



# COUNTY OF SAN MATEO HUMAN SERVICES AGENCY



## Harvest of the Month Broccoli



CalFresh provides supplemental nutrition assistance to low income households. It can help you buy nutritious foods for a better balanced diet. If approved for CalFresh, a monthly dollar amount is placed on a debit-like card to help you add to your monthly food budget.

Eating food that's in-season means it is generally in peak supply, so it's not only fresh and tasty but it's likely to be much cheaper.

Look out for supermarket specials or hit your local farmers markets and talk to the growers about what's in season.

**For any inquiries call**

**1-800-223-8383**

**[www.smcgov.org/hsa/calfresh](http://www.smcgov.org/hsa/calfresh)**

