

Community Action Commission of Santa Barbara County

CAC: Creating opportunities for Santa Barbara County families to achieve stability.



Newsletter

Autumn 2015

Donate Now!



In This Issue

[Food Day](#)

[Santa Barbara Youth Corps](#)

[Refrigerator Program](#)

[Head Start Initiative](#)

2-1-1 Helpline



The 2-1-1 Helpline has been successfully adopted by CAC. 2-1-1 connects people who need food, medical care, counseling and other human services to organizations that can provide the help they need.

The service is multilingual (150 languages), confidential and available 24 hours a day, 7 days a week, at no cost to the caller.

Featured Sponsors



Our community partnerships are incredibly important. The stories in this newsletter illustrate that good things happen when we all work together. The City of Lompoc Parks and Urban Forestry is bringing stability to youth by partnering with CAC's Youth Corps. Our partnership with Pacific Coast Energy Company (PCEC) is providing free, energy efficient refrigerators for local families. CAC and the Public Health Department are partnering to bring you a fun, free Food Day event at the Back Door Deli on October 22. And we are asking you to partner with Head Start by donating \$10 today. Every \$10 donation will buy one bicycle helmet for the children at our Head Start Centers. Our goal is 100 new bicycle helmets for the new school year.



Food Day is coming! October 22, 2015



CAC and the Santa Barbara County Public Health Department are joining together to celebrate National Food Day. This is a time to honor local farmers,

observe our own diets, and take action to move "toward a greener diet." The day will be celebrated with free food samples, raffle prizes, information on healthier diets and more! We are hosting the event on October 22, 2015 from 11 am to 1 pm at CAC's Back Door Deli.

(315 Camino Del Remedio, Santa Barbara)

[Event Information](#)

Santa Barbara Youth Corps at work!



(Click [here](#) to see all CAC sponsors.)

Join Our Mailing List!

The City of Lompoc Parks and Urban Forestry and CAC's Santa Barbara County Youth Corps are working together to



improve our community. The Youth Corps provides opportunities for young men and women to develop employment skills, while becoming active members of their community. Like us on [Facebook](#) to follow SBYC's work within our community.

Refrigerator Exchange

Are you eligible to receive an upgraded refrigerator?
Call us to find out
(805) 617-2897

You may also qualify for FREE Home Weatherization Services

CAC's Energy upgrade Services are FREE to all income-qualified households.
www.cacsb.org

Request your application by calling
(805) 617-2897

Refrigerator Upgrade

CAC is proud to announce our partnership with Pacific Coast Energy Company (PCEC) to replace pre-1995 refrigerators in Santa Barbara County homes. Those who qualify for the upgrade will receive a 2015 Energy Star model. There is no cost to applicants who own a qualifying refrigerator. CAC will also be offering additional energy saving services to households that qualify based

on income, call **805-617-2897** to learn more!



Donate now!

A \$10 donation will buy a bike helmet for a child. CAC is reaching out to our community to request support for our bicycle helmet initiative at our Head Start centers.

Your \$10 donation will benefit our Head Start children and promote bike safety habits.

Donate Now!

Thank you for your support of CAC. Together, we are making a difference in our community.

Sincerely,

A handwritten signature in black ink that reads "Fran Forman". The signature is written in a cursive, flowing style.

**Fran Forman, Executive Director
Community Action Commission of Santa Barbara County**