

Food Pantry & Food Distributions

Food Pantry

The Food Pantry provides food assistance and referrals to students experiencing food insecurity; any student who is currently enrolled at MiraCosta College qualifies for the support. The support consists of either a snack or entrée items. Typical pantry items consist of canned goods (pasta, vegetables, beans, tuna, soups, and fruit), granola bars, crackers, and snack-like items.

The program provides immediate, short-term relief and offers referrals for CalFresh and additional community resources for ongoing assistance with food insecurity. More detailed information about the food pantry is available on the CARE webpage (<https://www.miracosta.edu/student-services/care/>).

Food Pantry services are available on all three campus sites:

- ▶ Oceanside Campus: Building 14, First Floor, Room 14111. Phone: 760.757.2121 ext. 2200.
- ▶ Community Learning Center: Building 300, Room 331. Phone: 760.795.8710
- ▶ San Elijo Campus: Student Center, Building 900 (Student Gathering Space), Room 934. Phone: 760.944.4449 ext. 7475

For service hours, please visit the Food Pantry webpage (<https://www.miracosta.edu/student-services/care/food-pantry.html>).

CARE Free Food & Resource Market

In addition to the campus Food Pantry, MiraCosta College offers a free monthly food distribution program known as CARE Free Food & Resource Market. This is a campus-wide collaboration with the San Diego Food Bank and Feeding San Diego to provide access to FREE produce and dry goods.

To access this service, students need their Spartan Pass or SURF ID number. For a monthly schedule, please visit the CARE webpage (<https://www.miracosta.edu/student-services/care/>).

CalFresh Resources

CalFresh (federally known as the Supplemental Nutrition Assistance Program) provides monthly food benefits to income-qualifying families and students. Eligible individuals receive free money for food.

Students who are interested in finding out more information about this resource can contact the CARE Program. The CARE Team will identify a designated staff to assist students with application intake or a referral to a community provider who can provide application assistance. Students can also apply directly at [getcalfresh.org](https://www.getcalfresh.org) (<https://www.getcalfresh.org/>).

In order to receive application assistance from the CARE Team, please email calfresh@miracosta.edu with your availability.

Local Food Distributions and Food Resources

The San Diego Food Bank and Feeding San Diego provide a wide variety of food resources and local food distributions in a community near you. Food resources include programs like a client choice pantry, emergency food assistance, congregate meals, and more. To find out more information on how to access these resources, visit The North County Food Bank– Programs (<https://sandiegofoodbank.org/programs/>) or Feeding San Diego–Food Distributions (<https://feedingsandiego.org/need-help/food-distributions/>).

Individuals may also dial 211 to speak with a well-trained and live operator to be assisted with finding nearby food resources.

How You Can Get Involved

Volunteer

Students, faculty, and staff are encouraged to volunteer their time assisting at our farmers market events. Volunteers are needed to set up, sort produce, bag produce, organize food items, and provide food to students.

If you are interested in volunteering, please complete a volunteer form, which is available from the CARE webpage (<https://www.miracosta.edu/student-services/care/>) under "How to Get Involved," and contact us with any questions at care@miracosta.edu. For larger groups or programs that would like to volunteer, please contact us about signing up via care@miracosta.edu.

Contribute Financially

The MiraCosta Food Pantry and Farmer's Market is a campus-wide collaboration and is sustained through Hunger Free Campus Funds and the financial contributions from community, faculty, staff, and students. Financial contributions can be coordinated through the MiraCosta College Foundation Office by calling 760.795.6645.