



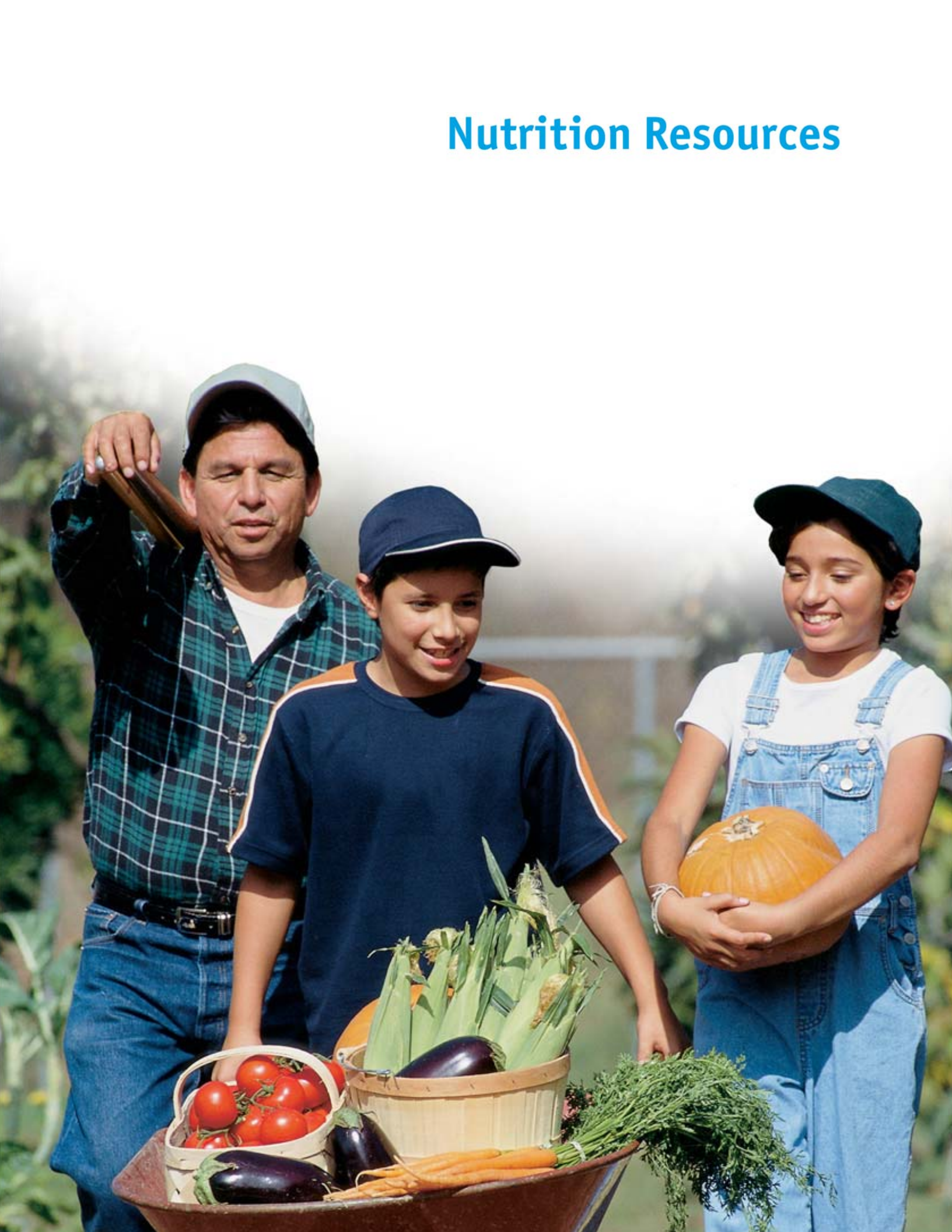
Network for a Healthy California

Be Active Resource Directory

Nutrition Resources



Nutrition Resources



Golden Coast Region •
Nutrition Resources

PROGRAM / ORGANIZATION	DESCRIPTION	CITY	TARGET POPULATION	COST
Community Classes				
Diabetes				
Diabetes Resource Center of Santa Barbara County 1704 State Street, Santa Barbara (805) 687-5586 www.sbdrc.org	Provides diabetes prevention and management services & classes for those individuals with diabetes.	Carpinteria & Santa Barbara	All	Free
Sansum Diabetes Research Institute 2219 Bath Street, Santa Barbara (805) 682-7638/ (805) 687-8915 www.sansum.org	Provides free literature on diabetes in English and Spanish. Offers classes and seminars on diabetes control, individual peer counseling, adult support groups, youth/parent support groups, and listings of physicians, dieticians and diabetes educators. Summer camps for insulin dependent youth are available. Trained speakers on diabetes and its complications are available to interested groups.	Santa Barbara	Individuals with Type 1 or Type 2 diabetes &/or their family members.	Free, Support groups 12-2pm 1st Friday of the month
Farmers' Markets				
Arroyo Grande Certified Farmers' Market P.O. Box 16058, San Luis Obispo (805) 434-3400 http://www.slocountyfarmers.org/	Wednesdays , 8:30am-11am K-Mart parking lot, Oak Park & Hwy 101 Saturdays , 12-12:30pm 214 E.Branch (City Hall), Arroyo Grande	San Luis Obispo, Arroyo Grande	All	Free
Atascadero Certified Farmers' Market (805)434-3400 www.visitatascadero.com/html/farmersmarket.html	Wednesdays , 3pm-6pm Morro Road & El Camino Real, Atascadero	Atascadero	All	Free
