

# Red Folder: Supporting Families

A toolkit for our community

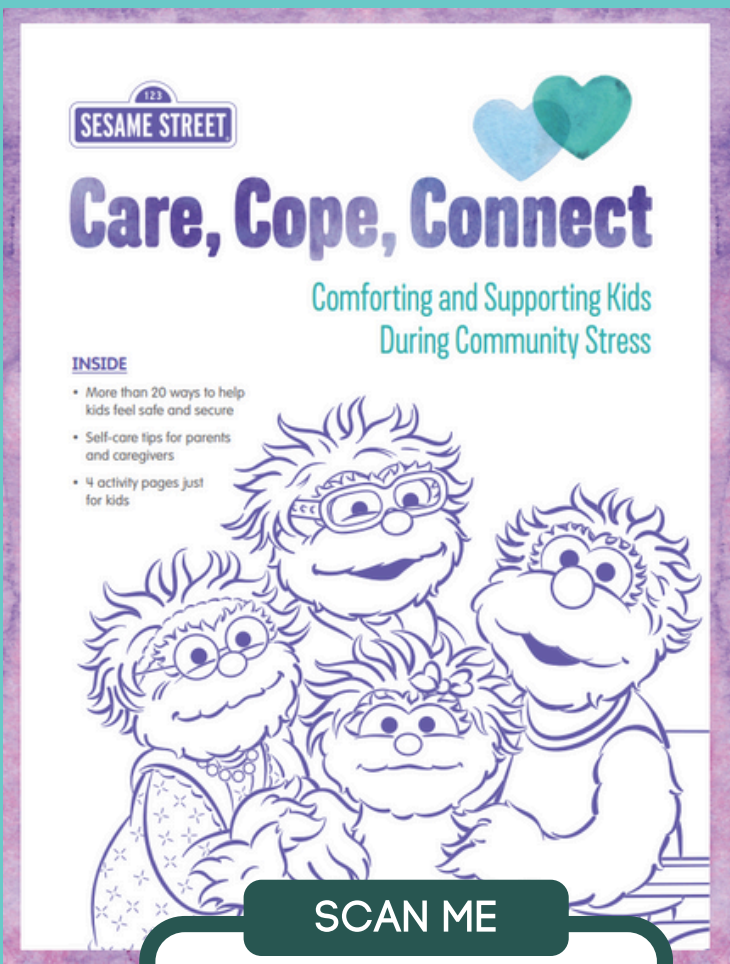
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The Red Folder was thoughtfully created to help families with diverse immigration statuses feel safe, connected, and empowered within our community.

This toolkit includes essential information about community services and practical tips for having difficult conversations with young children.

We hope this resource provides the knowledge and support that every family deserves as they navigate their journey. Follow the links below to access the toolkit:





## For Parents:

### How to use Care, Cope, Connect

Read through the pages by yourself first.

Then, consider:

**What stresses are causing you anxiety?**

**How does anxiety affect you? (loss of sleep, short temper, and so on)**

**How do you calm yourself when you experience anxiety?**

**How do you know when your child is feeling anxious?**

**How can you teach your child the strategies you use to calm down?**

**Look back through the guide. What activities might you like to try with your child?**

**Go ahead! Complete the guide and selected activities with your child. While doing the activities,**

**consider using tips from the "Talking About It" section found on page 9.**

Additional resources and information are available at:

[www.first5association.org/care-cope-connect/](http://www.first5association.org/care-cope-connect/)

[www.SesameStreetinCommunities.org](http://www.SesameStreetinCommunities.org) Questions?

