

# CalFresh Corner

December | 2015



## Mark your calendars

### Farmer Markets Available:

#### Menlo Park

Broadway btwn Victoria and La Cruz  
Saturdays 8 am-1pm

#### San Mateo

College of San Mateo  
Saturdays 9 am-1pm

#### Half Moon Bay

Shoreline Station/Kelly Ave  
Saturdays 9am-1pm

#### Daly City

Serramonte Shopping Center  
Thursday and Saturdays 9am-1pm

## What is CalFresh?

CalFresh can add to your monthly food budget to put healthy and nutritious food on the table. The program gives monthly financial assistance on a debit-like card that can be used at many markets and food stores. The benefit amount is based on the size of your household, your income, and your housing expenses.

### You may now be eligible for CalFresh!

New income limits for CalFresh could now make you potentially eligible! For example, a household of 3 went from a maximum gross monthly income of 3,300 to 3,350

FOR MORE INFORMATION ON CALFRESH, OR TO APPLY VISIT:

[www.mybenefitscalwin.org](http://www.mybenefitscalwin.org)

QUESTIONS? FOOD CONNECTION HOTLINE AT 1-800-984-3663

## Need emergency food assistance?

### Check out these resources:

#### Coastside Hope

99 Avenue Alhambra #1089, El Granada | (650) 726-9071

#### JobTrain

1200 O'Brien Drive, Menlo Park  
(650) 330-6429

#### Puente de la Costa Sur

620 North St, Pescadero  
(650) 879-1691

#### Second Harvest Food Bank

1 (800) 984-3663

#### SparkPoint at Cañada College

4200 Farmhill Blvd, Redwood City, Bldg 9, Floor 1 | (650) 381-3550

#### Sparkpoint at Skyline College

3300 College Drive, San Bruno, Bldg 1, Floor 2 | (650) 738-7035

**ATTENTION:** Effective as of October 1st 2015, CalFresh income guidelines have increased.

Please see the table below to see if you qualify:

People in Household	Maximum Monthly income	Maximum Monthly Benefit Amount
1	\$1,962	\$ 194
2	\$2,656	\$357
3	\$3,350	\$511
Each additional member	\$694	\$146



**COUNTY OF SAN MATEO**  
HUMAN SERVICES AGENCY



## Recipe of the month!

### Three Sisters Salad

**Makes** 4 Servings

**Prep time** 15 minutes

1. Carefully open can of beans. Drain beans and pour into a medium bowl.
2. Add corn, zucchini, cilantro, lime juice, and jalapeno (optional). Stir to combine.
3. Serve right away or refrigerate for later.

### Ingredients:

1 15-ounce can beans such as black, kidney, or garbanzo beans

1 11-ounce can corn with red and green peppers drained or 1 cup fresh or frozen corn, thawed

1 small zucchini chopped

1 tablespoon chopped cilantro

2 tablespoon lime juice about 1/2 lime

1 jalapeno seed removed and finely chopped (optional)

\*Recipe found on eatfresh.org



## Meet the new CalFresh Outreach Coordinator



Carolina is serving the role of CalFresh Coordinator while Alejandra is out on maternity leave. She has worked for the County for three years as a benefits analyst processing CalFresh intake applications. She has her BA in Early Childhood Development with a minor in Special Education and received her AA and AS in Human Services and Liberal Studies. She is excited to join the team!

## Meet the new CalFresh Intern

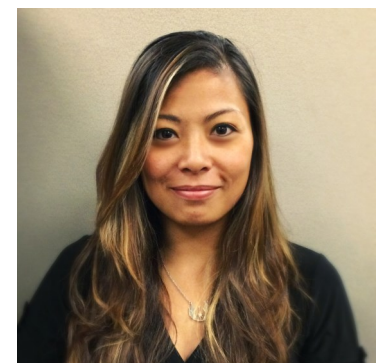


Sadiya is the new Outreach Intern for Calfresh. She is a student at Notre Dame de Namur University majoring in Biology. After she attains her Bachelor's degree she hopes to pursue a Master's Degree in Public Health. She is really excited to be working here and looks forward to a wonderful successful year with the CalFresh outreach team.

## Meet the new CalFresh Dietitian

Rosavida Cruz is one of San Mateo County's newest Registered Dietitians. She received her Bachelor of Science degree in Nutrition/Dietetics at San Francisco State University and is currently pursuing her Master of Arts in Nutrition/Dietetics at SFSU as well. As a public health dietitian, Rosavida works mainly with the Human Services Agency's CalFresh Outreach Team to provide evidence-based nutrition education and outreach to the community.

Though she is new to the team, she is no stranger to the San Mateo County. She was an intern in community nutrition with Family Health Services at various WIC clinics in the county, as well as in food service systems management & school wellness at Redwood City School District. She also completed her clinical rotation at San Mateo Medical Center. She is eager to share her passion for food & nutrition in this new adventure with all of you!



Rosavida Cruz, RD