

EMERGENCY FOOD ASSISTANCE PROGRAM

Did you know these are two food assistance programs available to residents of the Warner Springs area?

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. No documentation is required.

Household Size	Monthly Household Income	Annual Household Income
1	\$2,661.38	\$31,936.50
2	\$3,585.71	\$43,028.50
3	\$4,510.04	\$54,120.50
4	\$5,434.38	\$65,212.50
Each Additional Member	+ \$924.33/person	+ \$11,092/person

Income guidelines are provided by the USDA and were last updated 03/15/21.



Pictured above are sample boxes.