Please contact the First 5 Association of CA:

[info@first5association.org](mailto:info@first5association.org) 510-227-6988

**Community stress happens when serious challenges strongly impact a community. Kids may feel unsafe, but, with love and support, families can be strong and still hope for a safe and peaceful future. Even through troubling times, we are not alone. As grownups, we can help children grow smarter, stronger, and kinder every day...no matter what. Print out the Care, Cope, Connect workbook, which includes parent tips and activities just for kids.**

# Political Concerns and Children

Marisol Muñoz-Kiehne PhD



Here are some guidelines for responding and understanding to the unique needs of children in the wake of the uncertainty and emotions brought on by current political event sand changes that often result in stressful and potentially traumatizing experiences

## What do children need?

- Available and calm adults
- Good examples around you
- Messages and actions that communicate security, connection, and hope

## Security

- Attend daycare or school regularly
- Maintain family routines and customs as much as possible
- Discuss the security plans that would be followed in the event of immigration detention.

## Connection

- Spend time with each child regularly and stay in touch even when you are not together
- Include them when communicating with trusted people by phone, email, etc.
- Discuss how your family, culture, and religious beliefs can serve as connection and inspiration

## Hope

Maintain a perspective that acknowledges and emphasizes any good news, reminding them that good things still happen

- Offer them examples of how we healed wounds and recovered from difficult times
- Show them how we can take action by getting involved in peaceful community efforts



- Discuss what the children have seen and heard
- Ask them what they think and feel
- Observe them for changes in their appearance or behavior.
- Listen to them with your ears and your heart when they speak and ask questions.
- Ask them questions like "What do you think about...?" and "How do you feel about...?"
- Provide opportunities for them to ask questions of adults
- Answer your questions according to the child's level of understanding, and honestly.
- Provide opportunities for them to express themselves through play, art, music, etc.
- Recognize children's reactions as valid, no matter how different they may be
- Let them know that it is not their fault when they see adults worried or upset.
- Practice stress and anger management skills
- As adults, we must take care of our own needs and seek personal support and professional guidance.

## What to do?

### What to say?

"We will do everything possible to ensure that nothing bad happens to us"

"We are not alone, many people are working to keep us safe and protect us"

"Let's keep the faith... While there is life, there is hope... Yes, we can!"

## WHAT TO AVOID



- Including children in adult conversations that may confuse or frighten them
- Exposing them to alarming news reports from the media
- Letting ourselves be carried away by catastrophic ideas, of helplessness, or of hopelessness
- Trusting speculation and rumors
- Making unrealistic promises
- Overwhelming children with adult concerns
- Expressing our own emotions with violence, addictions, or expressing hatred towards others

# How do children react?



- Reactions change over time
- Reactions vary depending on the age, developmental level and temperament of each child.
- If the child witnessed the events, if loved ones were involved, if he or she has a history of other traumatic events in his or her life, and if he or she does not have sufficient support, the reactions may be more severe and persistent and require professional help.
- A child should be evaluated if his or her reactions cause significant distress, persist over time, and/or significantly interfere with normal functioning.,

## Physical reactions

- Aches and pains
- Tiredness and fatigue
- Insomnia, nightmares
- Changes in appetite and eating
- Wetting the bed
- Allergic outbreaks

## Mental reactions

- Constant vigilance and alertness
- Lack of attention and concentration
- Memory failures
- Excessive worries
- Feeling like you're dreaming
- Intrusive images or memories

## Emotional reactions

- Dull feelings
- Tension and nervousness, Fears
- Anxiety when separating from loved ones
- Sadness, crying and discouragement
- Irritability and anger

## Behavioral reactions

- Retreat
- Deterioration in school performance
- Aggressive behaviors
- Demand for constant attention from adults
- Repetition of lived or feared events when playing
- Display of more childish or immature behaviors

## Political Concerns and Children

Written by : Marisol Muñoz-Kiehne PhD

Adapted by First 5 Humboldt



# Family Preparedness Plan

Every family should have a family preparedness plan. While it is our hope that you will never need to use it, it is good to have one in place to help reduce the stress of the unexpected.

## Step 1: Identify a caregiver

Identify a responsible adult that you trust and that your child knows and is comfortable around.

## Step 2: Put a child care plan in place

Once you identify a person, you can begin to put a plan in place, like the Caregiver's Authorization Affidavit for people living in California.