Avila Beach Certified Farmers Market www.avilabeachpier.com/avila/businesses/farmers.html	Fridays , 4pm-8pm (April-Sept) Front Street Promenade, Avila Beach	Avila Beach	All	Free
Baywood/Los Osos Certified Farmers Market (805) 748-1109 www.northcountyfarmersmarkets.com	Mondays , 2pm-4:30pm 2nd & Santa Maria Streets (by the bay), Los Osos	Los Osos	All	Free

Camarillo Certified Farmers Market (805) 386-3584	Saturdays , 8am-12pm 2220 Ventura Blvd. (VC Senior Nutrition Center), Camarillo	Camarillo	All	Free
Cambria Certified Farmers Market (805) 927-4715	Fridays , 2:30pm-5:30pm Main & Cambria Street (Veterans Memorial Hall), Cambria WIC accepted	Cambria	ALL	Free
Carpinteria Certified Farmers Market (805) 962-5354 http://www.carpinteria.com/activities/farmers_market/	Thursdays , 4pm-7pm / 3pm-6pm during Winter 800 block Linden Ave., Carpinteria	Carpinteria	All	Free
Cayucos Certified Farmers Market (805) 995-1200	Fridays , 9:30am-12pm (April-November) Veterans Hall parking lot, Cayucos	Cayucos	All	Free
Goleta Certified Farmers' Markets (805) 962-5354 www.sbfarmersmarket.org	Thursdays , 3pm-6pm 5700 Block of Calle Real (Calle Real Center), Goleta Sundays , 10am-2pm Corner of Storke & Hollister (Camino Real Marketplace), Goleta	Goleta	All	Free
Lompoc Certified Farmers Market (805) 305-9829	Fridays , 2pm-6pm Ocean & "I" Street, Lompoc	Lompoc	All	Free
Moorpark Certified Farmers' Market www.vccfarmersmarkets.com/Homepage.html	Saturdays , 8am-12pm Moorpark College (Parking Lot G1), Moorpark	Moorpark	All	Free
Morro Bay Certified Farmers' Market P.O. Box 16058, San Luis Obispo (805) 434-3400 http://www.slcountyfarmers.org/	Thursdays , 2:30pm-5pm 2650 Main Street (Spencers Market), Morro Bay Saturdays , 3pm-6pm 800 block Main Street, Morro Bay	Morro Bay	All	Free

