



2018

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.

P = Pajaro

Pajaro Library

29 Bishop Street - 8:30 - 9:30 a.m.

PRN = Prunedale

Prunedale Grange

1768 Moro Road - 9:00 - 10:00 a.m.

C = Castroville

North County Recreation Center

11261 Crane Street - 9:30 - 10:30 a.m.

January/Enero						
S	M	T	W	TH	F	S
	Holiday	2	PRN	C & P	5	6
7	8	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
				C & P	2	3
4	5	6	PRN	8	9	10
11	12	13	14	15	16	17
18	Holiday	20	21	22	23	24
25	26	27	28			

March/Marzo						
S	M	T	W	TH	F	S
				C & P	2	3
4	5	6	PRN	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April/Abril						
S	M	T	W	TH	F	S
1	2	3	PRN	C & P	6	7
8	9	10	11	12	13	14
15	16	17	P 11:30 ¹⁰	19	20	21
22	C 11:30 ¹⁰	24	25	26	27	28
29	30					

May/Mayo						
S	M	T	W	TH	F	S
		1	PRN	C & P	4	5
6	7	8	9	10	11	12
13	14	15	P 11:30 ¹⁰	17	18	19
20	21	22	23	24	25	26
27	Holiday	29	30	31		

June/Junio						
S	M	T	W	TH	F	S
					1	2
3	4	5	PRN	C & P	8	9
10	11	12	13	14	15	16
17	18	19	P 11:30 ¹⁰	21	22	23
24	C 11:30 ¹⁰	26	27	28	29	30

July/Julio						
S	M	T	W	TH	F	S
1	2	3	Holiday	C & P	6	7
8	9	10	PRN	12	13	14
15	16	17	P 11:30 ¹⁰	19	20	21
22	C 11:30 ¹⁰	24	25	26	27	28
29	30	31				

August/Agosto						
S	M	T	W	TH	F	S
			PRN	C & P	3	4
5	6	7	8	9	10	11
12	13	14	P 11:30 ¹⁰	16	17	18
19	20	21	22	23	24	25
26	C 11:30 ¹⁰	28	29	30	31	

September/Septiembre						
S	M	T	W	TH	F	S
						1
2	Holiday	4	PRN	C & P	7	8
9	10	11	12	13	14	15
16	17	18	P 11:30 ¹⁰	20	21	22
23	C 11:30 ¹⁰	25	26	27	28	29
30						

October/Octubre						
S	M	T	W	TH	F	S
	1	2	PRN	C & P	5	6
7	8	9	10	11	12	13
14	15	16	P 11:30 ¹⁰	18	19	20
21	C 11:30 ¹⁰	23	24	25	26	27
28	29	30	31			

November/Noviembre						
S	M	T	W	TH	F	S
				C & P	2	3
4	5	6	PRN	8	9	10
Holiday	12	13	14	15	16	17
18	19	20	21	Holiday	Holiday	24
25	26	27	28	29	30	

December/Diciembre						
S	M	T	W	TH	F	S
						1
2	3	4	PRN	C & P	7	8
9	10	11	12	13	14	15
16	17	18	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