


Make it a Healthy Summer



Organization	Resources	Resource Info & Contact
	<p>WHAT IS CALFRESH?</p> <ul style="list-style-type: none"> ▪ CalFresh provides eligible families with a boost to their food budget, making it possible to buy more healthy foods. ▪ Applying for CalFresh is confidential and can take 30 minutes or less! 	<p>Online: www.mybenefitscalwin.org By phone: (800) 281-9799 In person: Find an SSA Office at https://ssaregionlocator.ocssa.net By mail: P.O. Box 7003, Anaheim, CA 92825-9922 By fax: (714) 645-3489</p>
	<p>SUMMER MEALS FOR KIDS</p> <ul style="list-style-type: none"> ▪ Breakfast, lunch and/or snack provided FREE to all kids 18 and younger at over 150 sites throughout Orange County. 	<p>For Locations: Text "FOOD" or "COMIDA" to 304-304</p> <p>Questions: Call: 2-1-1 or Visit: ocfoodfoodhelp.org</p>
	<p>WHY RETHINK YOUR DRINK?</p> <ul style="list-style-type: none"> ▪ Over time, drinking and eating too much sugar may lead to obesity, type 2 diabetes and heart disease. ▪ Drinking water instead of sugary drinks can positively impact your overall health. 	<p>Try the Beverage Breakdown to find out how much added sugar you and your family drink every day.</p> <p>Scan the QR Code to get started:</p> 



Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.CalFreshHealthyLiving.org for healthy tips.