Montecito Certified Farmers Market (805) 962-5354 www.sbfarmersmarket.org	Fridays , 8am-11:15am 1100 & 1200 Blocks of Coast Village Road, Montecito	Montecito	All	Free
Nipomo Certified Farmers Market (805) 748-1109 www.northcountyfarmersmarkets.com	Sundays , 11:30am-2:30pm 671 W. Teft St., Nipomo	Nipomo	All	Free
Paso Robles Farmers Market (805) 748-1109 www.northcountyfarmersmarkets.com	Tuesdays , 3pm-6pm 11th & Spring Streets (In the City Park under the trees), Paso Robles Fridays , 9am-12:30pm 180 Niblick Rd (shopping center parking lot), Paso Robles	Paso Robles	All	Free
Pismo Beach Farmers Market (805) 305-7017	Wednesday , 5pm-8pm Dolliver & Main St., Pismo Beach	Pismo Beach		
Ojai Certified Farmers Market (805) 698-5555 http://ojaicertifiedfarmersmarket.com/	Sundays , 9am-1pm 300 E. Matilija St., Ojai	Ojai	All	Free
Orcutt Farmers Market (805) 709-6740	Tuesdays , 10am-1pm Bradley Road & Clark Avenue, Orcutt	Orcutt	All	Free
Oxnard Certified Farmers Market (805) 985-4852	Thursdays , 9am-1pm Fifth St. & "C" street (Plaza Park Downtown), Oxnard Sundays , 10am-2pm Channel Islands Blvd. & Harbor on the water (adjacent to Marine Emporium Landing Shopping Center), Oxnard	Oxnard	All	Free
Shell Beach Farmers Market	Saturday , 9am-1pm (April- November) Cliff Street & Shell Beach Road (Dinosaur Cave Park), Pismo Beach	Pismo Beach	All	Free

<p>San Luis Obispo Certified Farmers Market P.O. Box 16058, San Luis Obispo (805) 434-3400 http://www.slocountyfarmers.org/</p>	<p>Thursdays, 6:10pm-9pm 700-900 Higuera St, San Luis Obispo Saturdays, 8am-10:30am Cost Plus Madonna & Dalidio (Gottschalk), San Luis Obispo</p>	San Luis Obispo	All	Free
<p>Santa Barbara Certified Farmers Market</p>	<p>Tuesdays, 4pm-7:30pm (Summer Hours), 3pm-6:30pm (Winter Hours) 500 & 600 Blocks of State Street, Old Town Santa Barbara Wednesdays, 2pm-6pm (Summer Hours), 1pm-5pm (Winter Hours) Inside La Cumbre Plaza Shopping Center (La Cumbre Plaza), Santa Barbara Wednesdays, 3pm-6:30pm 1625 Robbins Street (Harding Elementary School), Santa Barbara Saturdays, 8:30am-12:30pm Corner of Santa Barbara & Cota Streets (Downtown Santa Barbara)</p>	Santa Barbara	All	Free
<p>Santa Clarita Farmers Market www.vccfarmersmarkets.com/Homepage.html</p>	<p>Sundays, 8:30am-12pm College of the Canyons (Parking Lot 8), Santa Clarita</p>	Santa Clarita	All	Free
<p>Santa Margarita Farmers Market</p>	<p>Tuesdays, 3pm-6pm Estrada Ave. & "H" St. (Santa Margarita Park), Santa Margarita</p>	Santa Margarita	All	Free
<p>Santa Maria Certified Farmers Market (805) 459-6050</p>	<p>Wednesdays, 12:30pm-4:30pm, 100 S. Broadway at Main, Santa Maria</p>	Santa Maria	All	Free
<p>Growing Grounds Farmer's Market (805) 928-4509</p>	<p>Thursdays, 1-5pm 812 W. Foster Rd., Santa Maria</p>	Santa Maria	All	Free
<p>Santa Paula Certified Farmers Market (805) 933-4216</p>	<p>Wednesdays, 4pm-8pm (May-October) 969 E. Santa Barbara Street, Santa Paula Saturday, 10am-3pm 969 E. Santa Barbara Street,</p>	Santa Paula	All	Free

