

FOOD



NUTRITION RESOURCES AVAILABLE

- ✓ Get free food in your neighborhood.
- ✓ Get extra money to purchase food at grocery stores, farmers markets and convenience stores.

IT'S EASY!

- STEP ONE** Dial **2-1-1** on your phone or visit: **www.211sandiego.org**. Open everyday anytime - 24/7.
- STEP TWO** Select option for **food assistance**.
- STEP THREE** A trained professional will help you find free food in your area.

