

SANTA CLARA COUNTY

COMMUNITY FOOD RESOURCES

VA



U.S. Department of Veterans Affairs

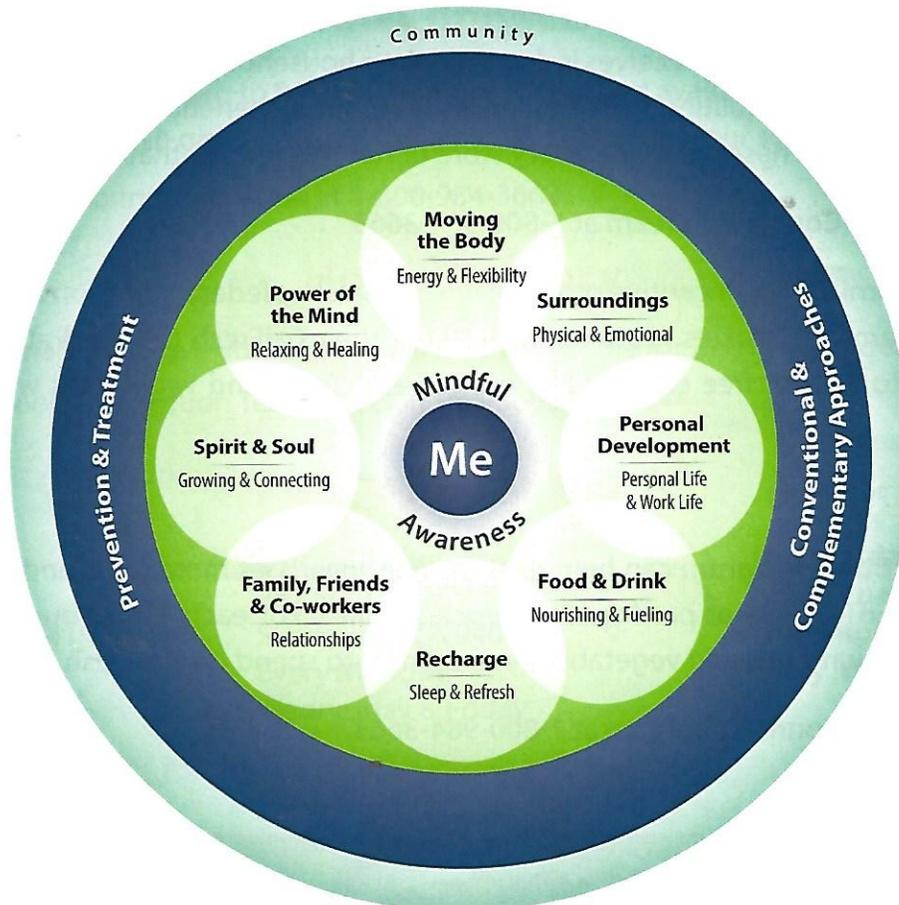
Veterans Health Administration
VA Palo Alto Health Care System

Table of Contents

Whole Health.....	3
CalFresh Food.....	4
Food Connection	5
Home Delivery	5
Ready-to-Eat Meals	5
Free Groceries	7
Dine-In Meal Program	8
Resources	9
VA Resources	10
VA Resources Health and Well-being Offerings.....	11

Whole Health

What matters most to you in your life right now? Whole Health centers around what matters to you, not what is the matter with you. Whole Health is an approach to health care that empowers and enables YOU to take charge of your health and well-being and live your life to the fullest. It focuses on self-care, skill-building, and support. Approaches such as stress reduction, yoga, tai chi, mindfulness, nutrition, acupuncture, and health coaching are available. You don't have to wait until something is wrong to improve your well-being. Whole Health encourages you to set goals based on what is important to you and work toward those goals with your health team.



Why do you want to be healthy? Making healthy choices about what you eat, and drink is a powerful way to help care for yourself. Food and drink give our bodies the fuel used to work properly, stay healthy, and fight disease. The right foods help you not only to live but to live well. People often do not realize that their food choices affect the way they feel, both physically and emotionally. Choosing foods that nourish rather than harm your body may help prevent chronic conditions and the need for certain medications in the future. Food can also be used to help treat some health conditions.

