



# FREE FOOD WITHIN YOUR REACH

## 免費食物 近在咫尺

### A Food Resource Guide for Alameda County

### 阿拉米達縣食物資源指引

This material was developed for the California Department of Health Services and the California Nutrition Network with funding support from the Food Stamp Program, U.S. Department of Agriculture. The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. In accordance with federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability.





# FOOD FOR CHILDREN AND YOUNG ADULTS

## 兒童與青少年的食物

### INTRODUCTION

The Alameda County Community Food Bank, Alameda County Social Services Agency, WIC, Head Start and the California Nutrition Network put together this guide to help you learn about food programs that can help you and your family get the food you need for a healthy life. Keep in mind that you may be eligible for one or more of the food programs described in this guide.

阿拉米達縣社區食物銀行、阿拉米達縣社會福利處、WIC、Head Start以及加州營養聯網共同撰寫此份指引來讓您知道可利用的食物方案資源，以協助您與您的家人取得所需的食物來過健康的生活。請謹記您可能合格申請一項或多項此指引所述的食物方案。

- **WIC Works! (Women, Infants & Children).** Healthy food that helps pregnant women, new moms and kids under 5 years old eat well and stay healthy. WIC provides checks that can be used at local food stores to buy food like milk, juice, eggs, cheese, cereal, dry beans and peanut butter. Call WIC at **1-888-942-9675** to see if you and your family qualify.

**WIC有效！（婦女、嬰兒與兒童）。**健康的食物可協助孕婦、初為人母的媽媽與五歲以下的兒童吃得好，保持健康。WIC提供的支票可用於當地食品店購買食物，例如牛奶、果汁、雞蛋、乳酪、麥片、乾豆以及花生醬。請打電話給WIC **1-888-942-9675**查詢您與您的家人是否合格。

- **School Breakfast And Lunch Are Important.** They give kids the healthy meals they need to learn. Children in low-income families can get reduced price or free meals at school. Call your child's school or the Food Bank at **1-800-870-3663** for more information.

**重要的學校早餐與午餐。**他們供給兒童學習需要的健康餐點。低收入家庭的兒童在學校可享受削價或免費的餐點。請打電話給您孩子的學校或食物銀行**1-800-870-3663**查詢詳情。

- **Summer Lunch Is Free.** Gives free meals to low-income children (up to age 18) during the summer months. Meal sites are located at schools and community sites near you! Call the Food Bank at **1-800-870-3663** to find out where your children can participate.

**暑期免費午餐。**提供低收入兒童（至十八歲）暑期免費餐點。提供餐點的地方就在您附近的學校和社區地點！請打電話給食物銀行**1-800-870-3663**查詢您的孩子可在何處參加。



You work hard... you deserve healthy food!

您辛苦得工作...應享健康的食物!



Even if you don't have a social security number, but your kids do, your kids may be able to get food stamps.

縱使您沒有社會安全號碼，但是您的孩子有，您的孩子也許可以取得糧票。

## FOOD FOR FAMILIES AND INDIVIDUALS 提供食物給家庭與個人的資源

- **The Hunger Hotline Can Help.** The Food Bank's Hunger Hotline connects you with food the same day you call or as soon as possible. Call **1-800-870-3663** for a food site near you.

飢餓熱線能幫助您。食物銀行的飢餓熱線指引您打電話的當天或儘快取得食物。請致電飢餓熱線1-800-870-3663查詢您附近發送食物的地點。

- **USDA Gives Free Food.** You can get USDA food at a location near you. Food may include beans, rice, canned fruits, vegetables and meat. This program gives low-income households a regular source of food every month. For information call the Food Bank at **1-800-870-3663**.

USDA給您免費食物。您可以在您附近的地點取得USDA提供的食物。食物可能包括豆子、米、水果罐頭、蔬菜以及肉類。此方案提供低收入家庭每月固定的食物來源。欲知詳情，請致電食物銀行1-800-870-3663。

- **Partners In Need Can Help You.** You can volunteer with the Partners In Need Program at the Food Bank in Oakland. Low-income volunteers get 15 pounds of food each day they volunteer for at least three hours. For more information call the Food Bank at **1-800-870-3663**.

夥伴伸出援手（Partners In Need）方案能幫助您。您可以在屋崙的食物銀行夥伴伸出援手方案當志工。每日工作至少三小時低收入志工一天可收到十五磅的食物。欲知詳情，請致電食物銀行1-800-870-3663。

- **Get More Food With Food Opportunities.** A low-cost food program that helps people looking for a bargain in food prices. Each \$15 you spend buys a food box valued at \$30. This program is open to anyone. To find a site near you, call **1-800-870-3663** in Alameda County or FoodLink at **1-888-445-6500**.

