

How to Apply

You may be eligible if you:

--> Are pregnant, breastfeeding, or just had a baby in the past 6 months; or

--> Have children under 5 years of age including those cared for by a single parent, father, grandparent, foster parent, step-parent or guardian;

AND

--> Have low to medium income; and/or

--> Receive Medi-Cal, TANF, or CalFresh benefits.

Proof of California residency is required.

You may apply:

--> In-person at our Grass Valley or Truckee site

--> By calling: 530-265-1454 (Grass Valley) or 530-582-7814 (Truckee)

--> Or **[click here to fill in our online form](#)**



Contact Us

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Director of Health and Human Services

Agency

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Phone: 530-265-1627

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[Email](#)

Helpful Links

[California Department of Public Health](#)

[What Is Public Health?](#)

[Agency on Aging Area 4](#)

[Appointed Officials](#)

[Board of Supervisors](#)

[County Executive Office](#)

