



**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 - 9:00 - 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 | 2  | 3  | CV<br>CVV<br>MRY | 5  |
| 6             | MAR<br>& PG | 8       | 9  | 10 | 11               | 12 |
| 13            | Holiday     | 15      | 16 | 17 | 18               | 19 |
| 20            | 21          | DM      | 23 | 24 | 25               | 26 |
| 27            | 28          | 29      | 30 | 31 |                  |    |

| February/Febrero |             |    |    |    |                  |    |
|------------------|-------------|----|----|----|------------------|----|
| S                | M           | T  | W  | TH | F                | S  |
|                  |             |    |    |    | CV<br>CVV<br>MRY | 2  |
| 3                | MAR<br>& 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<br>CVV<br>MRY | 2  |
| 3           | MAR<br>& 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<br>& PG | S  | 3  | 4  | CV<br>CVV<br>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<br>CVV<br>MRY | 4  |
| 5        | MAR<br>& PG | S  | 8  | 9  | 10               | 11 |
| 12       | 13          | 14 | 15 | 16 | 17               | 18 |
| 19       | 20          | DM | 22 | 23 | 24               | 25 |
| 26       | Holiday     | 28 | 29 | 30 | 31               |    |

| June/Junio |             |    |    |    |                  |    |
|------------|-------------|----|----|----|------------------|----|
| S          | M           | T  | W  | TH | F                | S  |
|            |             |    |    |    |                  | 1  |
| 2          | MAR<br>& PG | S  | 5  | 6  | CV<br>CVV<br>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<br>& PG | S  | 3  | Holiday | CV<br>CVV<br>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 |         |                  |    |

| August/Agosto |             |    |    |    |                  |    |
|---------------|-------------|----|----|----|------------------|----|
| S             | M           | T  | W  | TH | F                | S  |
|               |             |    |    | 1  | CV<br>CVV<br>MRY | 3  |
| 4             | MAR<br>& 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 |

| September/Septiembre |             |    |    |    |                  |    |
|----------------------|-------------|----|----|----|------------------|----|
| S                    | M           | T  | W  | TH | F                | S  |
| 1                    | Holiday     | S  | 4  | 5  | CV<br>CVV<br>MRY | 7  |
| 8                    | MAR<br>& PG | 10 | 11 | 12 | 13               | 14 |
| 15                   | 16          | 17 | 18 | 19 | 20               | 21 |
| 22                   | 23          | DM | 25 | 26 | 27               | 28 |
| 29                   | 30          |    |    |    |                  |    |

| October/Octubre |             |    |    |    |                  |    |
|-----------------|-------------|----|----|----|------------------|----|
| S               | M           | T  | W  | TH | F                | S  |
|                 |             | S  | 2  | 3  | CV<br>CVV<br>MRY | 5  |
| 6               | MAR<br>& PG | 8  | 9  | 10 | 11               | 12 |
| 13              | 14          | 15 | 16 | 17 | 18               | 19 |
| 20              | 21          | DM | 23 | 24 | 25               | 26 |
| 27              | 28          | 29 | 30 | 31 |                  |    |

| November/Noviembre |             |    |    |         |                  |    |
|--------------------|-------------|----|----|---------|------------------|----|
| S                  | M           | T  | W  | TH      | F                | S  |
|                    |             |    |    |         | CV<br>CVV<br>MRY | 2  |
| 3                  | MAR<br>& PG | S  | 6  | 7       | 8                | 9  |
| 10                 | Holiday     | 12 | 13 | 14      | 15               | 16 |
| 17                 | 18          | 19 | 20 | 21      | 22               | 23 |
| 24                 | 25          | DM | 27 | Holiday | Holiday          | 30 |

| December/Diciembre |             |    |         |    |                  |    |
|--------------------|-------------|----|---------|----|------------------|----|
| S                  | M           | T  | W       | TH | F                | S  |
| 1                  | MAR<br>& PG | S  | 4       | 5  | CV<br>CVV<br>MRY | 7  |
| 8                  | 9           | 10 | 11      | 12 | 13               | 14 |
| 15                 | 16          | DM | 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](http://www.foodbankformontereycounty.org), or call 211

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