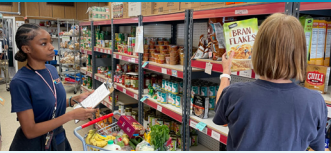


Food and Nutrition Center



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 program eligibility.

Emergency Assistance Food (EA)

Assistance for individuals and families experiencing a food emergency is available.

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 Emergency Food Assistance Program (EFAP) income guidelines for each year.
Participants may reside in Encinitas or another city.

New Participant: Inquire about Commodities at CRC offices.

Items for Distribution

(based on availability for the day)

First Light

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

Weekly Food and Emergency Assistance

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

USDA Commodities - EFAP

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.

CRC Food & Nutrition Center Hours

Open Monday through Friday
650 2nd St. Encinitas, CA 92024

First Light:

Tickets: 8:30 a.m. - 10:00 a.m.
Selection: 9:00 a.m. - 10:30 a.m.

Weekly & Emergency Food:

Tickets: 10:30 a.m. - 1:00 p.m.
Shopping: 11:00 a.m. - 2:00 p.m.

USDA Commodities:

Tickets: 8:30 a.m. - 4:30 p.m. Mon-
Thu and 8:30 a.m. - 2:00 p.m. Fri.

Commodities will be distributed in combination with another program at the Food & Nutrition Center.

Contact us

(760) 300-3238 | intake@crcncc.org

CRCNCC.org