

# Five Ways To Get Food

## Contact the County of Orange Social Services Agency

Update your contact information and report changes in expenses or income to maximize benefits



**By fax:**  
(714) 645-3489



**Online:**  
[www.mybenefitscalwin.org](http://www.mybenefitscalwin.org)



**In person or by mail:**  
Find an office at  
[ssaregionlocator.ocssa.net](http://ssaregionlocator.ocssa.net)



**By phone:**  
(800) 281-9799

## Call WIC if you have children under 5-years-old for extra food benefits



**By phone**  
(888) 968-7942

## Call Office on Aging if you are 60 or older to find a senior center offering free meals



**By phone**  
(714) 480-6450

## Visit OC Links and Referral Line to find free food and groceries near you



**Online:**  
[www.findhelp.org](http://www.findhelp.org)

## Contact CalFresh OCHealthyLiving for meal planning tips & info



**Online:**  
[www.eatfresh.org](http://www.eatfresh.org)



**By email:**  
[healthylivingoc@ochca.com](mailto:healthylivingoc@ochca.com)



**By phone:**  
(714) 645-3489

Explore additional Orange County food resources  
Dial 2-1-1 or visit [www.211oc.org](http://www.211oc.org)