Santa Paula

Simi Valley Certified Farmers Market
(805) 643-6458
Fridays, 3pm-8pm
1555 Simi Town Center Way,
Simi Valley
Simi Valley All Free

Solvang Certified Farmers Market
(805) 962-5354
www.sbfarmersmarket.org
Wednesdays, 2:30pm-6:30pm
(Summer Hours),
2:30pm-6pm (Winter Hours)
Copenhagen Drive & 1st
Street, Solvang
Solvang All Free

Templeton Farmer's Market
(805) 748-1109
www.northcountyfarmersmarkets.com
Saturdays, 9am-12:30pm
6th & Crocker Street (In the
town park), Templeton
Templeton All Free

Thousand Oaks Certified Farmers' Market
www.vccfarmersmarkets.com/Homepage.html
Thursdays, 1:30pm-6:30pm
Oaks Shopping Center, Wilbur
Road & Thousand Oaks Blvd.
(East end parking lot),
Thousand Oaks
Thousand Oaks All Free

Ventura Certified Farmers' Market
www.vccfarmersmarkets.com/Homepage.html
Wednesdays, 9am-1pm
Pacific View Mall (West
parking lot, North of Sears),
Ventura
Saturdays, 8:30am-12pm
Corner of Palm & Santa
Clarita Street, Downtown
Ventura
Ventura All Free

Food Banks/Pantries

AIDS Support Network
1320 Nipomo Street, San Luis Obispo
(805) 781-3660/(800) 491-9141
http://asn.org/
Supplies HIV infected, low
income clients with canned
goods, dry goods & toiletries.
San Luis Obispo Low
income,
HIV
infected
clients Free

Food Bank Coalition of San Luis Obispo
(multiple distribution sites - listed
below) Main
office address: 2212 Golden Hill Rd.,
Paso Robles
(805) 238-4664

<p>2nd Baptist Church 1937 Riverside Ave., Paso Robles (805) 238-4664</p>	<p>Supplies food once a month to low income people in need.</p>	<p>Paso Robles</p>	<p>Low income</p>	<p>Free every 1st Thursday of the month from 8:30am-10am. Recipients must show proof of county residency & 'self certify' low income status.</p>
<p>Atascadero Grange Hall 5035 Palma Ave., Atascadero (805) 238-4664</p>	<p>Supplies food once a month to low income people in need.</p>	<p>Atascadero</p>	<p>Low income</p>	<p>Free once a month. Recipients must show proof of county residency & 'self certify' low income status. Call for specific dates & times.</p>
<p>Atascadero Grange Hall - Senior Brown Bag Program 5035 Palma Ave., Atascadero (805) 238-4664</p>	<p>Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.</p>	<p>Atascadero</p>	<p>Older adults 60+</p>	<p>Free every 2nd & 4th Wednesdays of the month at 9am. Recipients must live independently & show proof of low income. Apply at site.</p>
<p>California Valley Community Center 13080 Soda Lake Rd., California Valley (805) 238-4664</p>	<p>Supplies food once a month to low income people in need.</p>	<p>California Valley</p>	<p>Low income</p>	<p>Free every 1st Friday of the month from 11am-12pm. Recipients must show proof of county residency & 'self certify' low income status.</p>
<p>California Valley Community Center - Senior Brown Bag Program 13080 Soda Lake Rd., California Valley (805) 238-4664</p>	<p>Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.</p>	<p>California Valley</p>	<p>Older adults 60+</p>	<p>Free every 1st Friday of the month from 9am-10am. Recipients must show proof of county residency & 'self certify' low income status.</p>
<p>Cayucos Community Church 60 "3"rd St., Cayucos (805) 238-4664</p>	<p>Supplies food once a month to low income people in need.</p>	<p>Cayucos</p>	<p>Low income</p>	<p>Free every 3rd Wednesday of the month from 10am-11am. Recipients must show proof of county residency & 'self certify' low income status.</p>
<p>Heritage Ranch Recreation Barn Equestrian Rd., Paso Robles (805) 238-4664</p>	<p>Supplies food once a month to low income people in need.</p>	<p>Paso Robles</p>	<p>Low income</p>	<p>Free every 1st Thursday of the month 10am-11pm. Recipients must show proof of county residency & 'self certify' low income status.</p>

status.

