

Food and Nutrition Center



Food Assistance Programs

First Light (1x per day)

Designed to provide light, ready to eat items for participants with limited access to cooking facilities.

Eligibility: All low-income individuals and families.

New Participant: Complete enrollment forms at CRC offices.

Not available in combination with Weekly Food and Nutrition program /Emergency Food program.

Weekly Food (1x per week)

Available to individuals and families participating in CRC's case management programs. Participants will receive items based on household size and daily availability.

Eligibility: Participants enrolled in CRC's case management program.

New Participant: Contact CRC for current case management program eligibility.

Emergency Assistance Food (EA) (2x per month)

Assistance for individuals and families experiencing a food emergency is available 2x per month.

Eligibility: All low-income individuals and families.

New Participant: Complete enrollment forms at CRC offices.

Commodities - EFAP (1x per month)

CRC is a designated emergency site for the USDA Commodities Program that provides individuals and families with pre-bagged basic food items.

Eligibility: Participants must meet EFAP income guidelines for each year. Participants may reside in Encinitas or another city.

New Participant: Inquire about EFAP Commodities at CRC offices.

Items for Distribution (based on availability for the day)

First Light (1x per day)

Bread
Pastries
Fruits/vegetables
Ready to eat item
Beverage
Snacks
Toiletry hygiene items

Weekly Food (1x per week)

Bread
Pastries
Assortment of fresh items (dairy, eggs, meats, perishables, produce)
Dry/canned goods
Personal care item
Ready to eat item
Upon Request:
Pet food, diapers (baby and adult), baby wipes, formula and food, and feminine products.

Emergency Assistance Food (2x per month)

Bread
Pastries
Assorted fresh items (dairy, eggs, meats, perishables, produce)
Bag of dry/canned goods
Personal care item
Ready to eat item
Upon Request:
Pet food, diapers (baby and adult), baby wipes, formula and food, and feminine products.

USDA Commodities - EFAP (1x per month)

This is a set menu that changes every month and includes canned food and occasionally frozen and/or fresh items. Bags are distributed based on household size as well as one "per family" item.

Hours

Monday through Friday

First Light:

Tickets 8:30 a.m.-10 a.m.; **Selection** 9 a.m.-10:30 a.m.

Weekly Food & Emergency Food:

Tickets 10:30 a.m.-1:30 p.m.; **Shopping** 11 a.m.-2 p.m.

USDA Commodities:

Tickets 8:30 a.m.-4:30 p.m. Mon-Thu and 8:30 a.m.-2 p.m. Fri.
Commodities will be distributed in combination with another program at the FNC.

CRCNCC.org

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