在食物良機（Food Opportunities）方案購買廉價食物。這是一項低價食物方案幫助找尋廉價食物的民眾。花十五美元買得一箱值三十美元的食物。此方案開放給大眾。查詢您附近的地點，在阿拉米達縣請致電1-800-870-3663或食物連線（FoodLink）1-888-445-6500。





You don't have to choose between buying food or medications...food stamps can help.

您不必在購買食物或藥品之間取捨...。糧票能幫您的忙。



## FOOD FOR SENIORS

### 耆英食物服務

- **Meals On Wheels Feeds Seniors.** Delivers food to seniors 60 years and older who are unable to buy or make food. You can receive hot meals Monday–Friday and frozen meals for the weekend. Meals are available to homebound seniors (after an assessment) in the following locations:

餐點運著走(Meals On Wheels)餵飽耆英。此方案運送食物給六十歲以上無法自己購買或烹煮食物的耆英。週一至週五您可收到熱餐點，週末則是冷凍食品。以下所列地點提供餐點給居家無法外出的耆英(經評估後)：

**City of Alameda:** 510-865-6131

**Oakland:** 510-986-8916

**Albany, Berkeley, Emeryville:** 510-981-5250

**Berkeley (New Light Senior Center):** 510-549-2666

**Hayward:** 510-881-0300

**Central County:** 510-582-1263

**Fremont, Newark, Union City:** 510-574-2092

**Livermore:** 925-373-5764

**Dublin, Pleasanton:** 925-931-5385

- **Meals For Seniors Are Just Around the Corner.** Seniors can eat hot meals and get involved in fun activities. Call Senior Information at **1-800-510-2020** for a site near you.

耆英餐點就在轉角處。耆英可享受熱餐點並參與有趣的活動。請致電耆英資訊1-800-510-2020查詢您附近的地點。

- **Senior Brown Bag Sends You Home With Food.** You can pick up bags of healthy food two times each month. All low-income seniors over age 60 can call Mercy Brown Bag at **510-534-8540** to apply.

耆英購物袋(Brown Bag)讓您滿載而歸。每個月兩次您可領到裝滿健康食物的購物袋。所有六十歲以上的低收入耆英可致電Mercy Brown Bag 510-534-8540 申請。

Seniors may also be eligible to receive food stamps.

耆英也可能合格領取糧票。

# FOOD STAMPS... YOUR KIDS ARE WAITING FOR DINNER.

糧票.....

您的孩子正等著吃晚餐。

In Alameda County, food stamps come in the form of a plastic card called "Golden State Advantage Card" or EBT (Electronic Benefit Transfer) that is used like a bank card. This card can be used instead of cash to pay for food in most stores.



在阿拉米達縣糧票是以塑膠卡片方式使用，稱為“Golden State Advantage Card”或EBT (電子福利轉帳Electronic Benefit Transfer)，用法如銀行卡片。在大部分的商店可使用此卡代替現金購買食物。



## Who should apply for food stamps?

### 誰應該申請糧票？

If you are working or unemployed, you and your family may be able to get food stamps. Even if you don't have a social security number, but your kids do, your kids may be able to get food stamps.

如果您有工作或失業，您與您的家人也許可以取得糧票。縱使您沒有社會安全號碼，但是您的孩子有，您的孩子也許可以取得糧票。

## Where do I apply? 在何處申請？

You can apply for food stamps at the social service offices listed at the right. They are open Monday-Friday, 8:30 am to 5:00 pm and closed for lunch from 12 to 1 pm. You can also call the Food Bank at **1-800-870-3663** to have an application mailed to your home.

您可至右方所列的社會安全辦公室申請糧票。他們的辦公時間是星期一至星期五，上午八時三十分至下午五時，中午十二時至一時午餐時間休息。您也可以打電話給食物銀行，號碼是1-800-870-3663，請他們將申請表寄至您的住處。

- 4501 Broadway, Oakland  
510-596-0110
- 8477 Enterprise Way, Oakland  
510-639-1000
- 6955 Foothill Blvd., Oakland  
510-383-5300
- 24100 Amador St., Hayward  
510-670-6000
- 39155 Liberty St., Fremont  
510-795-2428
- 3311 Pacific Ave., Livermore  
925-455-0747

## What do I need to bring? 我需要攜帶什麼？

Be prepared to show ID, pay stubs, rent information, utility bills, bank account information and car registration.

準備身分證、薪津存底、租金資料、瓦斯水電帳單、銀行帳戶資料以及汽車登記證明。

## How long do I have to wait to get food stamps?

### 要等多久才能拿到糧票？

You will know if you are eligible for food stamps within 30 days. However, you may be able to get expedited or "emergency" food stamps right away if you earn less than \$150 a month and have less than \$100 in property.

