

## Imperial County: Nutrition Directory

The directory is updated yearly. By the time you access the directory, some information may be out of date. For more information on specific programs, please contact the organization or program directly. If your organization or program would like to be listed in the resource directory, please contact Veronica De Lira at [veronicadelira@co.imperial.ca.us](mailto:veronicadelira@co.imperial.ca.us). Please visit [iccpa.org/community-events.html](http://iccpa.org/community-events.html) for additional activities and special events.

Program/Organization	Description	Address	Phone Number	Cost	Requirements	Website
<b>Local Coalitions and Alliances</b>						
Community Obesity Prevention Alliance (COPA)	Local alliance whose mission is to improve and maintain the health of children and their families through the prevention of obesity and related complications. Coalition members meet quarterly. Please call or visit the website for more information.	935 Broadway Street El Centro, CA	442-265-1367	No cost	None	<a href="http://www.iccpa.org">www.iccpa.org</a>
Imperial County Breastfeeding Coalition (ICBC)	Countywide coalition whose mission is to increase breastfeeding initiation and duration rates by providing breastfeeding education, support and training. The coalition meets monthly. Please visit the website for more information.	P.O. Box 2784 El Centro, CA 92244	N/A	No cost	None	<a href="http://www.icbfc.org">www.icbfc.org</a>
<b>Nutrition Assistance</b>						
Calexico Neighborhood House- Emergency Food Program	Provides emergency food to individuals or families in immediate need of food.	506 E. 4th St. Calexico, CA	760-357-6875	No cost	Proof of income, proof of residence, picture ID, and social security card	<a href="http://www.nhclx.org">www.nhclx.org</a>
Campeños Unidos, Inc- Emergency Food Program	Provides emergency food to individuals or families in need. Monday-Thursday 8:00 am-5:00 pm and Friday 8:00 am-4:00 pm. Need to call for an appointment.	1005 C St. Brawley, CA	760-370-5100 ext 5130 & 5131	No cost	Proof of income and residence	N/A

Catholic Charities-Food Resource Center	Provides emergency food to individuals or families in immediate need of food.	250 W. Orange Ave. El Centro, CA	760-353-6822	Suggested donation of \$1.50	Proof of income and residency, and picture ID	<a href="http://www.ccdsd.org">www.ccdsd.org</a>
Catholic Charities-Supplemental Nutrition Assistance Program (SNAP) Outreach	Assistance with the completion of SNAP application (formerly food stamps). SNAP helps low-income individuals and families buy the food they need for good health.	250 W. Orange Ave. El Centro, CA	760-353-6822	No cost	Must meet income and resource requirements	N/A
Imperial County Area Agency on Aging Senior Nutrition Program	Our congregate meal program provides lunch in a group setting to help physical and social well being. Sites are located in Westmorland, Salton City, Brawley, Calexico, El Centro, Holtville, Heber, and Ocotillo. The home delivered meal program delivers a daily lunch, Monday through Friday to designated areas, for homebound seniors. An assessment will be conducted prior to receiving a home delivered meal. Phone Number: (442) 265-7000	778 W. State St. El Centro, CA	442-265-7000	No Cost for those 60 and older with a suggested donation of \$2.00 per meal. Meals are \$5.00 for those under the age of 60	Reservation is required	<a href="http://www.aaa24.org">www.aaa24.org</a>
Imperial Valley Food Bank-Emergency Food Assistance Program (EFAP)	The Imperial Valley Food Bank offers many food assistance programs. Its primary function is to resource, store and allocate food to partner agencies throughout Imperial County who directly serve residents in their local community.	329 Applestill Rd. El Centro, CA	760-370-0966	No cost	Must meet income requirements	<a href="http://www.ivfoodbank.org">www.ivfoodbank.org</a>
Imperial Valley Food Bank-CalFresh Outreach	CalFresh application specialists are available to help you with your CalFresh (formerly known as food stamps) application.	329 Applestill Rd. El Centro, CA	760-370-0966	No cost	Must meet income requirements	<a href="http://www.ivfoodbank.org/programs">www.ivfoodbank.org/programs</a>

Imperial Valley Food Bank- Nutrition Education	Offers resources on healthy eating for community members. Call if you would like to schedule a presentation for a group or to learn more about the resources available.	329 Applestill Rd. El Centro, CA	760-970-4473	No cost	N/A	<a href="http://www.ivfoodbank.org/programs">www.ivfoodbank.org/programs</a>
Imperial Valley Food Bank- Weekend Backpack Program	Imperial Valley Food Bank partners with 35 schools in Imperial Valley to distribute close to 600 backpacks of food for children for the weekends.	329 Applestill Rd. El Centro, CA	760-370-0966	No cost	Must meet income requirements	<a href="http://www.ivfoodbank.org/programs">www.ivfoodbank.org/programs</a>
Imperial Valley Food Bank- Mobile Food Pantry	Food is made available to the rural communities in Imperial Valley through the mobile food pantry.	329 Applestill Rd. El Centro, CA	760-370-0966	No cost	Must live in: Winterhaven, Bombay, Ocotillo, Seeley, Calipatria, Niland, Westmorland, or Salton	<a href="http://www.ivfoodbank.org/programs">www.ivfoodbank.org/programs</a>
Imperial Valley Food Bank- Box of Basics	Preorder a Box of Basics by the second Tuesday of the month, to be picked up on the third Tuesday of the month. Box of Basics includes: cereal, pasta, hot dogs & buns, canned vegetables, canned fruit, beans, rice, spaghetti sauce, a dozen eggs, five pounds of potatoes, a gallon of milk, 5 pounds of chicken, and ground beef, plus bonuses. The box needs to be pre-ordered a month in advance for Mobile Food Pantry delivery.	329 Applestill Rd. El Centro, CA	760-370-0966	\$25/month Cash, credit, EBT (CalFresh/ food stamps), and debit are also accepted	None	<a href="http://www.ivfoodbank.org/programs">www.ivfoodbank.org/programs</a>
Imperial Valley Food Bank- United States Department of Agriculture (USDA) Commodities	USDA Commodities are distributed to low-income community members through over 40 partner organizations in Imperial Valley and eligible Mobile Food Pantry sites.	329 Applestill Rd. El Centro, CA	760-370-0966	No cost	Call for qualification requirements and distribution sites closest to your home	<a href="http://www.ivfoodbank.org/programs">www.ivfoodbank.org/programs</a>
Imperial County Department of Social Services- SNAP - CalFresh (formerly Food Stamps)	CalFresh provides supplemental food and nutrition for low-income families and individuals.	2995 S. 4th St. STE. 105 El Centro, CA	760-337-6800	No cost	Must meet income and resource requirements	N/A