CalFresh Food

CalFresh Food is California's name for the federal food program called Supplemental Nutrition Assistance Program (SNAP) which used to be known as Food Stamps.

CalFresh can help your family get access to healthy food. You can use CalFresh benefits at most grocery stores and even farmers' markets to buy items such as bread, nuts, rice, and more.

CalFresh is open to families who are U.S. citizens and legal residents. It's also open to people with a qualified immigration status. People 60+ and disabled may have a higher income and still qualify.

The amount of benefits a household receives is dependent on household size countable income, and monthly expenses, such as housing and utilities. The program issues monthly benefits on an Electronic Benefit Transfer (EBT) card. Food may be purchased at any grocery store or farmers market that accepts EBT cards.

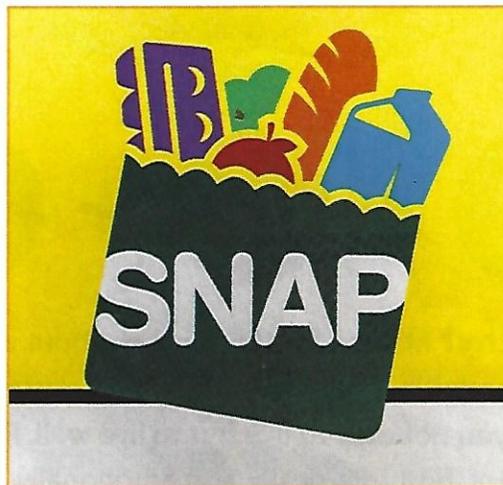
Questions? Call the Food Connection Team at 1-800-984-3663

Market Match is California's food incentive program which matches federal nutrition assistance benefits such as CalFresh at local farmers' markets. Customers who use their CalFresh EBT card at participating farmers' markets can get up to \$10 for free each day to use towards fruits and vegetables with the Market Match program.

Questions? Call (408) 793-2700

The **Double Up Food Bucks Program** can help stretch your dollar. Get more fruits and vegetables when you spend your CalFresh EBT dollars at participating grocery stores. For each \$1 of your CalFresh EBT that you spend on California-grown fruits and vegetables, you earn \$1 to spend on any fresh fruits and vegetables.

Questions? Call the Food Connection Team at 1-800-984-3663.





Food Connection

Use the food locator at www.shfb.org to find free and nutritious food available near you. Choose whether you want ready-to-eat meals or fresh groceries and pick a day/time that fits your schedule.

Questions? Call the Food Connection Team at 1-800-984-3663.

Home Delivery

If you are physically unable to leave your home, you may be eligible for free grocery delivery.

Questions? Call the Food Connection Team at 1-800-984-3663.

Ready-To-Eat Meals

Hope's Corner

748 Mercy St.
Mountain View, CA 94041
Every Saturday

Our Daily Bread

231 Sunset Ave.
Sunnyvale, CA 94086
Every Monday,
Wednesday & Friday

La Comida de California

455 E. Charleston Rd.
Palo Alto, CA 94306
Every Monday - Friday

How can I use food and drink to improve my health? You can use food and drink to improve your health in many ways.

Reduce pain and inflammation. Inflammation is one of the body's natural ways of protecting itself. It helps to fight off infections and to increase blood flow to places that need healing.

Manage weight. Researchers estimate that 216,000 people died in the United States in 2005 because they weighed too much. This was 1 out of every 10 people who died for any reason. More and more people are not at a healthy weight. Extra weight may lower the quality of your life. If you carry extra weight, you may not be able to do everything that you want to do.

Control blood sugar levels. Almost 30 million people in the United States have diabetes, a chronic disease that can have serious complications. This is almost 1 out of every 10 people. And the number of people with the disease is growing rapidly. Controlling blood sugar levels can help prevent or manage diabetes.

