



Need food? Contact Second Harvest today!

You don't have to choose between paying bills or buying food. Respectful and confidential help is available. Contact us today!

Learn more at: shfb.org/food

Call (Weekdays 8 a.m.–5 p.m.):
1-800-984-3663

Text “food” to: 1-408-455-5181

Email: food@shfb.org

Nutritious food is available
for you and your family

Everyone needs a little help sometimes

Programs include:



Groceries and produce for anyone in need

Free from Food Bank partners across Santa Clara and San Mateo Counties



Meals for anyone in need

Prepared meals, served in community locations



Meals for kids

Meals during the school year and in the summer



CalFresh for people of all ages who qualify

An EBT debit card you can use at stores and farmers' markets



Women, Infants & Children

WIC provides food vouchers and nutrition education for pregnant women and children under age five



Contact Second Harvest Food Bank today. Our friendly staff speaks English, Spanish, Vietnamese, Chinese and Tagalog.



需要食物吗? 请今天联络二次丰收 食物银行!

你不必在支付账单或购买食物中作选择。现提供尊重你和為你保密的帮助。请今天联络我们!

要了解更多,请浏览: shfb.org/food

拨电 (周一至周五上午8点至下午5点):

1-800-984-3663

发短訊“**food**”至: **1-408-455-5181**

发电邮至: food@shfb.org

提供营养食物给你和 你的家人使用

每个人都有需要一点 帮助的时候

计划包括:



提供杂货和蔬果给任何有需要的人
由圣克拉拉和圣马特奥县的食物
银行合作伙伴免费提供



提供饭餐给任何有需要的人
在社区提供热食服务



提供儿童饭餐
在学年期间及暑期提供饭餐



CalFresh 加州食物卷计划适合任
何年龄符合资格的人

一张你可以在商店和农夫市场
使用的 EBT 借记卡



妇女, 婴儿和儿童

WIC 为孕妇和五岁以下儿童提供
食物券和营养教育



请于今天联络二次丰收食品银行。我们友善的工作人员会讲英文, 西班牙语, 越南文, 中文和菲律宾语。