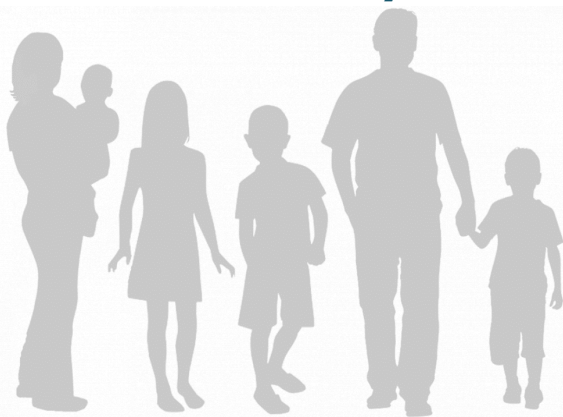
## Step 3: Create a file of important documents

Gather all important documents that your caregiver will need to care for your child, like information about your child's school, medical history, and contact information.

## Step 4: Talk to your child about your plan

Let your child know who will pick them up and care for them if you are unable to for some reason.

## Step 5: Update emergency contact information at your child's school





## Family Preparedness Plan

Every family should have a Family Preparedness Plan. While it is our hope that you never have to use your plan, it is a good practice to have one in place to help reduce the stress of the unexpected. This packet will help everyone create a Family Preparedness Plan, regardless of immigration status. However, because of the additional challenges immigrant and mixed status families face, we also have additional advice for immigrants.

### ➔ Make a Child Care Plan

Have a plan so that a trusted adult can care for your child if you cannot. This plan should include emergency numbers, a list of important contact information and a file with important documents. This packet includes templates to put together these documents. Whether you want your child to accompany you to your home country in the event you face deportation, or wish for your child to stay in the United States in the care of another trusted adult, you should begin planning to make these arrangements. This packet includes information about the options available to create an informal or formal care arrangement for your child in California.

### ➔ Find Out About Your Immigration Options

Information and resources to find good immigration legal help is included in this packet.

- If you have a green card, find out if you can become a U.S. citizen.
- If you are here on a visa, find out if you can get a green card.
- If you do not have immigration status, find out if you may be eligible to get a green card, visa or work permit.
- If you have a criminal arrest or conviction, find out how it might affect your situation, or if there is a way to erase it from your record.
- If you are detained or put into deportation proceedings, ask for a hearing in front of a judge to get out of detention and to fight your deportation.

### ➔ Know Your Rights

Everyone – both documented and undocumented persons – have rights in this country. Make sure you, your family members (even children), housemates, neighbors, and co-workers, regardless of their immigration status, know of their right to remain silent and all of their other rights if ICE or the police come to your home, neighborhood or workplace. A list of these rights, and a card asserting these rights, are included in this packet.



## Child Care Plan

### ➔ Talk to Your Children About Your Plan

Without worrying them, assure your children that they will be taken care of if for some reason you are unable to care for them, even for a short period of time. Let them know who will care for them until you can.

### ➔ Decide Who Can Care for Your Children if You Are Unable To

Ideally, the person you designate to care for your children is a U.S. citizen or someone with immigration status who does not also face the threat of detention or deportation. Make sure that person knows they will be listed as an emergency contact and knows how to access all of your important documents and information. Memorize that person's phone numbers and have your children memorize them too.

Make sure your children know who can pick them from up school, who cannot pick them up from school, and who will care for them.

Your child's school may only release your child to adults you designate. Therefore, make sure to regularly update all school, afterschool, day care, summer camp, and other programs' emergency contact sheets and release forms to include the names of those who can and cannot pick up your children. If you have a restraining order against anyone, make sure to give a copy of it to the school.

Make sure the people who can pick up and care for your children are up to date on your child's location and school. Provide them with all of the **Important Children's Information** contained in the sample form in this packet.