Maintain or improve your mood and behavior. The way we eat affects our mental health and behavior. A large study found that eating whole foods (fruits, vegetables, and fish) helped prevent depression. Eating a diet of processed meat, chocolates, sweet desserts, fried food, refined cereals, and high-fat dairy products increases risk for depression. Hypoglycemia (very low blood sugar) can increase irritability. Skipping meals, eating foods that raise your blood sugar, and caffeine can cause irritability and anxiety.

Influence your sleep. Foods with caffeine can make going to sleep a challenge. Some foods also cause acid reflux, which can lead to a rough night. People who are overweight can have more problems with their breathing at night. Excess weight can lead to sleep apnea. New studies have shown that if you do not sleep enough or have poor sleep, you may eat food that is less healthy and have a harder time losing weight.



Free Groceries

STAND4 Mountain View

1425 S. Springer Rd.
Mountain View, CA 94040
Alternate Sundays

Bishop Elementary School

450 N. Sunnyvale Ave.
Sunnyvale, CA 94085
Alternate Thursdays

Trinity Church of Sunnyvale

477 N. Mathilda Ave.
Sunnyvale, CA 94085
1st & 3rd Tuesday

Corner Pantry at the Rock Church

929 Weddell Court
Sunnyvale, CA 94089
Every Saturday

St. Andrew's United Methodist Church

4111 Alma St.
Palo Alto, CA 94306
Every Friday

Cathedral of Faith Gilroy

7250 Forest St.
Gilroy, CA 95020
2nd Saturday

Rebekah Children's Services

290 100F Ave.
Gilroy, CA 95020
4th Friday

Acts of Courage

529 S. Main St.
Milpitas, CA 95035
2nd Saturday

Hispanic 7th Day Adventist

342 Sierra Vista Ave.
Mountain View, CA 94043
3rd Monday

Columbia Neighborhood Center

739 Morse Ave.
Sunnyvale, CA 94085
4th Wednesday

Vargas Elementary School

1054 Carson Dr.
Sunnyvale, CA 94086
Alternate Thursdays

Lakewood Elementary School

750 Lakechime Dr.
Sunnyvale, CA 94089
Alternate Fridays

Campbell United Methodist Church

1675 Winchester Blvd.
Campbell, CA 95008
3rd Tuesday
1st & 3rd Thursday

Gavilan College

5055 Santa Teresa Blvd.
Gilroy, CA 95020
3rd Thursday, Every
Monday-Thursday

Redwoods Apartments

9005 Kern Ave.
Gilroy, CA 95020
4th Thursday

Christian Worship Center

241 S. Main St.
Milpitas, CA 95035
1st & 3rd Wednesday

St. Athanasius Church

160 N. Rengstorff Ave.
Mountain View, CA 94043
2nd & 4th Saturday

San Miguel Elementary School