在三十天之內您就會知道您是否合格領取糧票。但是假如您每月的收入少於一百五十美元並且您的財產少於一百美元，您可能立即取得快速或“緊急”糧票。

For more information call: **1-800-870-3663 or/或 1-888-999-4772.**  
欲知詳情請致電：

## FOOD STAMPS GROSS MONTHLY INCOME LIMIT

### 糧票每月收入毛額上限

至, 2004年9月30日止

If you have this many persons in your family: 如果您的家庭成員人數是：	1	2	3	4	5	6	7	8	+1*
You may be eligible to get food stamps if your monthly income is less than: 您可能合格領取糧票，如果您每月的收入少於：	\$973	\$1,313	\$1,654	\$1,994	\$2,334	\$2,674	\$3,014	\$3,354	+341

\* add for each additional household member

\*每一位額外家庭成員加上此數

**ATTENTION SSI/SSP RECIPIENTS:** In the state of California, people who receive SSI/SSP are not eligible for food stamps because the benefit amount already includes money for food. However, other people living in the household who do not receive SSI/SSP may be eligible to receive food stamps.

SSI/SSP受益人請注意：在加州已領取SSI/SSP補助的人則不合格領取糧票，因為福利金額已包括食物費用。但是，其他未接受SSI/SSP同住的家庭成員可能合格接受糧票。

## More about food stamps:

- ✓ If you do not have a permanent place to live you can use another address such as a shelter, a friend's house or the food stamp office address.
- ✓ If you cannot turn in the application in person, call the office nearest you to find out what else can be done.
- ✓ Even if you are not eligible, your children may still qualify.

## 有關糧票其他資訊:

- ✓ 如果您沒有永久住處，您可利用庇護所、或朋友的住所或糧票辦公室的地址。
- ✓ 如果您無法親自送交申請表，請打電話到您附近的辦公室詢問有何取代的方法。
- ✓ 縱使您不合格，您的孩子仍可能夠資格領取。

Using food stamps will not affect your immigration status.

使用糧票不會影響您的移民身分。



## IMMIGRANTS NEED TO KNOW...

### 移民須知...。

Immigrants should not be afraid to apply for food assistance. The INS has said that if immigrants (or members of their families) use non-cash government food programs like food stamps, WIC and school meals it will not count as public charge. Sometimes getting "cash aid" may hurt your chances of obtaining a green card.

If you receive food assistance:

- You will not hurt your chances of obtaining a green card.
- You will not lose your green card if you already have one.
- You will not be denied U.S. citizenship for lawfully receiving benefits.

For people who do not qualify or do not apply for government help, there are other non-government food programs. The services listed below can help immigrants find out if they qualify for assistance.

移民不應躊躇申請食物補助。移民局已表示假如移民(或其家庭成員)使用如糧票、wic和學校午餐之類的非現金政府糧食方案，將不算為公共費用。有時接受“現金補助”可能影響您取得綠卡的機會。

如果您接受食物救濟：

- 不會影響您取得綠卡的機會。
- 如果您已取得綠卡，您將不會失去綠卡。
- 不會因為接受合法福利而遭拒絕成為美國公民。

不合格或未申請政府協助的人，另有其他非政府性質的糧食方案。以下所列服務可協助移民查出他們是否合格接受協助。

### IMMIGRANT ASSISTANCE SERVICES

### 移民協助服務

SIREN (Services, Immigrant Rights & Education Network)

Immigrant Assistance Line

英語/中文408-286-5680

英語/中文415-543-6769

## THE HUNGER HOTLINE CAN HELP!

### 飢餓熱線能幫助您!

### Do you or other people you know need food?

### 您或您所知其他的人需要食物嗎?

The Alameda County Community Food Bank's Hunger Hotline connects you with food the same day you call, when available. Call the Hunger Hotline at **1-800-870-3663** to learn about a church or community center giving out food near you. Your phone call will be answered by a friendly operator and will be kept confidential.

The Hunger Hotline is open Monday-Friday, 9 am-12 pm and 1-4 pm. Operators are able to help callers in 140 different languages.

當您打電話查詢，如正有食物供應，阿拉米達縣社區食物銀行的飢餓熱線會指引您當天取得食物。請致電飢餓熱線1-800-870-3663查詢您附近發送食物的教會或社區中心。您的電話將會由一位友善的接線生接聽，並保持機密。

飢餓熱線開放時間是星期一至星期五，上午九時至中午十二時，下午一時至四時。接線生能以一百四十種語言協助撥打電話的人。

