



# Emergency Food Assistance Program

## 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. Eligible applicants may call 2-1-1 or call the Food Bank for the location of their nearest distribution site. No documentation is required.

Household Size	Monthly Household Income	Annual Household Income
1	\$2,855.25	\$34,263.00
2	\$3,861.83	\$46,342.00
3	\$4,868.42	\$58,421.00
4	\$5,875.00	\$70,500.00
Each Additional Member	+ \$1,006.59 per person	+ \$12,079 per person



*Pictured above is an example of an EFAP package, which includes a variety of shelf-stable food items. The menu changes monthly.*

\*Federal income guidelines are provided by the USDA. The guidelines were updated in March 2023

For your local distribution site, call the Food Bank at  
**1-866-350-FOOD (3663) or call 2-1-1**  
[SanDiegoFoodBank.org](http://SanDiegoFoodBank.org) | [NorthCountyFoodBank.org](http://NorthCountyFoodBank.org)

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(1) mail: U.S. Department of Agriculture, Office of the Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)  
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