

ESSENTIAL GROCERIES TO BUY WITH CALFRESH BENEFITS

PROTEIN

- Eggs
- Dried Beans
- Lentils
- Tofu
- Nuts
- Peanut Butter

DAIRY

- Butter
- Milk
- Yogurt
- Romano or Parmesan Cheese
- Sharp Cheddar Cheese
- Mozzarella

VEGETABLES

- Garlic
- Onions
- Carrots
- Celery
- Peppers
- Broccoli
- Tomatoes
- Hot Peppers
- Hardy Greens
- Salad Greens
- Potatoes
- Sweet Potatoes
- Cauliflower
- Winter Squash

GRAINS

- Bread
- Tortillas
- Pasta
- All-Purpose Flour
- Oats
- Popcorn
- Rice
- Brown Rice
- Cornmeal

CANNED VEGETABLES

- Whole Tomatoes
- Tomato Paste
- Corn

FROZEN FRUITS AND VEGETABLES

- Berries
- Peas
- Green Beans
- Corn

SPICES

- Chile Flakes
- Cinnamon
- Cumin
- Paprika
- Curry Powder
- Oregano
- Thyme

TREATS

- Dried Fruits
- Bacon
- Vanilla Extract
- Maple Syrup
- Cocoa Powder

FLAVOR

- Olive Oil or Vegetable Oil
- Wine Vinegar
- Sardines
- Olives
- Fish Sauce
- Coconut Milk
- Miso Paste
- Soy Sauce
- Chili Sauce
- Brown Sugar
- Fresh Herbs

May is CalFresh Awareness Month!

Are You Qualified for CalFresh?

For Pre-Screening and Application Assistance Contact CID at 650-645-1780 ext 117 ask for Rachel (CalFresh Outreach Eligibility Coordinator)



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