Salvation Army- Holiday Meals for the Homeless	Community Thanksgiving and Christmas dinner for the homeless.	375 N. 5th St. Centro, CA	El	760-352-4528	No cost	None	N/A
Salvation Army-Emergency Food Fund	Provides emergency food to individuals or families in immediate need of food. Available: Tuesday, Wednesday and Thursday, 9:00 am - 11:00 am.	375 N.5th St. El Centro, CA		760-352-4528	No cost	Proof of income and residence, picture ID, and social security card	N/A
Salvation Army- Senior Lunch Program	Lunch provided  12:00 pm – 12:30 pm	375 N. 5th St. El Centro, CA		760-352-4528	No cost	None	N/A
Women Infants & Children WIC -Clinicas de Salud del Pueblo	Food, nutrition counseling, and access to health services are provided to low-income women, infants, and children under the Special Supplemental Nutrition Program for Women, Infants, and Children, popularly known as WIC	562 E. St. Brawley, CA		877-686-5468	No cost	Proof of income, proof of residence, picture ID, and social security card	<a href="http://wic.cdsdp.org/">http://wic.cdsdp.org/</a>

### Nutrition Education

CalFresh- Education (Formerly Food Stamp Nutrition Education Program) - Adult	Program consists of a series of four nutrition classes based on the current recommendations.	1050 E. Holton Rd. Holtville, CA		760-352-9474	No cost	Participants (18 years and older) must be CalFresh (Formerly Food Stamp) eligible. Contact program for more information.	N/A
CalFresh Education (Formerly Food Stamp Nutrition Education Program) - Youth	Program trains teachers (prek-12th grade) on research, science-based nutrition curriculum. Each lesson includes a recipe and activities on nutrition and physical activity. The lessons are designed to supplement the teacher's current curriculum.	1050 E. Holton Rd. Holtville, CA		760-352-9474	No cost	School must have 40% or more of their students receiving free and/or reduced lunch	N/A

FARM SMART Program- Youth	FARM SMART is an outreach program designed to teach students about natural and renewable resources, including agriculture. School teachers (K-8) are invited to bring their class on a field trip to the farm! Programs vary throughout the year. Program runs October through May.	University of California Desert Research and Extension Center 1004 E. Holton Rd. Holtville, CA	760-356-3067	\$3.00 per student per program	None	<a href="http://drec.ucanr.edu/FARM_SMART/">http://drec.ucanr.edu/FARM_SMART/</a>
FARM SMART Program- Winter Visitors	FARM SMART is an outreach program designed to teach students of all ages about natural and renewable resources, including agriculture. Program includes lunch, musical entertainment, farm tour and produce. Program runs January through February.	University of California Desert Research and Extension Center 1004 E. Holton Rd. Holtville, CA	760-356-3067	\$20.00 per person	None	<a href="http://drec.ucanr.edu/FARM_SMART/">http://drec.ucanr.edu/FARM_SMART/</a>
Imperial County Public Health Department-Nutrition Education and Obesity Prevention Branch	Group presentations and educational material on nutrition, physical activity, and obesity prevention are available to the public. Materials and other resources on adopting and implementing healthy eating and active living policy, systems and/or environmental changes within an agency are also available.	797 Main St, Suite A El Centro, CA	442-265-1377	No cost	Open to low-income individuals and service providers. Please call for more information.	N/A
Imperial County Public Health Department - First Five: Healthy Children, Healthy Lives Project	Group presentations and educational materials available on developing healthy eating and physical activity habits for children 0 - 5 yrs and their families. Group sessions can be held at any location, including local community agencies, preschools and/or early care centers. Call for more information.	797 Main St, Suite A El Centro, CA	442-265-1367	No cost	Open to families with children 0 - 5 years of age, early care providers, and other service providers.	N/A

March of Dimes- Becoming a Mom/ Comenzando Bien	Pregnancy and newborn education program that includes information on nutrition during pregnancy and breastfeeding. Classes are open to expectant women, their partners and families. Classes are offered throughout the County. Please call to register.	395 Broadway Suite 3 El Centro, CA	760-312-5750	No cost	None	<a href="http://www.marchofdimes.com/ca">http://www.marchofdimes.com/ca</a>
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