

The following is a list of resources that can be useful to community members in times of navigating the COVID-19 circumstances. Please call ahead to verify agencies are still operating services.



## Senior Resources

AGENCY	ADDRESS/PHONE NUMBER	INFORMATION
<b>Senior Helpers</b>	916-718-9181- Journey Wukmir 916-850-7882- General Number	Helping with grocery shopping/prescription refills to any senior 65+ in Sacramento/surrounding areas.
<b>Department of Human Assistance</b>	916-874-3100 Apply for Cal Fresh online. <a href="https://www.mybenefitscalwin.org/">https://www.mybenefitscalwin.org/</a>	Cal Fresh can help you and your family. Expanding Cal Fresh Benefits to SSI Recipients. Beginning June 1, 2019, SSI Recipients may also receive Cal Fresh food benefits on an EBT card. Cal Fresh (formerly Food Stamps) enables you to buy more food, improve health and nutrition, and stretch your grocery budget
<b>Department of Human Assistance</b>	<a href="https://ha.saccounty.net/benefits/Documents/EBTRestMealsFactSheet.pdf">https://ha.saccounty.net/benefits/Documents/EBTRestMealsFactSheet.pdf</a>	EBT Restaurant Meals Program The Sacramento County Department of Human Assistance (DHA) is implementing the EBT Restaurant Meals Program on May 1, 2006. With this new program, more than 4,000 elderly, disabled, or homeless people, who receive food stamp benefits in Sacramento County, will be able to purchase prepared hot meals in addition to making their grocery store purchases using their Electronic Benefit Transfer (EBT) card.
<b>Food for Seniors</b>	<a href="https://www.sacramentofoodbank.org/food-for-seniors">https://www.sacramentofoodbank.org/food-for-seniors</a>	Visit website for information on eligibility, requirements, and locations.
<b>Meals on Wheels</b>	7375 Park City Drive, Sacramento, CA 95831 916-444-9533	Providing meals to homebound seniors weekly. <a href="https://www.mowsac.org/">https://www.mowsac.org/</a>

## SENIOR SHOPPING HOURS

**Raley's**

Daily \$20 Senior Essentials

**Smart & Final**

Daily 7:30am- 8am

**Whole Foods**

Daily 8am- 9am

**Dollar General**

Daily 8am- 9am

**SaveMart**

Grocery - 6am- 9am  
Pharmacy – 7am-9am  
Tuesday and Thursday

**Food 4 Less**

7am- 7:30am  
Monday, Wednesday, Friday

**Walmart**

7am- 8am  
Tuesday's

**Target**

8am- 9am  
Wednesday's

**Safeway**

7am- 9am  
Tuesday and Thursday