

## CSU CalFresh Outreach Activities February 2021

All CSU campuses continue to provide CalFresh application assistance to students. From February 22-26, 2021, campuses will participate in a systemwide effort to further promote CalFresh to students. Listed below are selected activities planned by campuses. Please visit each campus website listed below or on the previous page to learn more!

### CSU BAKERSFIELD

<https://www.csub.edu/sustainability/foodpantry/index.html>

- **Basic Needs Ambassador Training** – February 19 from 12-4PM  
*Training is designed to equip staff and faculty with the knowledge and skills to identify and assist students struggling with basic needs.*
- **Emergency Food Box Distribution** – February 22 at 11AM  
*Campus will be distributing emergency food boxes from the Icardo Center. Distribution is open to the community.*
- **Cooking Demo with Amanda from the Edible Garden** – February 23 from 4-5PM  
*Students will be able to pick up pre-packed boxes with all the ingredients to cook along with Amanda Saxby from the Edible Garden.*
- **Wellness Chat: CalFresh & Growing Your Own Food** - February 24 from 12-1PM  
*This interactive event will help to educate students and staff about the benefits of CalFresh and how it can be used to buy plants and seeds for a home garden. Emilie Crown, from the Edible Garden, will be on hand to discuss all the basics about gardening in small spaces and how to get the most out of growing your own food on a budget.*
- **Runner Feud: CalFresh Edition** – February 24 from 2-3PM  
*The Food Pantry is hosting a fun-filled afternoon of family-feud style games where attendees can learn about CalFresh and win prizes.*
- **Take-Out Tuesday Survey** – February 20 at 5PM  
*Students can fill out a short survey designed to serve as a CalFresh pre-screening and be entered into a drawing to win either an individual or family meal from local restaurants.*
- **CalFresh Prescreen Drop-in Days** – February 23-24 from 1-3PM  
*Student Health Services will be offering virtual and phone drop-in hours for students to complete CalFresh prescreens.*

### CSU CHANNEL ISLANDS

<https://www.csuci.edu/basicneeds/>

- **Facts About CalFresh** – Ongoing  
Notification through email, fliers, Instagram, and Curbside Pantry Pick up with CalFresh inserts.
- **Cooking Demonstrations on Instagram** – Ongoing Zoom Drop-In's Q&A regarding CalFresh  
Quick and easy cooking demonstration for students.

## CSU DOMINGUEZ HILLS

<https://www.csudh.edu/student-support/food-shelter/>

- **Student on a Budget** – February 22 from 3-3:45PM  
*Providing tips and tools to students to budget their CalFresh benefits.*
- **CalFresh 101** – February 23 from 3-3:45PM  
*This workshop will provide students and staff more information on CalFresh and ways to sign up.*
- **Planning Healthy Meals** – February 24 from 2:30-3:15PM  
*This workshop will teach students on how to cook healthy items by using their CalFresh benefits.*
- **CalFresh FAQ** – February 25 from 1-1:45PM  
*This workshop will be an open forum for students to ask questions regarding CalFresh.*
- **Building a Healthy Plate** – February 26 from 1-1:45PM  
*This event will teach students how to build a healthy plate to promote their health and well-being.*

## CSU EAST BAY

[www.csueastbay.edu/calfresh](http://www.csueastbay.edu/calfresh)

- **CalFresh Brings You Culture! - Mental Health Moves with CalFresh** – February 26 from 11-11:45AM  
*Nutritious healthy food improves your mental health and skin! Learn Self-Care and Skin Care Routines using CalFresh-approved Food. Pre-registered participants will participate in live demos and receive a FREE Self-Care kit.*
- **Become a CalFresh Ally** – February 26 from 12-1 PM  
*What is CalFresh? Learn more and become a CalFresh Ally. Learn all about CalFresh, how to apply and what to tell people about the program. Open to Faculty, Staff, Students & Community members. All participants will be considered Campus CalFresh Allies after completing this one-hour training.*
- **Shopping on a Budget** – February 26 from 2-2:30PM  
*Want to learn how to save money and plan healthier meals? This is a workshop designed to help you learn how to build a healthy plate while also providing different tips on how to shop right when your money is tight.*
- **Savvy Shopping With Your EBT** – February 23 from 11:30-12PM  
*Did you know you can shop at Costco, Trader Joe's, Whole Foods, and Local Cultural Specialty Markets with your EBT Card? Did you know you can buy seed packets and plant a garden using your EBT benefits? Did you know you can shop online with Amazon Fresh Using your EBT? Learn this and more in our shopping with EBT Workshop.*
- **Re-Think Your Drink** – February 24 from 10-10:30AM  
*We invite you to come join us at Re-Think Your Drink! This workshop is designed to help you understand how to choose healthier options when it comes to the drinks we consume. We will discuss how to utilize nutrition labels and a variety of recommended healthy beverages.*

