



Access to preventative health care and nutritious foods are powerful tools in improving community health.

Did You Know?

- ◆ **Over 4 million Californians are helped by the SNAP program, known as CalFresh in California. The overwhelming majority of SNAP participants are children, seniors, or people with disabilities. In California 45% are working families. ***
- ◆ **Researchers comparing the long-term outcomes of individuals in different areas of the country when SNAP gradually expanded nationwide in the 1960s and early 1970s found that children who had access to food stamps in early childhood had better health and educational outcomes as adults than children who didn't have access to food stamps. ***
- ◆ **CalFresh benefits pumped about \$7.5 billion into California's economy in 2015. CalFresh brings nearly \$61 million into Humboldt County annually.***

* CENTER FOR BUDGET POLICY AND PRIORITIES

Food for People serves over 12, 000 Humboldt County residents each month. Through the combined efforts of charitable organizations and the Federal Safety Net, we can end hunger. Please contact your representatives and ask them to protect the Affordable Care Act and nutrition assistance programs like SNAP and Free and Reduced Price School Meals:

Jared Huffman, U.S. House of Representatives:

Washington D.C. Office- 1406 Longworth House Office Building, Washington, DC 20515
Phone: (202) 225-5161

Kamala Harris, U.S. Senator:

Washington D.C. Office- 40B Dirksen Senate Office Building, Washington, DC 20510
Phone (202) 224-3553

Diane Feinstein, U.S. Senator:

Washington D.C. Office- 331 Hart Senate Office Building, Washington, D.C. 20510
Phone: (202) 224-3841

Mike McGuire, State Senator:

Sacramento Office: 1303 10th Street, Room 5064, Sacramento, CA 95814
Phone: (916)-651-4002

Jim Wood, State Assembly:

Sacramento Office- P.O. Box 942849, Sacramento, CA 94249-0002
Phone: (916) 319-2002

Food for People is the Food Bank for Humboldt County. For more information about our services go to www.foodforpeople.org or call (707)445-3166.