



# 6 Great Ways To Help

## Share Info With Students!



### Cal Fresh: Money for Fresh Food!

**Cal Fresh** is California's branding of the federal supplemental nutrition assistance program (SNAP). Many college students qualify and use Cal Fresh benefits and receive up to \$192 each month for food. Students can **get help applying** for Cal Fresh at the weekly **Cal Fresh workshop** in **Building 60-206 from 9am-10am on Thursdays**. Tell your students about Cal Fresh!



### Gizmo's Kitchen Student Food Pantry

**Grossmont College Gizmo's Kitchen** [grossmont.edu/student-services](http://grossmont.edu/student-services)

**What:** Gizmo's Kitchen is a 'grab and go' student food pantry that supports students by providing pre-packaged items suitable for on-campus lunch or meals.

**Where:** Students can pick up a bag by stopping by Student Health 60-130. Students need to show a student ID to receive a bag.

**When:** Students can access Gizmo's Kitchen ONCE per week Monday - Thursday from 10am-2pm (closed Fridays).



### Add Resource and Support Info on Your Syllabus

Add Resource and Support info on your syllabus. Consider adding a statement such as, "Students facing food or housing insecurity are encouraged to contact a Grossmont College Basic Needs Liaison or you can send an e-mail to **Grossmont.BasicNeeds@gcccd.edu** to request information or assistance. You are also encouraged to speak with your instructor, if you feel comfortable doing so, so that additional support can be provided to ensure your success in this course. Additional information on basic needs resources, including Gizmo's Kitchen (Grossmont College's food pantry) is available at: [grossmont.edu/student-services](http://grossmont.edu/student-services)".

## Ideas For Faculty



### Get Involved!

There are plenty of ways to get involved in our campus efforts that address basic needs insecurities. Students love seeing their faculty outside of the classroom and this is an excellent way to engage with them. Think of ways that your department can harness your expertise to help out! Have an idea? Let us know!



### Try Open Educational Resources

There are great Open Educational Resources (OER) that you can use "as is" or edit to create the perfect textbook! Plus, you'll save your students money that they can use for basic needs like food. Consult with your colleagues in your department or library faculty on where to find OER.



### Integrate Issues Into Your Classes

Include info about basic needs resources in your syllabus. Add a related topic for students to discuss and possibly research. Create a service learning program that connects to the information they are learning. Volunteer as a class together at Gizmo's Kitchen.

# Food Resources



## East County Food Resources

Visit [ECAssist.org](http://ECAssist.org) for information on food pantries, sack lunch programs and hot meals offered by cities in East County.

## Bethlehem Food Pantry

Free food pantry. Requires a valid ID and social security number.  
**Saturdays 9am - 11am**

## Chaldean & Middle Eastern Social Services

San Diego Food Bank Distribution  
**Tuesdays 9am - 12pm**

## Crisis House

Emergency food pantry. A hot meal is served with a support services meeting.

## Four Square Emergency Food Program

Must meet low-income guidelines and reside in El Cajon.  
**3rd Tuesdays of every month: 9:30am - 12:00pm**

## Contact Information

[ECAssist.org](http://ECAssist.org)

**(619) 490-3855**  
737 Grant Ave.  
El Cajon, CA 92020

**(619) 401-7410**  
436 S. Magnolia Ave. #201  
El Cajon, CA 92020

**(619) 444-1194**  
1034 N. Magnolia Ave.  
El Cajon, CA 92020

**(858) 527-1419 - Food Bank**  
**(619) 449-3000 - Church Office**  
1012 E Bradley Ave.  
El Cajon, CA 92020

# Housing Resources



## Low Income Apartments & Housing

Inventory of HUD approved low-income housing options in San Diego County. First-time home buyer programs, rental assistance, and rehabilitation programs.

## CSA San Diego

Advocates for fair housing, tenant/landlord issues & infestations. Other issues: hate crime prevention, first generation immigrant civil rights, human trafficking, youth and voter education.

**(858) 694-4801** or call 2-1-1  
[affordablehousingonline.com](http://affordablehousingonline.com)

**(800) 954-0441**  
327 Van Houten  
El Cajon, CA 92020  
[www.c4sa.org](http://www.c4sa.org)

# Utility & Bill Resources



## Alliance for African Assistance

Aims to help with Gas, Electric or Telecommunications company. Other issues: emergency assistance, lifeline application, wrongful termination, late fees, damaged or faulty equipment.

## San Diego Gas & Electric (Sempra)

Receive a monthly energy bill discount through CARE. Eligibility is based on household size and total household income. May also qualify for free energy-efficient home improvements.

## Bill Pay Assistance

Numerous agencies and organizations that offer food, rental and foreclosure assistance and free or low-cost health care. Many benefits require low income or those experiencing financial crisis.

**(619) 286-9052 x 241**  
[alliance-for-africa.org](http://alliance-for-africa.org)

[SDGE.com/residential/paybill](http://SDGE.com/residential/paybill)

[HelpWithPayingBills.org](http://HelpWithPayingBills.org)

For more information contact [susan.berry@gcccd.edu](mailto:susan.berry@gcccd.edu)