

# Make it a Healthy Summer



Organization	Resources	Resource Info & Contact
	<p><b>WHAT IS CALFRESH?</b></p> <ul style="list-style-type: none"> <li>▪ <b>CalFresh</b> provides eligible families with a boost to their food budget, making it possible to buy more healthy foods.</li> <li>▪ Applying for <b>CalFresh</b> is confidential and can take 30 minutes or less!</li> </ul>	<p><b>Online:</b> <a href="http://www.mybenefitscalwin.org">www.mybenefitscalwin.org</a>  <b>By phone:</b> (800) 281-9799  <b>In person:</b> Find an SSA Office at <a href="https://ssaregionlocator.ocssa.net">https://ssaregionlocator.ocssa.net</a>  <b>By mail:</b> P.O. Box 7003, Anaheim, CA 92825-9922  <b>By fax:</b> (714) 645-3489</p>
	<p><b>SUMMER MEALS FOR KIDS</b></p> <ul style="list-style-type: none"> <li>▪ Breakfast, lunch and/or snack provided <b>FREE</b> to all kids 18 and younger at over 150 sites throughout Orange County.</li> </ul>	<p><b>For Locations:</b> Text "FOOD" or "COMIDA" to 304-304</p> <p><b>Questions:</b> Call: 2-1-1 or Visit: <a href="http://ocfoodfoodhelp.org">ocfoodfoodhelp.org</a></p>
	<p><b>WHY RETHINK YOUR DRINK?</b></p> <ul style="list-style-type: none"> <li>▪ Over time, drinking and eating too much sugar may lead to obesity, type 2 diabetes and heart disease.</li> <li>▪ Drinking water instead of sugary drinks can positively impact your overall health.</li> </ul>	<p>Try the <b>Beverage Breakdown</b> to find out how much added sugar you and your family drink every day.</p> <p><b>Scan the QR Code</b> to get started:</p> 



Funded by USDA SNAP, an equal opportunity provider and employer. Visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org) for healthy tips.