- **#FREEwithEBT!** - February 23 from 2-2:45PM  
*Your EBT isn't just for food! You can get free cell phone service, 1/2 price Amazon PRIME, Free & discounted visits to museums, parks and more! Leverage your EBT card and save money for you and your family.*
- **CalFresh Family Day - Dance Party** – February 26 at 5PM  
*Join the CalFresh Family Day Dance Party with Bino and Fino! Make a fruit bowl with your family while learning about their health benefits. Open to the Entire Family! All pre-registered participants will receive all materials to make the fruit salad. Great family event for all family members aged 2 and up!*

## FRESNO STATE

[www.fresnostate.edu/foodsecurity](http://www.fresnostate.edu/foodsecurity)

- **PAWdcast: Financial Aid for Food** – February 22  
*PAWdcast, presented by our Peer Ambassadors of Wellness (PAWs), recorded with our CalFresh Outreach assistant to discuss CalFresh outreach and application assistance and why students should find out if they're eligible and apply. Available at [bit.ly/pawdcast](http://bit.ly/pawdcast)*
- **CalFresh Information Sessions** – February 22 and February 25  
*Offering multiple CalFresh Information Sessions followed by CalFresh appointments the next day.*
- **CalFresh Healthy Living Series** – February 23-25  
*The campus will be hosting its first CalFresh Healthy Living series workshop where nutrition education and information about applying for CalFresh will be provided.*
- **Social Media Campaign** – All Week  
*Campus will be sharing information about CalFresh all week through its social media channels to provide students with information on eligibility and applying.*

## LONG BEACH STATE

[www.csulb.edu/calfresh](http://www.csulb.edu/calfresh)

- **Building a Healthy Plate** – February 22 from 1-1:45PM  
*Quick healthy food options.*
- **Shopping on a Budget** – February 23 from 2-2:45PM  
*Budget grocery tips to save money.*
- **Planning Healthy Meals** – February 24 from 1-1:45PM  
*Learn to prepare quick and healthy meals.*
- **LADPSS Representative** – February 25-26 from 1-1:45PM  
*Meet with a LADPSS representative for assistance with application and eligibility process.*

## CSU MONTEREY BAY

<https://csumb.edu/basicneeds>

- **CalFresh 101 - EOP and Guardian Scholars** – February 24 from 12-1PM  
*Basic Needs is partnering with EOP and Guardian Scholars to do an interactive presentation and informational session for students who are part of EOP and Guardian Scholars. Students will also have the opportunity to sign up beforehand for an appointment slot with staff to walk through the application.*
- **CalFresh 101** – February 25 from 2-3PM  
*This session is in partnership with EOP and Guardian Scholars, but open to any student interested in CalFresh. It directly precedes the weekly cooking demo and students are invited to attend both.*

## CSU NORTHRIDGE

<https://www.csun.edu/mic/foodpantry>

- **Myth Monday** – February 22  
*Dispelling common myths about CalFresh via social media platforms.*
- **Food Insecurity and Campus Resources** – February 23 from 1-2pm  
*Collaborative presentation that will discuss body positivity in the light of food insecurity with an emphasis on campus resources.*
- **Pop-up Pantry Collaboration** – February 24 from 1-5PM at the CSUN Food Pantry  
*Distribution of fresh, canned, and shelf-stable goods and toiletries.*
- **CalFresh Outreach Informational Presentation** – February 25 from 2-3PM  
*CalFresh Outreach educational presentation, with a focus on understanding what CalFresh is and how you can apply.*
- **CalFresh Outreach Week Virtual Wrap-Up** – February 26  
*Posts that will focus on "re-capping" key themes from the week and a thank you for all of our CalFresh advocates. Offered multiple times on social media.*

## SACRAMENTO STATE

<https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/calfresh-application-assistance.html>

- **Healthy Eating Is Part of Succeeding- CalFresh Application Assistance Available This Week!** – February 22-26 (Various Times)  
*The CalFresh program provides free money for groceries to eligible students, and we can help you with your application and answer questions along the way. Email us for an appointment at [calfreshsacstate@csus.edu](mailto:calfreshsacstate@csus.edu)*
- **Film Screening: "Hungry to Learn"** - Ongoing  
*Soledad O'Brien and her team followed four college students facing the hard choice of paying for college or paying for food and housing. Visit: [bit.ly/hungry2learn](http://bit.ly/hungry2learn)*

- **The Great Hornet Cook-Off** – February 26 - Ongoing  
*The Great Hornet Cook-Off starts on Friday, February 26<sup>th</sup>, on the Student Health and Counseling Services Instagram @shcssacstate. \$100 gift card each week and be entered into a grand prize drawing worth up to \$200 at the end of the contest. For more info contact: [Jennifer.Campbell@csus.edu](mailto:Jennifer.Campbell@csus.edu)*
- **Swipe out Hunger!** – February 22-26  
*If you are in the Sacramento Area and having challenges buying, cooking, or preparing meals, we offer free meal swipes to The Servery (campus dining commons) to pick up hot prepared meals. While supplies last, contact [cares@csus.edu](mailto:cares@csus.edu).*