Home Delivery Atascadero, Paso Robles, Santa Margarita (805) 238-6786 - Mariane DeMarco (805) 674-7787 - Robert White	Supplies food to low income people in need.	Santa Margarita	Low income	Free; home delivery available Wednesdays from 9:30am-10:30am. Call Mariane DeMarco or Robert White to setup delivery.
Loaves & Fishes of Atascadero 5411 El Camino Real, Atascadero (805) 461-1504 www.atascaderoloaves.com	Supplies food to low income people in need.	Atascadero	Low income	Free Monday-Friday 1pm-3pm Walk-in basis. Serves clients twice per month.
Loaves & Fishes 2650 Spring St., Paso Robles (805) 238-4664	Supplies food once a month to low income people in need.	Paso Robles	Low income	Free every 3rd Thursday of the month 5:30pm-7pm. Recipients must show proof of county residency & 'self certify' low income status.
Morro Bay Senior Center 1001 Kennedy Way, Morro Bay (805) 238-4664	Supplies food to low income people in need.	Morro Bay	Low income seniors	Free every Monday-Saturday 8am-8:30am. Recipients must show proof of county residency & 'self certify' low income status.
Nipomo Senior Center 200 E. Dana St., Nipomo (805) 238-4664	Supplies food once a month to low income people in need.	Nipomo	Low income	Free every Wednesday from 8am-8:30am. Recipients must show proof of county residency & 'self certify' low income status.
Nipomo Senior Center - Senior Brown Bag Program 200 E. Dana St., Nipomo (805) 238-4664	Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.	Nipomo	Older adults 60+	Free every 2nd & 4th Thursdays of the month at 9am. Recipients must live independently & show proof of low income. Apply at site.
Oceano Senior Center 1820 Railroad St., Oceano (805) 238-4664	Supplies food once a month to low income people in need.	Oceano	Low income	Free every 1st Thursday of the month 9am-10:30pm. Recipients must show proof of county residency & 'self certify' low income status.

Oceano Senior Center - Senior Brown Bag Program 1820 Railroad St., Oceano (805) 238-4664	Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.	Oceano	Older adults 60+	Free every 2nd & 4th Thursdays of the month at 9am. Recipients must live independently & show proof of low income. Apply at site.
Paso Robles Grace Baptist Church - Senior Brown Bag Program 535 Creston Rd., Paso Robles (805) 238-4664	Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.	Paso Robles	Older adults 60+	Free every 2nd & 4th Thursdays of the month at 9am. Recipients must live independently & show proof of low income. Apply at site.
Paso Robles Oak Park Recreation Center - Senior Brown Bag Program 3050 Park St., Paso Robles (805) 238-4664	Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.	Paso Robles	Older adults 60+	Free every 2nd & 3rd Wednesdays of the month at 9am. Recipients must live independently & show proof of low income. Apply at site.
Salvation Army 815 Islay St., San Luis Obispo (805) 238-4664	Supplies food once a month to low income people in need.	San Luis Obispo	Low income	Free every 1st Monday of the month from 9am-10am. Recipients must show proof of county residency & 'self certify' low income status.
San Luis Obispo Learning Center - Senior Brown Bag Problem 421 Dana St., San Luis Obispo (805) 238-4664	Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.	San Luis Obispo	Older adults 60+	Free every 4th Tuesday of the month at 9:30am. Recipients must live independently & show proof of low income. Apply at site.
San Luis Obispo Senior Center 1445 Santa Rosa St., San Luis Obispo (805) 238-4664	Supplies food once a month to low income people in need.	San Luis Obispo	Low income	Free every 1st Tuesday of the month from 8:30am-9:30am. Recipients must show proof of county residency & 'self certify' low income status.
San Luis Obispo Senior Center - Senior Brown Bag Program (805) 238-4664	Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.	San Luis Obispo	Older adults 60+	Free every 2nd & 4th Wednesdays of the month at 9am. Recipients must live independently & show proof of low income. Apply at site.

