

# Food Resources

(Updated 3/18/2020)

With the COVID-19 pandemic, resources for staple foods are limited, and social distancing and shelter-in-place can limit a person's ability to attain nourishing food. This resource provides resources to obtain food; and provides tips for food storage and preparation to help your food last longer.

**CalFresh** (free money to purchase food for eligible persons or households)

Apply for CalFresh/SNAP/EBT virtually at the [CalFresh website](http://www.GetCalFresh.org) [www.GetCalFresh.org](http://www.GetCalFresh.org)

## Grocery Store Pickup or Delivery

[Walmart](https://grocery.walmart.com/) <https://grocery.walmart.com/>

- Free curbside grocery pickup
  - o \$30 minimum purchase price
- Available 8 am to 8 pm daily
- Accepts EBT (CalFresh)
- Cannot use coupons

[Target](https://www.target.com/) <https://www.target.com/>

- Free curbside pick-up with no apparent minimum purchase price
  - o non-grocery items also eligible such as toiletries
- No EBT for grocery pickup

[Amazon Fresh](#)

<https://www.amazon.com/gp/help/customer/display.html?nodeId=202071950>

- Prime membership required
- Might be a good option if already a Prime member
- Free delivery on orders \$35 and up
  - o \$4.99 delivery fee otherwise
- 2-hour delivery window
- Not EBT eligible in California

[Raley's](https://www.raleys.com/) <https://www.raleys.com/>

- Pickup
  - o No fee for the first three orders or on any order over \$100
  - o \$5.95 fee for all orders under \$100
  - o If using EBT, select pickup/pay “with cash” when ordering online and go inside to pay for your pickup order; and make a note when ordering that you are paying with EBT
- Delivery
  - o First delivery is free
  - o Delivery fee varies depending on location

## **Websites that require a membership but offer delivery from several different stores**

[Instacart.com](https://www.instacart.com/) <https://www.instacart.com/>

- No EBT accepted
- A delivery fee of \$5.99-\$11.00 per order for non-members
  - o Orders under \$35 cost more
- Can't use manufacturer's coupons
- Does not honor in-store sales
- Safeway, Sprouts, Smart & Final, Costco, CVS, Sam's Club, Petco, Smart Foodservice, Sacramento Natural Food Co-op, Raley's, SaveMart, Market 5-on-5, Food 4 Less, FoodsCo, Target
- Free Pickup with membership from:
  - o SaveMart and Market 5-one-5

[Shipt.com](https://www.shipt.com/) <https://www.shipt.com/>

- Prices are slightly higher than in-store shopping
  - o Order can cost about \$5 more than a typical \$35 transaction would cost in store
- 2-week free trial before \$14 monthly charge for unlimited delivery on orders of at least \$35
  - o \$7 delivery fee for orders under \$35

## Websites for companies that deliver produce (and other foods) directly to your home. Memberships required

[Imperfect Foods](https://www.imperfectfoods.com/) <https://www.imperfectfoods.com/>

- Provides previously Imperfect Produce
- Does not accept EBT, but SNAP participants are eligible for a reduced cost box

[Farm Fresh to You](https://www.farmfreshtoyou.com/) <https://www.farmfreshtoyou.com/>

## References

[The Penny Hoarder](https://www.thepennyhoarder.com/save-money/best-grocery-delivery-services/) <https://www.thepennyhoarder.com/save-money/best-grocery-delivery-services/>

[Target Drive-Up](https://help.target.com/help/subcategoryarticle?childcat=Drive+Up&parentcat=Delivery+Options&searchQuery=search+help&sfclFrameOrigin=null)

<https://help.target.com/help/subcategoryarticle?childcat=Drive+Up&parentcat=Delivery+Options&searchQuery=search+help&sfclFrameOrigin=null>

[Amazon](https://www.amazon.com/gp/help/customer/display.html?nodeId=202071950) <https://www.amazon.com/gp/help/customer/display.html?nodeId=202071950>

[Raley's](https://www.raleys.com/shop/how-to-shop-online/faq/) <https://www.raleys.com/shop/how-to-shop-online/faq/>

## Food Banks

[ASI Food Pantry](https://asi.csus.edu/asi-food-pantry) <https://asi.csus.edu/asi-food-pantry>

will remain open with prepackaged bags of groceries for students with a valid OneCard. Please visit the ASI Food Pantry webpage for up to date hours.