## SAN DIEGO STATE

[www.sdsu.edu/ecrt](http://www.sdsu.edu/ecrt)

- **IG Live with ECRT To Discuss CalFresh, Cooking, and Basic Needs** – February 18 from 3:30-4:30PM  
*Two ECRT Staff will have an informal discussion about CalFresh, how to enroll and where to utilize EBT, upcoming changes to eligibility, all while cooking a simple nutritious meal!*
- **IG CalFresh Posts** - Ongoing  
*Throughout the month of February, ECRT will be posting information on CalFresh on social media to inform students about the program.*
- **CalFresh Day** – February 25 from 9-3PM  
*Students can enter a virtual room to apply for CalFresh on the spot with a CalFresh Enrollment Specialist.*

## SAN FRANCISCO STATE

<https://basicneeds.sfsu.edu/calfresh-help-clinic>

- **Cooking with CalFresh** – February 23 from 12-1PM  
*Students will learn how to prepare three tasty and budget-friendly versions of the viral Tik-Tok tortilla wrap, the ingredients for which can be purchased using CalFresh benefits.*
- **CalFresh Info Session** – February 25 from 4-4:30PM  
*Students may drop into the Zoom event at any time during the half hour to get their questions answered about CalFresh.*
- **CalFresh Application Session for EOP Students** – February 25 from 6-7PM  
*In partnership with EOP, the CalFresh Outreach Team will provide a workshop that introduces EOP students to CalFresh. Students will then receive support submitting a CalFresh application.*
- **Social Media Outreach** – February 22-26  
*Daily social media posts (primarily on Instagram) will provide information about CalFresh and encourage students to apply online and/or connect with the CalFresh Outreach Team for assistance.*

## SAN JOSÉ STATE

<https://www.sjsu.edu/sjucares/>

- **Instagram Campaign** – February 22-26  
*Instagram Campaign (2 posts, 3 stories) promoting CalFresh @sjsufoodpantry.*

- **Launch - CalFresh Outreach Application Incentive Program** – February 22-26  
*Direct outreach to current students who indicated interest in CalFresh on the CSU Common Application. Messaging will direct students to partner agency, Second Harvest of Silicon Valley, for application assistance. Basic needs incentive cards provided to eligible students who complete their application and share the outcome with SJSU Cares.*

## CSU SAN LUIS OBISPO

[www.calfreshcalpoly.org](http://www.calfreshcalpoly.org)

- **RESOURCEPALOOZA** (Food Pantry video) - Ongoing  
*Cal Poly Food distribution video on Instagram @calfreshcalpoly.*
- **Good Food, Good Mood: Food and Your Mental Health** – Ongoing  
*IG Live with campus mental health team, REAL.*
- **Money for The Market: How To Use CalFresh At The Market** - Ongoing  
*Video on how to use Market Match.*
- **Fun Friday** – February 26  
*Interactive bingo and other fun activities.*
- **Student Testimonials** – February 27  
*Showcasing various student stories.*

## SONOMA STATE

<https://studentaffairs.sonoma.edu/basicneeds>

- **Virtual Outreach Day** – February 26 from 12-4PM  
*Students will have an opportunity to sign-up for CalFresh with the assistance of campus staff members.*
- **Daily Instagram Posts** – February 22-26  
*Benefits of applying for CalFresh will be promoted daily via social media posts on Instagram.*

## STANISLAUS STATE

<https://www.csustan.edu/basic-needs>

- **Dietary Guidelines and CalFresh Workshop** – February 22 at 10AM  
*Learn more about the Dietary Guidelines, MyPlate resources and how to apply for CalFresh!*
- **CalFresh and Pop-Up Warrior Food Pantry** (Stockton Campus) – February 23 from 10–1:30PM & 3–5PM  
*The Warrior Food Pantry will be at the Stockton Campus to provide food and toiletry items to students, and also be offering on-the-spot CalFresh pre-screenings.*
- **Basic Needs Ambassador/CalFresh Info Session** – February 22 at 12PM  
*Come meet the Basic Needs Ambassadors and learn more about the Basic Needs resources that are available to you as a student. Basic Needs Ambassadors will also be providing on-the-spot CalFresh pre-screenings for all attendees!*

- **CalFresh & Curbside Food Distribution** – February 24 from 10–12PM  
*The Food Distribution is an event designed to provide relief to students facing food insecurity by providing a box of non-perishable food items. The Basic Needs Ambassadors will also be available to provide on-the-spot CalFresh pre-screenings for students.*
- **Guided Loving Kindness Meditation** - February 25 at 3PM  
*A guided 15-minute meditation to strengthen feelings of kindness and connection towards others.*
- **NOONtrition (Live Food Demo)** – February 26 at 12PM  
*Watch along virtually as a Campus member prepares the recipe of the month! Recipe card and ingredients can be picked up from the Warrior Food Pantry the Wednesday before the event. In addition, a Basic Needs Coordinator will provide a brief overview of CalFresh and how to apply to see if you are eligible food for groceries!*