777 San Miguel Ave.
Sunnyvale, CA 94085
Alternate Fridays

St. Luke Lutheran Church

1025 The Dalles Ave.
Sunnyvale, CA 94087
1st & 3rd Tuesday

Palo Alto Community Child Care

3990 Ventura Court
Palo Alto, CA 94306
2nd & 4th Tuesday

Union Church of Cupertino

20900 Stevens Creek Blvd.
Cupertino, CA 95014
1st & 3rd Thursday

Gilroy Senior Center

350 W. 6th St.
Gilroy, CA 95020
1st & 3rd Thursday

San Ysidro Park

7700 Murray Ave.
Gilroy, CA 95020
1st & 3rd Tuesday

Crosspoint Church of Silicon Valley

658 Gibraltar Ct.
Milpitas, CA 95035
Alternate Saturdays

Jose Higuera Adobe Park

Wessex Place
 Milpitas, CA 95035
 4th Monday

**First Community Housing –
Murphy Ranch**

310 East Dunne Ave.
 Morgan Hill, CA 95037
 2nd & 4th Wednesday

St. Catherine Church – Reachout

17400 Peak Ave.
 Morgan Hill, CA 95037
 Every Weekday

Mission College

3000 Mission College Blvd.
 Parking Lot D
 Santa Clara, CA 95054
 Every Tuesday

**Muslim Sisters Helping at
Robert Randall Elementary
School**

1300 Edsel Dr.
 Milpitas, CA 95035
 Every Monday & Thursday

**Morgan Hill Community &
Cultural Center**

17000 Monterey Rd.
 Morgan Hill, CA 95037
 2nd & 4th Tuesday

Saint Clare Parish

941 Lexington St.
 Santa Clara, CA 95050
 2nd & 4th Tuesday

Roots Pantry

14000 Fruitvale Ave.
 Saratoga, CA 95070
 Every Monday – Thursday

Advent Lutheran Church

16870 Murphy Ave.
 Morgan Hill, CA 95037
 1st & 3rd Thursday

P.A. Walsh Steam Academy

305 W. Main Ave.
 Morgan Hill, CA 95037
 1st & 3rd Wednesday

**The Salvation Army
– Santa Clara**

3090 Homestead Rd.
 Santa Clara, CA 95051
 Every Thursday

West Valley College

14000 Fruitvale Ave.
 Saratoga, CA 95070
 Every Monday

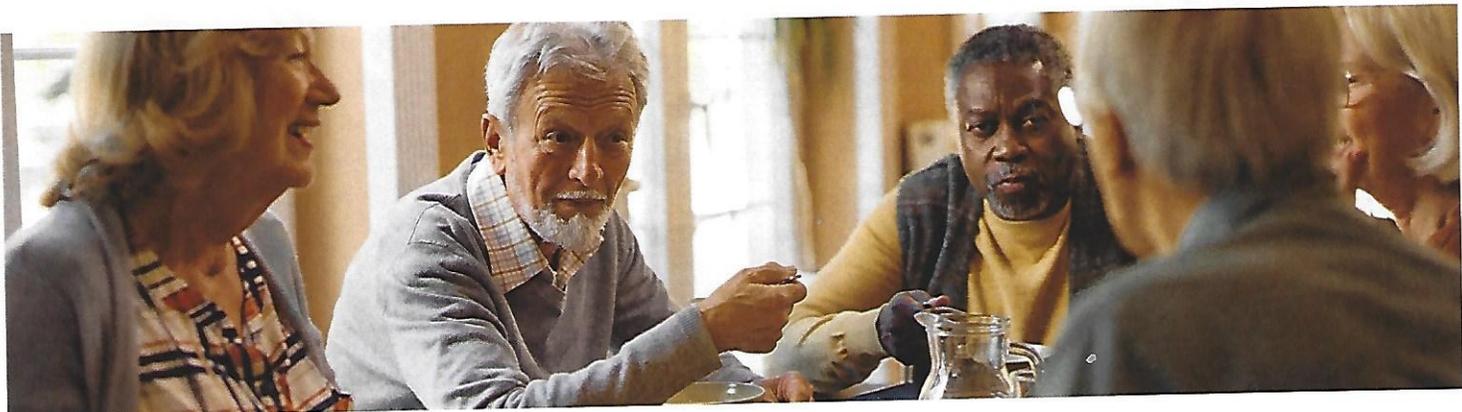
Dine-In Meal Program

The Senior Nutrition Program (SNP) partners with cities and community groups to offer healthy meals for people 60 and older. All SNP meals are approved by Registered Dietitians to meet the U.S. Dietary Guidelines for Americans and provide 1/3 of the daily key nutrients for older adults.

It is a great way to get a healthy meal, meet people, find resources/information, and try different activities.

The suggested contribution is \$3.00 per meal; these contributions support the growth of the program. No eligible participant will be denied a meal because they are unable to contribute. Guest meals are available for \$8.00-\$9.00 for those under 60 years.

