



Emergency Food Assistance Program

What is the Emergency Food Assistance Program (EFAP)?

The Emergency Food Assistance Program (EFAP) is a USDA program which works to improve the health of low-income families by supplementing their diets with nutritious foods. The Food Bank receives food from the USDA and distributes food packages at more than 80 locations throughout San Diego County. Food packages contain a variety of canned foods, dry grains, proteins (plant-based, canned or frozen meat), and other nutritious items.

How to get EFAP food:

To be eligible, participants must be a resident of San Diego County and meet the federal income guidelines* listed below. Eligible applicants may call 2-1-1 or call the Food Bank for the location of their nearest distribution site. No documentation is required.

Household Size	Monthly Household Income	Annual Household Income
1	\$2,445.96	\$29,351.50
2	\$3,311.54	\$39,738.50
3	\$4,177.13	\$50,125.50
4	\$5,024.71	\$60,512.50
Each Additional Member	Add \$865.58 per person	Add \$10,387 per person

*Federal income guidelines are provided by the USDA. The guidelines were updated in January 2020 and will be valid until January 2021.



Pictured above is an example of an EFAP package, which includes a variety of shelf-stable food items. The menu changes monthly.

For your local distribution site, call the Food Bank at
1-866-350-FOOD (3663) or call 2-1-1
SanDiegoFoodBank.org | NorthCountyFoodBank.org

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture, Office of the Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov
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