Welcome Back To The Beach!

Welcome back to The Beach, CSULB community! We hope you enjoyed your summer. Whether you were vacationing on sunny beaches, taking courses over the summer, or simply enjoying the break, we all hope you had a great and relaxing summer break.

In this issue, you will meet our new Basic Needs Director and learn about CalFresh updates. Check out information regarding Latinx heritage month and events on campus happening throughout September.

Basic Needs Staff Highlight

Danielle Muñoz, Director of Basic Needs

Hola Beach Community! I am the Director of the Basic Needs program. I have my B.S. in Sociology and my M.S. in Marriage, Family and Child Counseling. I am a proud alumni of Lambda Sigma Gamma Multi-Cultural Sorority and was a first-generation college student myself. My favorite things are coffee, beaches, books and travel! I am passionate about student success and helping students graduate! Go Beach!
CalFresh Updates
Expanded Student Eligibilities

Starting September 2022, CalFresh has adjusted student eligibility requirements for students seeking CalFresh assistance. The new eligibility, **Local Program that Increases Employability (LPIE)** applies to students who participate in a specific major or academic program with an employability aspect. For a full list of majors and academic programs currently approved for LPIE, visit: tinyurl.com/LPIECSULB

Are You Eligible for CalFresh?

- Are you a current CSULB Student?
- Are you enrolled in 6 units or more?
- Are you a U.S. Citizen or Legal Permanent Resident?
- Are you within the income limits?
- Do you meet **ONE** of the following?
  - Work 20 hours a week or 80 in a month?
  - Awarded Work Study?
  - Awarded Cal Grant A or B?
  - Single Parent/Guardian of Children under 12
  - Enrolled in GROW, CalWORKS, or AFDC
  - Participate in a Local Education Program that Increases Employability (LPIE)
  - Received a Estimated Family Contribution (EFC) of $0

If yes, **You may be eligible for Calfresh!**

CalFresh Healthy Living Team

**CFHL**

CalFresh Healthy Living (SNAP-Ed) supports healthy, active and nourished lifestyles by teaching Californians about good nutrition and how to stretch their food dollars, while also building partnerships in communities to make the healthy choice, the easy choice.

CalFresh Healthy Living offers interactive classes to all CSULB students. Classes take place at the Beach Kitchen.

Connect with CFHL on Instagram @CFHL_CSULB for meal recipies, Harvest of the Month, and info on events!
Harvest of the Month

Apples

Apples are Septembers #harvestofthemonth. Apples contain fiber, vitamin C, potassium, and vitamin K. They also contain antioxidants like quercetin, catechin, phlorizin and chlorogenic acid.

CalFresh Outreach Week

October 24th - October 28th

Join us for our CalFresh Outreach Week, October 24th - 28th. It’ll be a great opportunity to meet our Beach CalFresh team and learn more about what CalFresh is and how you may be eligible for it! Additionally, you can participate in fun activities and win great prizes throughout the week!

Calfresh Resources

Already receiving CalFresh benefits? Utilize these resources to get more fruits, vegetables, and other goods with your CalFresh benefits.

Northgate Market Más Fresco

Northgate Gonzalez Market Mas Fresco program offers CalFresh recipients $2-4 rebate dollars when they use their EBT benefits to buy fruits and vegetables.

Enroll: masfresco.org

Online Retailers

CalFresh food benefits can now be used to shop ONLINE for groceries at select retailers. You can order you food online and pick it up or get it delivered for a fee.

Click Here to Learn More

Market Match

Market Match provides matching funds (up to $10) when shopping at Farmers’ Markets so you can buy even more fruits and vegetable.

Click Here to Search for Locations
Latinx Heritage Month  September 15 - October 15

Latinx Heritage Month honors the culture, heritage and contributions of Latinxs each year. Latinx Heritage Month, which runs Sept. 15 through Oct. 15, began in 1968 as National Hispanic Heritage Week, to celebrate the rich diversity, heritage and contributions of American descendants of Spanish-speaking countries. It was expanded to a month in 1988.

Campus Happenings

**Knife Skills Session with CFHL**  
**September 15th | 10AM - 11AM**  
Join the Cal Fresh Healthy Living Team on September 15th for a knife skills session as we create pico de gallo!  
**Sign-up on BeachSynch**

**Art with CalFresh**  
**September 19th | 11AM - 1PM**  
Join CalFresh and the Carolyn Campagna Kleefeld Contemporary Art Museum for an afternoon of art. Create a 3d mixed media project based on the exhibition, Juan Gomez: Sangre Hermosa. Art supplies will be provided.

**Career Closet: Clothing Donation Drive**  
**September 22th - October 7th**  
Donate your gently used business attire and accessories to Long Beach State students! Help them look their best for interviews, business events and professional development.  
**Drop Off Locations:** Career Development Center, ASI Beach Pantry and the USU Information Center.

Latinx Heritage Month  
**September 15th - October 15th**  
Latinx heritage month celebrates the history, resilience, and diversity of Latinx populations. Join Office of Multicultural Affairs as they host various events throughout the month.  
**More Info:** tinyurl.com/9sp27j4f

**Noontime Concerts: Marcello Henrique**  
**September 20th | 12PM - 1PM**  
Noontime Concerts are back at The Beach! This semester's kickoff concert will be on Tuesday, Sept. 20, with Marcello Henrique. Marcello Henrique's music is a unique blend of Brazilian music, soulful classics and a smooth beachy vibe.