

BASIC NEEDS PROGRAM

CSU, Long Beach | February 2023 Newsletter



Welcome Back To The Beach!

Happy start of the Spring 2023 semester CSULB! We hope you enjoyed your winter break and are ready to kick off another great semester!

In this issue, you will learn what services are offered at Basic Needs and learn about CalFresh updates. Check out information regarding Black History month and events on campus happening throughout January and February.

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Basic Needs Staff Are Here to Serve You!



Basic Needs provides resources meant to help and serve students in difficult situations. Students experiencing displacement/homelessness, food insecurity, or any other emergency/crisis can apply and get aid applicable to their situation. Included are three types of aid- meal assistance, housing assistance, and financial assistance. They provide services that remove barriers and empower students to keep on their pursuit towards academic success.



CalFresh Updates

Expanded Student Eligibilities

Are you part of a major or program in which it is required for you to complete an internship, fieldwork, student teaching, our medical hours to graduate? If yes, you are one step closer to potentially qualifying for CalFresh. We will provide a supporting letter for the county for you. For a full list of programs and majors, click here: [LPIE LIST](#)

End of CalFresh Emergency Allotments

The temporary **CalFresh Emergency Allotments** which provided a minimum of \$95 for CalFresh households is **ending in March 2023**. Beginning in April 2023, your CalFresh benefits will return to the regular benefit amount. You can view the regular benefit amount by signing onto your BenefitsCal account to view your most recent CalFresh Approval/Change Notice of Action.

CalFresh Outreach Week Returns!

Join us for our CalFresh Outreach Week, **February 20th - 23rd**. 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!

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

Maximum Income Limits to Qualify

		
People in Household	Gross Monthly Income	Maximum CalFresh Allotment*
1	\$2,266	\$281
2	\$3,052	\$516
3	\$3,840	\$740
4	\$4,626	\$939
5	\$5,412	\$1,116
6	\$6,200	\$1,339
7	\$6,986	\$1,480
8	\$7,772	\$1,691
Each Additional Member	+\$788	+\$211

Household – a person living alone or a group of people living together (they do not have to be related) who buy and make meals together
 *Minimum amount is \$16

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 a calendar of CFHL Events, [click here](#)



Harvest of the Month

Mandarins

Mandarins are February's #harvestofthemoth. Mandarins contain fiber, potassium, and vitamin C. They also contain antioxidants like beta-carotene, carotenoids, cryptoxanthin and ascorbic acid.



FOOD RESOURCES

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



CSULB Farmers Market

The Farmers Market is back at The Beach! Spend your CalFresh benefits on fresh produce, bread, yogurt, and more! Every Tuesday*, 10AM -2PM, in front of the SRWC!

[Click Here to Learn More](#)

*No Farmers Market on 3/28 for Spring Break

Market Match

Market Match provides matching funds (up to \$10) when shopping with CalFresh Benefits at eligible Farmers' Markets, so you can buy even more fruits and vegetables.

[Click Here to Search for Eligible Locations](#)



ASI Beach Pantry

The ASI Beach Pantry is open for all enrolled CSULB Students . Students can visit the pantry 3x a week and grab up to 5 items each visit. Students can grab produce, canned/packed foods, protein, and much more!

No CalFresh Required!

[Click here to learn more](#)



Black History Month **February**

February is celebrated as African-American History Month. The month of February was chosen because it celebrates the birthdays of Abraham Lincoln and Frederick Douglass, both of whom dramatically affected the lives of African-Americans. To celebrate Black History Month is to celebrate the good and the great in America. It is a time to recognize achievements, leaders and events that shaped a nation and a people. And it is a time to remember the tragedies and to continue fighting for equality and justice.

[Click Here for a list of Black History Months Events happening at The Beach.](#)

Campus Happenings

Mindfulness Meditation Class

February 2nd, 9th, 16th, 23rd | 3:45-5PM

A beginner's class about the fundamentals of meditation. Get to learn different style and find out what works for you!

Mindfulness can boost your mood, memory, attention, and sleep.

More Info: <http://bit.ly/3VzwnGt>

Cupid at the Beach

February 13th | 11:30AM - 1:30PM

Take the time to join Beach Pride Events (BPE) to craft cards for your partner, friends, family or yourself! Relax with us at the USU Southwest Terrace, listen to some classic love songs and craft the day away.

Location: USU Southwest Terrace

Palentine's Day

February 14th | 6PM - 9PM

You're familiar with Valentine's Day, now get ready for Palentine's Day! The holiday of love is a great way to celebrate more than the love you have for your partner.

Location: USU Ballrooms

24th Annual Dr. Martin Luther King, Jr. Celebration

February 9th | 11AM - 1PM

ASI is proud to announce the 24th Annual Dr. Martin Luther King, Jr. Celebration. Join us as we commemorate Dr. King's dream while discussing ways to keep his mission flourishing in a constantly fluctuating society.

Location: USU Ballrooms

Movies on the House: Puss in Boots: The Last Wish

February 22nd | 7PM

ASI Beach Pride Events presents Movies on the House! Grab your friends and get ready to watch the night away with a perfect movie on campus. Admission is FREE for all Long Beach State University students and no sign-ups are required! Free snacks will be available for all participants while supplies last.

Location: USU Beach Auditorium



Office Hours
Monday - Friday
8:00AM - 5:00PM

Office Location
University Student
Union (USU) 112

Contact Information
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Appointment Center



Basic Needs Application