



**2019 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 - 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 - 9:30 - 10:30 a.m.
 B = Bethel Baptist Church 390 Elm Avenue, Seaside - Tues 4 - 6 p.m. Sun 1 - 2 p.m.
 DM = Seaside - Del Monte Manor, 1466 Yosemite Street - 9:00 - 10:00 a.m.

January/Enero						
S	M	T	W	TH	F	S
		Holiday	2	3	CV CVV MRY	5
6	MAR & PG	S	9	10	11	12
13	14	15	16	17	18	19
20	Holiday	DM	23	24	25	26
27	28	29	30	31		

February/Febrero						
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	Holiday	19	20	21	22	23
24	25	DM	27	28		

March/Marzo						
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
31						

April/Abril						
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				

May/Mayo						
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	Holiday	DM	29	30	31	

June/Junio						
S	M	T	W	TH	F	S
					CV CVV MRY	1
2	MAR & PG	S	5	6	CV CVV MRY	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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

August/Agosto						
S	M	T	W	TH	F	S
				1	CV CVV MRY	3
4	MAR & PG	S	7	8	9	10
11	12	B 4-6	14	15	16	17
B 1-2	19	20	21	22	23	24
B 1-2	26	DM	28	29	30	31

September/Septiembre						
S	M	T	W	TH	F	S
B 1-2	Holiday	S	4	5	CV CVV MRY	7
B 1-2	MAR & PG	B 4-6	11	12	13	14
B 1-2	16	17	18	19	20	21
B 1-2	23	DM	25	26	27	28
B 1-2	30					

October/Octubre						
S	M	T	W	TH	F	S
		S	2	3	CV CVV MRY	5
B 1-2	MAR & PG	B 4-6	9	10	11	12
B 1-2	14	15	16	17	18	19
B 1-2	21	DM	23	24	25	26
B 1-2	28	29	30	31		

November/Noviembre						
S	M	T	W	TH	F	S
					CV CVV MRY	2
B 1-2	MAR & PG	S	6	7	8	9
B 1-2	Holiday	B 4-6	13	14	15	16
B 1-2	18	19	20	21	22	23
B 1-2	25	DM	27	Holiday	Holiday	30

December/Diciembre						
S	M	T	W	TH	F	S
B 1-2	MAR & PG	S	4	5	CV CVV MRY	7
B 1-2	9	B 4-6	11	12	13	14
B 1-2	16	DM	18	19	20	21
B 1-2	23	24	Holiday	26	27	28
B 1-2	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