### ➔ Write Down Instructions if Your Child Has Any Medical Conditions and /or Takes Any Medications

Make sure to write down any medical conditions or allergies your child has, any medications that your child takes, as well as doctor and health insurance information. Keep a copy of this information in your important documents file. Give a copy to your child's school and the adult you designate to care for your children. Let your child know where to find this information if you are not around.

### ➔ Decide What Kind of a Child Care Plan You Want to Put in Place

If you plan for your children to remain in the United States with another caretaker if you are detained or deported, decide whether to prepare a formal or informal child care plan.



There are various ways to plan for another adult to care for your child if you are unable to do so.

**Verbal Agreement.** The most informal arrangement is to let another adult know of your wishes for your child and to **verbally agree with that adult that they will carry out your wishes and care for your child** if you cannot. The benefit of this is that it is informal and easy – you need not complete any forms or legal documents, and such an agreement will not affect your parental rights. The downside of this informal arrangement is that the other adult who you choose to care for your child will not have legal authority to make medical or school-related decisions on behalf of your child, which would be problematic if you were deported and unable to care for your child for an extended period of time.

**Caregiver’s Authorization Affidavit (“CAA”).** The next option in California is to not only get another adult’s verbal agreement to care for your child in the event you are unable, but to have that adult complete a **Caregiver’s Authorization Affidavit (“CAA”)** that will allow them to make certain school and medical decisions on behalf of your child. The benefits of this approach include: the CAA can be given to your child’s school or health care provider so that the person you choose as the caregiver can make certain decisions for the child, and it does not affect your parental rights (you still have custody and control of your child). More information about the CAA and a form you can use are included at the end of this packet. ***Please note: the Caregiver’s Authorization Affidavit is for use in California only.***

**Guardianship.** The most formal arrangement you can make for your child if you are not available to care for them is to **have a court appoint a guardian for your child**. The benefit of a guardianship is that once someone has been appointed as a guardian by a California Probate Court, that person has full legal and physical custody of your child, meaning they “step into the shoes” of the parent and can make decisions on behalf of your child. (When a guardian is appointed, this does not terminate parental rights, it just suspends them while the guardianship is in place.) However, the drawback of a guardianship is that because it is a formal arrangement put in place by the Probate Court, if you want to terminate the guardianship and get your parental rights back, you must file a petition in the Probate Court requesting the court to do so, and it will be up to the judge to decide whether to terminate the guardianship.

Keep in mind that you cannot grant another person guardianship of your child informally or through a power of attorney – only a state court can do that. However, you can prepare a Form GC-211 to nominate a specific person to be the guardian of your child. The court will then consider the Form GC-211 if/when a guardianship petition is filed. You can also make the nomination conditional upon your detention and/or deportation by completing an attachment to the form GC-211 that specifies when the nomination will be effective. For a sample GC-211 and attachment, and additional information about guardianships, see Bet Tzedek Legal Service’s [“How to Prepare for a Family Emergency”](#) Nominating someone else to have legal custody of your child is a serious decision; **you should talk to an attorney before taking this step.**

**A Note on Power of Attorney.** A power of attorney is a written document that you can sign to grant another person the authority to act on your behalf in specified ways. For example, a power of attorney may be used to designate another person to handle your finances, make business decisions, use your money to pay your rent or mortgage, use your money to provide for your child, and similar actions. **In California, we do not recommend that a power of attorney be used as a way to designate another person to care for your child.** While a power of attorney may be a good option in other states, in California, it cannot be used to transfer custody of your children to another person (only a state court can do that). It may be possible to use a power of attorney to grant someone else the authority to make medical and educational decisions on behalf of your child, but in California completing the Caregiver's Authorization Affidavit is a simpler and less costly way to do the same thing. If however you wish to give someone else the authority to access and use your finances in order to care for your child (a very serious decision that you should discuss with an attorney), you may wish to use a power of attorney.

### Want to Do Even More?

You can also **register your child's birth** with your country's government (for example, with your country's consulate) if your child was born in the United States. This may grant your child benefits, including citizenship in your home country in some cases.