<p>Santa Margarita Senior Citizens' Center 2201 "H" St., Santa Margarita (805) 238-4664</p>	<p>Supplies food once a month to low income people in need.</p>	<p>Santa Margarita</p>	<p>Low income</p>	<p>Free every 1st Thursday of the month 9am-10:30pm. Recipients must show proof of county residency & 'self certify' low income status.</p>
<p>Santa Margarita Senior Citizens' Center - Senior Brown Bag Program 2201 "H" St., Santa Margarita (805) 238-4664</p>	<p>Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.</p>	<p>Santa Margarita</p>	<p>Older adults 60+</p>	<p>Free every 3rd Wednesday of the month at 10am. Recipients must live independently & show proof of low income. Apply at site.</p>
<p>Santa Rosa Church 1174 Main St., Cambria (805) 238-4664</p>	<p>Supplies food twice a month to low income people in need.</p>	<p>Cambria</p>	<p>Low income</p>	<p>Free every 1st & 3rd Thursdays of the month 7am-7:30pm. Recipients must show proof of county residency & 'self certify' low income status.</p>
<p>Seniors San Miguel Club 601 "12th" St., San Miguel (805) 238-4664</p>	<p>Supplies food once a month to low income people in need.</p>	<p>San Miguel</p>	<p>Low income</p>	<p>Free every 1st Thursday of the month 10am-11am. Recipients must show proof of county residency & 'self certify' low income status.</p>
<p>Seniors San Miguel Club - Senior Brown Bag Program 601 "12th" St., San Miguel (805) 238-4664</p>	<p>Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.</p>	<p>San Miguel</p>	<p>Older adults 60+</p>	<p>Free every 3rd Thursday of the month at 9am. Recipients must live independently & show proof of low income. Apply at site.</p>
<p>Shandon United Methodist Church 105 "2nd" St., Shandon (805) 238-4664</p>	<p>Supplies food once a month to low income people in need.</p>	<p>Shandon</p>	<p>Low income</p>	<p>Free every 1st Thursday of the month 10:30am-11:30am. Recipients must show proof of county residency & 'self certify' low income status.</p>
<p>Shandon United Methodist Church - Senior Bag Program 105 "2nd" St., Shandon (805) 238-4664</p>	<p>Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.</p>	<p>Shandon</p>	<p>Older adults 60+</p>	<p>Free every 3rd Friday of the month at 10:30am. Recipients must live independently & show proof of low income. Apply at site.</p>

Soto Park 1275 Ash St., Arroyo Grande (805) 238-4664	Supplies food once a month to low income people in need.	Arroyo Grande	Low income	Free every Wednesday from 8am. Recipients must show proof of county residency & 'self certify' low income status.
South Bay Community Center 2180 Palisades Ave., Los Osos (805) 238-4664	Supplies food once a month to low income people in need.	Los Osos	Low income	Free every Wednesday from 8:45am-10:30am. Recipients must show proof of county residency & 'self certify' low income status.
St. Joseph's Church 298 Thompson Ave., Nipomo (805) 238-4664	Supplies food once a month to low income people in need.	Nipomo	Low income	Free every 2nd Tuesday of the month from 9am-10am. Recipients must show proof of county residency & 'self certify' low income status.
VFW Hall 209 Surf St., Morro Bay (805) 238-4664	Supplies food once a month to low income people in need.	Morro Bay	Low income	Free every 3rd Friday of the month from 10am-11am. Recipients must show proof of county residency & 'self certify' low income status.
VFW Hall - Seniro Brown Bag Program 209 Surf St., Morro Bay (805) 238-4664	Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.	Morro Bay	Older adults 60+	Free every 1st Friday of the month at 10am. Recipients must live independently & show proof of low income. Apply at site.
Zion Lutheran Church 1010 E. Foothill Blvd., San Luis Obispo (805) 543-8327	Supplies food to low income people in need.	San Luis Obispo	Low income	Free; Call the church by 4pm on Tuesdays to order bag for pick up on Wednesdays by 11:30am.
St. Patrick's Church 501 Fair Oaks, Arroyo Grande (805) 489-2680 x16 www.stpatsag.org	Offers food pantry, shelter, assistance with gas utilities, clothing, bus fare and gas.	Arroyo Grande	Low income	Free; Food Pantry open Tuesdays, Wednesdays & Thursdays from 4pm-5pm Call for appointment for all other services.

