



**2018 EFAP Food Assistance Programs/Programas de Asistencia de Comida
Marina, Monterey, Pacific Grove, Seaside, and Carmel Valley**

The nutrition programs are for low/no income households. By signing the form, you certify that your household income does not exceed the income guidelines.

Los programas de nutrición son para hogares de bajos ingresos. Al firmar la forma, certifica que su ingreso mensual no exceda la guía de EFAP.

CV = Carmel Valley - St. Phillip's Lutheran Church, 8065 Carmel Valley Road - 9:00 - 10:00 a.m.

CVV = Carmel Valley Village - Rippling River Apartments, 53 Carmel Valley Road - 10:30 - 11:00 a.m.

MAR = Marina - Feb-Dec Marina Library, 188 Seaside Ave - 9:30 - 10:30 a.m.

MRY = Monterey - Shoreline Community Church, 2500 Garden Road - 10:00 - 11:00 a.m.

PG = Pacific Grove - St. Angela's Catholic Church, 161 9th Street - 9:30 - 10:30 a.m.

S = Seaside - St. Francis Xavier Catholic Church, 1475 La Salle Avenue - 9:00 - 10:00 a.m.

DM = Seaside - Del Monte Manor, 1466 Yosemite Street - 9:30 - 11:00 a.m.

January/Enero						
S	M	T	W	TH	F	S
	Holiday	S	3	4	CV CVV MRY	6
7	MAR & PG	9	10	11	12	13
14	Holiday	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February/Febrero						
S	M	T	W	TH	F	S
				1	CV CVV MRY	3
4	MAR & PG	S	7	8	9	10
11	12	13	14	15	16	17
18	Holiday	20	21	22	23	24
25	26	DM	28			

March/Marzo						
S	M	T	W	TH	F	S
				1	CV CVV MRY	3
4	MAR & PG	S	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	DM	28	29	30	31

April/Abril						
S	M	T	W	TH	F	S
1	MAR & PG	S	4	5	CV CVV MRY	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	DM	25	26	27	28
29	30					

May/Mayo						
S	M	T	W	TH	F	S
		S	2	3	CV CVV MRY	5
6	MAR & PG	8	9	10	11	12
13	14	15	16	17	18	19
20	21	DM	23	24	25	26
27	Holiday	29	30	31		

June/Junio						
S	M	T	W	TH	F	S
					CV CVV MRY	2
3	MAR & PG	S	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	DM	27	28	29	30

July/Julio						
S	M	T	W	TH	F	S
1	MAR & PG	S	Holiday	5	CV CVV MRY	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	DM	25	26	27	28
29	30	31				

August/Agosto						
S	M	T	W	TH	F	S
			1	2	CV CVV MRY	4
5	MAR & PG	S	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	DM	29	30	31	

September/Septiembre						
S	M	T	W	TH	F	S
						1
2	Holiday	S	5	6	CV CVV MRY	8
9	MAR & PG	11	12	13	14	15
16	17	18	19	20	21	22
23	24	DM	26	27	28	29
30						

October/Octubre						
S	M	T	W	TH	F	S
	MAR & PG	S	3	4	CV CVV MRY	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	DM	24	25	26	27
28	29	30	31			

November/Noviembre						
S	M	T	W	TH	F	S
				1	CV CVV MRY	3
4	MAR & PG	S	7	8	9	10
	Holiday	12	13	14	15	17
18	19	20	21	Holiday	Holiday	24
25	26	DM	28	29	30	

December/Diciembre						
S	M	T	W	TH	F	S
						1
2	MAR & PG	S	5	6	CV CVV MRY	8
9	10	11	12	13	14	15
16	17	DM	19	20	21	22
23	24	Holiday	26	27	28	29
30	31					

For more information please contact the Food Bank for Monterey County
(831) 758-1523, www.foodbankformontereycounty.org, or call 211

Para mas informacion por favor llame al Food Bank for Monterey County
(831) 758-1523, www.foodbankformontereycounty.org, o llamar al 211