11, 10/9, 11/13, 12/11
POLLOCK PINES 10am-12pm PP Community Center 2675 Sanders Dr. Pollock Pines, 95726 1/15, 2/19, 3/19, 4/16, 5/21, 6/18, 7/16, 8/20, 9/17, 10/15, 11/19, 12/17	GEORGETOWN 10:30am-12:30pm St. James Church 2831 Harkness Rd. Georgetown, 95634 1/16, 2/20, 3/20, 4/17, 5/15, 6/19, 7/17, 8/21, 9/18, 10/16, 11/20
LINCOLN 8-10am McBean Park 65 McBean Park Dr. Lincoln, 95648 1/17, 2/21, 3/21, 4/18, 5/16, 6/20, 7/18, 8/22, 9/19, 10/17, 11/14, 12/12	COLFAX 10am-12pm Sierra Community Center 55 School St. Colfax, 95713 1/28, 2/25, 3/25, 4/22, 5/20, 6/24, 7/22, 8/26, 9/23, 10/28, 11/25, 12/23
ROCKLIN 8-10am Johnson-Springview Park 5480 5th St. Rocklin, 95677 1/24, 2/28, 3/28, 4/25, 5/23, 6/27, 7/25, 8/29, 9/26, 10/24, 11/21, 12/19	FORESTHILL 10am-12pm Fire Dept. Office 24320 Main St. Foresthill, 95631 1/23, 2/27, 3/27, 4/24, 5/22, 6/26, 7/24, 8/28, 9/25, 10/23, 11/26, 12/18

Indicates when distribution falls on a different day of the week due to a holiday.

We offer a variety of fresh fruits and vegetables and more!
 We will ask for basic information about you and your household to improve our services.
 You are also welcome to pick up for other folks in need who can't make it to the distribution.

More information at feedingthefoothills.org/get-food

<https://feedingthefoothills.org/pantrytogo/>

FREE FARM STANDS:

- 3200 16th Ave., Sacramento, 95820 (Alley)
- 2021 Bell St., Sacramento, 95825

For more information and Frequently asked questions, please visit:

https://ha.saccounty.gov/Pages/Federal_Shutdowns_Impact_on_CalFresh.aspx