[Sacramento County Food Bank and Family Services](https://www.sacramentofoodbank.org/find-food) <https://www.sacramentofoodbank.org/find-food>

Helps to find food banks in the Sacramento area

[California Association of Food Banks](http://www.cafoodbanks.org/) <http://www.cafoodbanks.org/>

Helps to find food banks throughout all of California

[River City Food Bank](https://rivercityfoodbank.org/about-us/) <https://rivercityfoodbank.org/about-us/>

- Currently taking precautions to reduce the spread of COVID 19 such as
  - o making hand sanitizer available
  - o using gloves
  - o Prepackaging food items
  - o limiting the number of people in the food bank at any time for social distancing
- 1800 28th St. Sacramento, CA 95816 (916-446-2627)
  - o Monday-Friday: 11:30am - 3pm
- 2300 Edison Ave. Sacramento, CA 95821
  - o Every Saturday, the 2nd & 4th Friday: 11am - 1pm

[Central Downtown Food Basket](https://www.cdfb.org/locations) <https://www.cdfb.org/locations>

- 1701 L St. Sacramento, CA 95811
  - o Last 2 Thursdays of the month: 10 am - 12 pm
- 9242 Kiefer Blvd. Sacramento, CA 95826
  - o Third Tuesday of the month: 10 am - 12 pm
- 5770 Carlson Dr. Sacramento, CA 95819
  - o Third Thursday of the month: 5 pm - 6 pm

## Budget Recipes

[Eat Fresh](http://www.eatfresh.org) [www.eatfresh.org](http://www.eatfresh.org)

[Budget Bytes](http://www.budgetbytes.com) [www.budgetbytes.com](http://www.budgetbytes.com)

[Plant Based on a Budget](https://plantbasedonabudget.com) <https://plantbasedonabudget.com>

[SNAP-Ed Connection](https://snaped.fns.usda.gov/nutrition-education/recipes) <https://snaped.fns.usda.gov/nutrition-education/recipes>

## Apps for Recipes

[Tasty](https://tasty.co/) <https://tasty.co/>

[SuperCook](https://www.supercook.com/) <https://www.supercook.com/>

[Yummly](https://www.yummly.com/) <https://www.yummly.com/>

[Mealime](https://www.mealime.com/) <https://www.mealime.com/>

[\\$5 Meal Plans](https://5dollarmealplan.com/) <https://5dollarmealplan.com/>

## Tips to Make Food Last Longer

**Is My Food Safe?** Free app by the American Nutrition and Dietetic Association with food storage, food cooking temperatures, and food safety information.

[How to Store Fruits and Vegetables So They Last as Long as Possible](https://www.halfyourplate.ca/fruits-and-veggies/store-fruits-veggies/)

<https://www.halfyourplate.ca/fruits-and-veggies/store-fruits-veggies/>

## Alternative Food Options

Grocery stores have been running out of common foods such as eggs, milk, rice, bread, etc. Many less common foods can provide adequate nutrition if some of your staples are currently unavailable in the grocery store

- Protein Foods
  - Tofu
  - Soy milk
  - Any kind of beans including but not limited to lentils, kidney beans, black beans, chickpeas
    - Canned or dry
  - Frozen edamame
  - Nuts and seeds
  - Any cheese
  - Liquid eggs/egg whites
  - If milk is unavailable, look for an alternative that is fortified with calcium
- Carbohydrate Foods
  - Grains (see “Grains Cooking Chart” document)
    - Quinoa
    - Grits
    - Buckwheat
    - Oats
    - Homemade bread <https://www.allrecipes.com/recipe/6773/simple-whole-wheat-bread/>
  - Fruits and starchy vegetables
    - Fresh, frozen, and canned are all good options