



# May is CalFresh Awareness Month | 2016

The CalFresh program helps to improve the health and well-being of qualified households and individuals by providing access to healthy and nutritious foods. Many are unaware they are eligible to receive benefits. CalFresh Awareness Month has been increasing public awareness since 2011. **It's May - get the word out!**

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Take advantage of the exciting activities each participating county is conducting in the month of May to ensure every eligible person knows about better access to healthy food.

Find the list of counties participating in CalFresh Awareness Month below. Click the county name to be linked to activities in your area!

[Alameda](#)

[Los Angeles](#)

[San Diego](#)

[Santa Clara](#)

The California Department of Social Services Director, Will Lightbourne, has sent out a letter to all of California's county welfare directors inviting them to participate in celebrating CalFresh Awareness Month. To view the letter, [click here](#).

For information on how to apply for CalFresh, [click here](#)!

**Better access to better food for better living.**

**- CalFresh Branch, CA Dept. Social Services**