### ➔ Make Sure Your Children All Have Passports

If your child was born in the United States, visit [www.travel.state.gov](http://www.travel.state.gov) for more information on obtaining a U.S. passport.

If your child was born in your home country, check with your embassy or consulate for more information on obtaining a passport.

### ➔ Inform Your Family and Emergency Contacts About How to Find You if You Are Detained by ICE

Family members can use the ICE detainee locator: <https://locator.ice.gov/odls/homePage.do>. Be sure your family and emergency contacts have a copy of your A-Number (your alien registration number found on your immigration documents from ICE) if you have one.

## File of Important Documents

*Keep a file of all of these documents or a copy of these documents in a safe place. Tell your children, family members and emergency caregiver where to find this file in an emergency.*

- Passports
- Birth Certificates
- Marriage License (if applicable)
- Caregiver's Authorization Affidavit
- Any Restraining Orders you may have against anyone (if applicable)
- A-Number and any immigration documents (work permit, green card, visa, etc.)
- Documents demonstrating your residence in the United States and amount of time you have been physically present in the United States
- Driver's License and/or Other Identification Cards
- Social Security Card or ITIN number
- Registry of birth (for U.S. born children registered in parent's home country)(if applicable)
- Important Children's Information
- Emergency Numbers and Important Contact Information
- Children(s)' Medical Information, including health insurance, medication list, and doctor's contact information
- Any other documents you would want to be able to quickly find

## Important Children's Information

*Keep this information so those you designate to care for your children in your absence have all of the information they need.*

|   |  |
|---|--|
| <b>Child's Name</b>                       |  |
| Date of Birth                             |  |
| Child's Cell Phone Number (if applicable) |  |
| School                                    |  |
| School Address                            |  |
| School Phone Number                       |  |
| Teacher's Name                            |  |
| Classroom Number                          |  |
| Afterschool Program                       |  |
| Afterschool Program Phone Number          |  |
| Other Camp/Sports/Program                 |  |
| Other Camp/Sports/Program Phone Number    |  |
| Allergies                                 |  |
| Medical conditions                        |  |
| Medications                               |  |
| Doctor's Phone Number                     |  |
| Doctor's Address                          |  |
| Health Insurance                          |  |

## Emergency Numbers and Important Contact Information

*Keep this information in one place so that you and your family can access it easily.*

|                          |     |
|--------------------------|-----|
| <b>Emergency Numbers</b> |     |
| Immediate Emergency      | 911 |
| Police Department        |     |
| Fire Department          |     |
| Poison Control           |     |
| <b>Family Contacts</b>   |     |
| Mother/Parent/Guardian   |     |
| Home Phone               |     |
| Cell Phone               |     |
| Work Address             |     |
| Work Phone               |     |
| Father/Parent/Guardian   |     |
| Home Phone               |     |
| Cell Phone               |     |

|   |  |
|---|--|
| Work Address                              |  |
| Work Phone                                |  |
| Other Emergency Contact and Relationship  |  |
| Cell Phone                                |  |
| Other Emergency Contact and Relationship  |  |
| Cell Phone                                |  |
| Other Emergency Contacts and Relationship |  |
| Cell Phone                                |  |

|  |  |
|--|--|
| <b>Miscellaneous Contacts</b>              |  |
| Doctor                                     |  |
| Phone Number                               |  |
| Health Insurance Company                   |  |
| Policy Number                              |  |
|  |  |
| Pediatrician                               |  |
| Phone Number                               |  |
| Health Insurance Company                   |  |
| Policy Number                              |  |
|  |  |
| Dentist                                    |  |
| Phone Number                               |  |
| Dental Insurance Company                   |  |
| Policy Number                              |  |
|  |  |
| Car Make/Model                             |  |
| License Plate Number                       |  |
| Car Insurance Company                      |  |
| Insurance Policy Number                    |  |
| Phone Number                               |  |
|  |  |
| Consulate                                  |  |
| Address                                    |  |
| Phone Number                               |  |
|  |  |
| Attorney/Nonprofit Legal Services Provider |  |
| Address                                    |  |
| Phone Number                               |  |
|  |  |
| Church/Temple/Mosque/Place of Worship      |  |
| Address                                    |  |
| Phone Number                               |  |