South County People's Kitchen Assembly of God 946 Rockaway, Grover Beach (805) 543-1741	Serves hot nutritious meals to all who need it, 365 days per year. Sack lunches available on Sundays.	Grover Beach	All	Free; Monday-Saturday 11:30am-1pm, Sunday 12:30pm-1:30pm
South County People's Kitchen Shouts of Grace Church 675 Grand ave., Grover Beach (805) 489-0982	Serves daily hot meals to all who need it.	Grover Beach	Homeless	Free; Monday-Saturday 12pm-1pm, Sunday 12:30pm-1:30pm

Women, Children & Infant Nutrition

Women Infant and Children Clinic 2125 S. Centerpointe Pkwy, Suite 302 Santa Maria, CA (805) 346-8450	Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.	Santa Maria	Low income pregnant women, new mothers and children under 5.	Free to those who qualify. Monday - Friday 7:45 a.m. - 5 p.m.
Women, Infants and Children Clinic 3615 E. Las Posas Rd., Rooms 160-161, Camarillo (805) 981-5251	Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.	Camarillo	Low income pregnant women, new mothers and children under 5.	
Women, Infants and Children Clinic 931 Walnut St., Carpinteria (805) 684-4583	Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health	Carpinteria	Low income pregnant women, new mothers and children under 5.	Free to those who qualify. First 4 Tuesdays per month. 1st and 3rd Tuesday 1 - 7p.m. 2nd and 4th Tuesday 1 - 7:30 p.m.

clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Women Infant and Children Clinic
4711 Hwy.165 Cuyama, 93254
(805) 346-8450

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Cuyama

Low income pregnant women, new mothers and children under 5.

Free to those who qualify. Every 2 months 9:30 a.m. - 3 p. m. Call for specific dates.

Women, Infants and Children Clinic
828 Ventura St., Suite 110, Fillmore
1(800) 781-4449 x3

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Fillmore

Low income pregnant women, new mothers and children under 5.

Women, Infants and Children Clinic
4681 11th St., Gaudalupe
(805) 346-8450

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or

Guadalupe

Low income pregnant women, new mothers and children under 5.

Free to those who qualify. 2 Wednesdays permonth 8:30 a.m. - 4:30 p.m. Call for specific dates.

may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Women, Infants and Children Clinic
301 N. R St., Lompoc
(805) 737-6470

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Lompoc

Low income pregnant women, new mothers and children under 5.

Free to those who qualify. Monday - Friday 7:30 a.m. - 6 p.m.

Women, Infants and Children Clinic
2500 South "C" Street, Suite A,
Oxnard (805) 981-5251

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Oxnard

Low income pregnant women, new mothers and children under 5.

Women, Infants and Children Clinic
2240 E. Gonzales Road, Suite 170,
Oxnard

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or

Oxnard

Low income pregnant women, new mothers and children under 5.

may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Women, Infants and Children Clinic

2191 Johnson Ave., San Luis Obispo
(805) 781-5570

Call for locations in Atascadero,
Cambria, Grover Beach, Morro Bay,
Nipomo and Paso Robles,

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Atascadero,
Cambria, Grover
Beach, Morro
Bay, Nipomo,
Paso Robles &
San Luis Obispo

Low
income
pregnant
women,
new
mothers
and
children
under 5.

Women, Infants and Children Clinic

315 Camino Del Remedio
Santa Barbara, CA
(805) 681-5275

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Santa Barbara

Low
income
pregnant
women,
new
mothers
and
children
under 5.

Free to those who
qualify. Monday -
Friday 7:30 a.m. -
6 p.m.