Questions? Contact the Senior Nutrition Program at (408) 755-7680 or email at snp@ssa.sccgov.org



The below services are offered at specific locations:

-  Blood Pressure Checks  Blood Sugar Checks  Exercise Classes  Fitness Activities
 Free Groceries  Health Education  Transportation

Mountain View Senior Center

266 Escuela Ave.
Mountain View, CA 94040 
(650) 964-6586
Monday - Friday

Sunnyvale United Methodist Church

535 Old San Francisco Rd.  
Sunnyvale, CA 94086  
(408) 739-0833 
Monday - Friday

Self Help for the Elderly at Sunnyvale Senior Center

550 E. Remington Dr.  
Sunnyvale, CA 94087 
(408) 733-1883
Monday - Friday

La Comida Downtown – Palo Alto

625 Hamilton Ave.  
Palo Alto, CA 94301 
(650) 322-3742
Monday – Friday

La Comida – Stevenson House

455 E. Charleston Rd.  
Palo Alto, CA 94306
(650) 322-3742
Monday - Friday

Campbell Adult Center

1 W. Campbell Ave.  
Campbell, CA 95008  
(408) 866-2764
Monday - Friday

Gilroy Senior Center

7371 Hanna St.  
Gilroy, CA 95020  
(408) 846-0428
Monday - Friday

Live Oak Senior Nutrition and Service Center

111 Church St.  
Los Gatos, CA 95030  
(408) 354-0707
Monday – Friday

India Community Center at Milpitas

525 Los Coches St.  
Milpitas, CA 95305 
(408) 592-2720
Monday, Tuesday, Thursday & Friday

Milpitas Senior Center

40 N. Milpitas Blvd.  
Milpitas, CA 95035 
(408) 586-3400
Monday - Friday

Morgan Hill Senior Center

171 W. Edmundson Ave.  
Morgan Hill, CA 95037 
(408) 782-1284
Monday - Friday

Santa Clara Senior Center

1303 Fremont St.  
Santa Clara, CA 95050  
(408) 615-3181 
Monday - Friday

Resources:

- County of San Mateo Human Services: <https://www.smcgov.org/hsa/food-resources>
- Health and well-being offerings: www.va.gov/palo-alto-health-care/programs/whole-health-offerings
- Second Harvest of Silicon Valley: www.shfb.org

VA Resources:

U.S. Department of Veteran Affairs 1-800-698-2411

Telephone Care Program

The telephone care program lets you talk to a registered nurse who can answer your health care questions or obtain assistance from other health care providers.

1-800-455-0057



The **Veterans Crisis Line serves Veterans**, their families, and friends. If you're a Veteran in crisis or concerned about one, the Veterans Crisis Line is a free, confidential resource that connects you to a real person specially trained to support Veterans.

Free, confidential support is available 24 hours a day, 7 days a week, 365 days a year.



The **Universal Sign for Help** provides a non-verbal way for a person to request help privately and discretely.

The Universal Sign for Help is performed with one hand by folding four fingers over the thumb, "trapping" the thumb inside the hand. Situations in which a person might use this hand signal include being followed or threatened while at the medical center, being accompanied by an abusive partner, being a victim of human trafficking, or not being in a private setting (in virtual sessions).

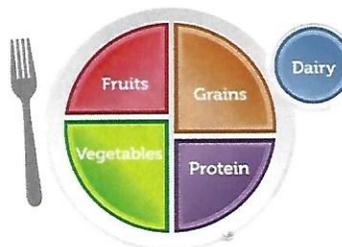
VA Resources Health and Well-being Offerings:

Healthy Eating Group

This one-time class covers topics including general health eating guidelines, MyPlate, portion sizes, and more.

2nd Tuesday of the month
1:30 PM to 2:30 PM
via VA Video Connect (VVC)

You must register prior to attending.
To register, call (855) 632-8262, option 2



MOVE! Weight Management

This 90-minute, one-time class provides an orientation to the MOVE! Program and presents the opportunity to connect with further weight management options and whole health.

1st & 3rd Wednesday of the month
2:30 PM to 4:00 PM
via VA Video Connect

You must register prior to attending.
To register, call (855) 632-8262, option 2



Introduction to Whole Health

This 60-minute class is led by a Whole Health Coach and helps you start to identify what is important to you, and how you can start on your whole health journey.

Class offering varies, via VA Video Connect

Call (650) 849-0131 to sign up or for more information





VA Palo Alto Health Care System

3801 Miranda Ave • Palo Alto, CA 94304
(650) 493-5000 • www.va.gov/palo-alto-health-care

Last Updated July 2024