## Caregiver's Authorization Affidavit Instructions

*Please note: the Caregiver's Authorization Affidavit is for use in California only.*

### ➔ Who completes and signs the Caregiver's Authorization Affidavit (CAA)?

The person who will be acting as your child's caretaker completes and signs the CAA. **The parent does not need to sign the CAA.** It is a good idea to have the person that you want to care for your child fill out the CAA in advance, but they should not sign or date it unless or until they need to use it (for example, only if you are actually detained or deported).

### ➔ Using the CAA, who can serve as a caregiver?

Any person, relative or non-relative, who is 18 years of age or older who completes the CAA may serve as a caregiver.

### ➔ What can the CAA be used for?

If the CAA is completed by a **non-relative**, it will allow that person to enroll your child in school and to consent to school-related medical treatment. School-related medical treatment includes immunizations, physical exams and medical exams conducted in school.

If the CAA is completed by a **relative** (including a grandparent, aunt, uncle, or other qualified relative of the minor (see the back of the CAA template in this packet for the full definition of "qualified relative")), it will allow that person to enroll your child in school, consent to school-related medical treatment, and consent to most other forms of medical and dental care for your child.

### ➔ Does my child have to live with caregiver for the CAA to be valid?

Yes, in order for the CAA to be valid, your child needs to live with the caretaker. (Of course, the child does not need to live with the caregiver, and the caregiver does not need to use the CAA, unless and until you are no longer available to care for your child.) If your child stops living with the caregiver, the caregiver must notify any school, health care provider, or health care service plan that has been given the CAA. The CAA is invalid after the school, health care provider, or health care service plan receives notice that your child is no longer living with the caregiver.

### ➔ Does the CAA need to be notarized?

No, the CAA does not need to be notarized. There have been reports that some schools want a notarized copy of the CAA, but that is not required by law. **Also, remember that the CAA is signed only by the caretaker, not by the parent(s).**

### ➔ **Should I give the CAA to my child’s school and medical providers now and ask them to keep it on file?**

No, the CAA should not be given to your child’s school or medical providers unless and until your child is living with the caretaker, and you as the parent are not available to make school and medical decisions for your child.

### ➔ **Does the CAA expire?**

Yes, the CAA will expire one year after the date it is signed.

### ➔ **If I would like to have someone complete a CAA to be able to make certain decisions for my children in my absence, what steps should I take?**

First, you should identify the person who you would like to serve as your child’s caretaker.

Next, you should discuss with that person what the CAA does (it gives them power to make certain school and medical decisions on behalf of your child), and does not do (it does not give them legal custody of your child, guardianship over your child, or access to any of your financial resources to care for your child).

Finally, you should have that person complete a CAA, but they should wait to sign and date it until it actually becomes necessary to use it. (It’s not necessary to sign and date it now since it won’t be needed unless or until you are actually unavailable to care for your child. Plus, it will expire one year after the date it is signed). The caregiver should keep the CAA in a safe place, and you should also keep a copy of it in your file of important documents in case the caregiver cannot locate theirs when it becomes necessary.

### ➔ **Can a caregiver use the CAA to coordinate my child’s travel to my home country in the event I am deported and decide to have my children accompany me to my home country?**

No, the CAA only allows the caregiver to make decisions related to school and medical issues for your child. Consult your home country’s embassy or consulate for information about facilitating your child’s travel to your home country if you will not accompany the child.

### ➔ **Must my child’s caregiver have immigration status in the United States?**

No, but ideally, the person you authorize to be your child’s caregiver would not also be at risk for deportation or detention. The person should be someone with a California driver’s license or identification card (ID). If they do not have a California driver’s license or ID, they should be ready to provide another form of identification such as a social security number or Medi-Cal number.