Women, Infants and Children Clinic

400 N. McClelland, Santa Maria
(805) 614-9626

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or

Santa Maria

Low
income
pregnant
women,
new
mothers
and
children
under 5.

Free to those who
qualify. Mondays
7:30 a.m. - 5 p.m.
Tuesdays 7:30
a.m. - 6:30 p.m.
Wednesdays 7:30
a.m. - 6 p.m.
Thursdays 7:30
a.m. - 6:30 p.m.
Fridays 8:30 a.m. -
5 p.m.

may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Women, Infants and Children Clinic
620 W. Harvard Blvd., Santa Paula
1(800)781-4449 x3

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Santa Paula

Low income pregnant women, new mothers and children under 5.

Women, Infants and Children Clinic
660 E. Los Angeles Avenue, Suite B2
Simi Valley, CA
1(800) 781-4449 x3

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Simi Valley

Low income pregnant women, new mothers and children under 5.

Women, Infants and Children Clinic
545 Alisal Road, Solvang
(805) 737-6470

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or

Solvang

Low income pregnant women, new mothers and children under 5.

Free to those who qualify. 1st and 3rd Thursdays of each month. 1st Thursday 9 a.m. - 4 p.m. 3rd Thursday 9:30 a.m. - 4:30 p.m.

may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Women, Infants and Children Clinic
80 E. Hillcrest Room 205C
Thousand Oaks, CA
1(800)781-4449 x3

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Thousand Oaks

Low income pregnant women, new mothers and children under 5.

Women, Infants and Children Clinic
VAFB 723 Nebraska Ave., Bldg
10525, Vandenberg (805) 737-6470

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Vandenberg

Low income pregnant women, new mothers and children under 5.

Freet to those who qualify. 4th Thursday of each month 9 a.m. - 4:30 p.m.

Women, Infants and Children Clinic
3147 Loma Vista Road, Ventura
1(800) 781-4449 x3

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer.

Ventura

Low income pregnant women, new mothers and children under 5.

Clients receive individual nutrition counseling and group nutrition education classes.

Nutrition					
Community Classes					
<p>Childhood Health Awareness Mentoring Program (CHAMP) Sansum - Santa Brabara Medical Foundation Clinic (805) 737-7620</p>	<p>An 8 week family program to reverse the cycle of childhood obesity. Focusd on children in 4th through 7th grades.</p>			Families	
<p>Community Action Commission of Santa Barbara - County 120 West Chestnut, Lompoc (805) 740-4555/(800) 655-0617 www.cacsb.com</p>	<p>Administers programs to improve living conditions for low-income persons and to help them become self sufficient. Programs include home weatherproofing and utility assistance, early care and education for families with children ages 0-5, teen pregnancy prevention and other issues for at-risk youth, mentoring emancipating foster care youth, foster care placement services, mental health services and nutrition education services, including home delivered mobile meals and congregate meals for seniors.</p>	Santa Barbara, Santa Maira, Santa Ynes, sections of Santa Barbara County		All	
<p>Community Action Commission - Santa Barbara 5638 Hollister Avenue, Suite 110, Goleta (805) 740-4555 - Mid County Office (805) 922-2243 - North County Office (805) 964-8857 (800) 655-0617 - 24 Hour Hotline www.cacsb.com</p>	<p>Administers programs in North, Central and South county to improve living conditions for low-income persons and to help them become self-sufficient. Programs include: Environmental Services Program, Head Start/Child Development, Senior Nutrition Services, Summer Food, Homeless Education/Liaison Project, Family/Youth Services. Summer meals provided @ 11 local sites for low-income children to age 18.</p>	Parts of Santa Barbara County		All	Free for most families, based on income; sliding scale
<p>Sansum - Santa Barbara Medical Foundation Sansum Clinic (805) 681-7635 or (805) 898-3100</p>	<p>A 4 week session for families. Class includes nutrition education, parenting skills, self-esteem, stress management, and physical activities.</p>			Families	\$40 per family: \$40 is refunded when family attends all 4 classes.



This material was produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.