## Caregiver's Authorization Affidavit

Use of this affidavit is authorized by Part 1.5 (commencing with Section 6550) of Division 11 of the California Family Code.

**Instructions:** Completion of items 1-4 and the signing of the affidavit is sufficient to authorize enrollment of a minor in school and authorize school-related medical care. Completion of items 5 through 8 is additionally required to authorize any other medical care. **Only complete items 5 through 8 if you are related to the child.** Print clearly.

The minor named below lives in my (the caregiver's) home and I am 18 years of age or older.

1. Name of minor: \_\_\_\_\_.

2. Minor's birth date: \_\_\_\_\_.

3. My name (adult giving authorization): \_\_\_\_\_.

4. My home address: \_\_\_\_\_.

5.  I am the minor's grandparent, aunt, uncle, spouse, stepparent, brother, sister, stepbrother, stepsister, half-brother, half-sister, niece, nephew, first cousin, grandaunt, granduncle, great-grandparent, great-grandaunt, great-granduncle, or the spouse of one of these persons.

6. Check one or both (for example, if one parent was advised and the other cannot be located):

I have advised the parent(s) or other person(s) having legal custody of the minor of my intent to authorize medical care, and have received no objection.

I am unable to contact the parent(s) or other person(s) having legal custody of the minor at this time, to notify them of my intended authorization.

7. My date of birth: \_\_\_\_\_.

8. My California driver's license or identification card number: \_\_\_\_\_.

**Warning: Do not sign this form if any of the statements above are incorrect, or you will be committing a crime punishable by fine, imprisonment, or both.**

I declare under penalty of perjury under the laws of the State of California that the foregoing is true and correct.

Dated: \_\_\_\_\_ Signed: \_\_\_\_\_

## NOTICES

1. This declaration does not affect the rights of the minor's parents or legal guardian regarding the care, custody, and control of the minor, and does not mean that the caregiver has legal custody of the minor.
2. A person who relies on this affidavit has no obligation to make any further inquiry or investigation.
3. This affidavit is not valid for more than one year after the date on which it is executed.

### Additional Information:

#### TO CAREGIVERS:

1. "Qualified relative," for purposes of item 5, means a spouse, parent, stepparent, brother, sister, stepbrother, stepsister, half-brother, half-sister, uncle, aunt, niece, nephew, first cousin, or any person denoted by the prefix "grand" or "great," or the spouse of any of the persons specified in this definition, even after the marriage has been terminated by death or dissolution.
2. The law may require you, if you are not a relative or a currently licensed foster parent, to obtain a foster home license in order to care for a minor. If you have any questions, please contact your local department of social services.
3. If the minor stops living with you, you are required to notify any school, health care provider, or health care service plan to which you have given this affidavit.
4. If you do not have the information requested in item 8 (California driver's license or I.D.), provide another form of identification such as your social security number or Medi-Cal number.

#### TO SCHOOL OFFICIALS:

1. Section 48204 of the Education Code provides that this affidavit constitutes a sufficient basis for a determination of residency of the minor, without the requirement of a guardianship or other custody order, unless the school district determines from actual facts that the minor is not living with the caregiver.
2. The school district may require additional reasonable evidence that the caregiver lives at the address provided in item 4.

#### TO HEALTH CARE PROVIDERS AND HEALTH CARE SERVICE PLANS:

1. No person who acts in good faith reliance upon a caregiver's authorization affidavit to provide medical or dental care, without actual knowledge of facts contrary to those stated on the affidavit, is subject to criminal liability or to civil liability to any person, or is subject to professional disciplinary action, for such reliance if the applicable portions of the form are completed.
2. This affidavit does not confer dependency for health care coverage purposes.

# **FOOD PROGRAMS AND YOUR RIGHTS**

## **A GUIDE FOR IMMIGRANT FAMILIES**

Rising food costs are making it hard for many families to put food on the table. Having enough food to eat is a basic human right, and millions of families get help through programs that can prevent hunger. We want you to find and learn about programs that can help your family.

### **MANY FOOD PROGRAMS ARE AVAILABLE**



- Access to nutritious food is linked to good health, especially for children. There is no harm in seeing if you or members of your family are eligible for food programs.
- Many food programs look at your household income to see if you are eligible. Most programs don't ask about anyone's immigration status.
- SNAP, sometimes called food stamps, is only available to U.S. citizens, green-card holders, and certain other immigrants. Even if you are not eligible because of your status, others in your family may be. To apply for eligible family members, mark yourself as a "non-applicant" on forms.
- For most programs, you can ask for an interpreter or phone translator to make sure you get the best service when you apply for a benefit.
- Each food assistance program has its own application requirements. **See the back of this page for a list of some of the programs available.**

### **FOOD PROGRAMS WON'T HURT YOUR IMMIGRATION STATUS**



- Your information on federal nutrition program applications is private and protected. It won't be shared for immigration enforcement.

# FOOD PROGRAMS AND YOUR RIGHTS

## A GUIDE FOR IMMIGRANT FAMILIES

There are many programs available to help provide food. There's no harm in applying to these programs and seeing if you or members of your family are eligible for extra food assistance. Among government programs, only SNAP has special requirements for non-citizens. Call the national hotline to learn about groups in your area that can help you sign up for these programs: 1-866-3-HUNGRY (1-866-348-6479).

### Program

### How it works

### Who can get it

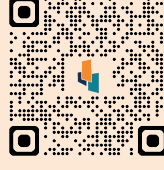
### For more information

#### SNAP

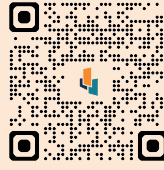
(May have a different name in your state)

SNAP (Supplemental Nutrition Assistance Program) gives you money to buy food, using a card that works like a debit card. You can use the card at grocery stores, corner stores, farmers markets, and other participating food stores.

- People who have low incomes.
- Refugees, asylees, adult green-card holders after five years, and U.S. citizens.
- Children who are permanent residents do not have a waiting period.
- Children may be able to get SNAP even if their parents cannot



State SNAP agency



Your local food bank may be able to help you apply

#### WIC

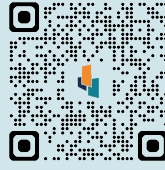
WIC (Special Supplemental Nutrition Program for Women, Infants, and Children) helps parents buy healthy foods, like fruits, vegetables, cheese, and much more.

- People who have low incomes and are pregnant or recently gave birth, and children from birth to 5 years old.
- No immigration requirements.
- Afterschool and summer meals/snacks are free to children and teens at participating sites.



WIC agency

Check your local food bank



#### School meals and afterschool and summer meals/snacks

Most schools provide free meals during the school year and many do during the summer. Call the hunger hotline to learn about other sites that have free meals and snacks.

- Children and teens in families with low incomes can receive free or reduced-price school meals at participating schools.
- No immigration requirements.
- Afterschool and summer meals/snacks are free to children and teens at participating sites.

- Contact your child's school
- Hunger hotline: 1-866-3-HUNGRY (1-866-348-6479)

#### Charitable food assistance

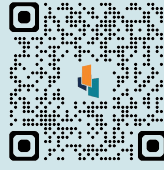
Food banks, pantries, and other charities give food to people who need help.

- Anyone who needs extra help affording food can visit a food pantry or meal program.
- Some pantries or programs may have additional requirements, like living in a certain area.



Find your local food bank

Call 211 to ask for local referrals

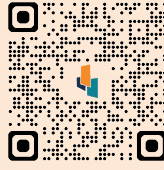


#### Meals for Older Adults

There are programs that deliver meals to seniors' homes, and others that provide meals at senior centers and community centers.

- Most programs focus on adults age 60 and older.
- Eligibility varies by organization.

Check the Eldercare Locator



## Additional Resources

California Attorney  
General's Office



First 5 California

