



Basic Needs Resources

FOR GRADUATE STUDENTS

FOOD RESOURCES

MIRAMAR PANTRY

housing.ucsb.edu/dining/food-pantry

Located in the Sierra Madre Villages, Miramar provides students with free food resources and toiletries. To be eligible, users must (1) be registered UCSB undergraduate or graduate students and (2) making less than \$14,484 per year.

AS FOOD BANK

foodbank.as.ucsb.edu

Located on the third floor of the UCEN, the ASFB provides students with free food resources and toiletries. To be eligible, users must (1) be registered UCSB undergraduate or graduate students and (2) making less than \$14,484 per year.

CALFRESH

food.ucsb.edu/calfresh

A federally funded nutritional assistance program, Calfresh gives students purchasing power when shopping for groceries. Qualifying students can receive up to \$192 in monthly benefits.

FOOD, NUTRITION AND BASIC SKILLS PROGRAM (FNBS)

wellness.sa.ucsb.edu/fnbs

Free workshops that give students the opportunity to taste delicious and easy meals, practice their hands-on cooking skills, and learn how to stretch their dollar while grocery shopping.

FOOD NOT BOMBS

facebook.com/fnbiv

Both a social movement and community potluck, this all-volunteer organization prepares free vegan and vegetarian dinners for the IV community every Sunday.

CAFE PICASSO

tinyurl.com/cafepicasso

Offers community members a free home-cooked brunch and group to gather with every Sunday. Meals are served at St. Michael's University Church in IV and all students are welcome to attend, regardless of faith.

SWIPE OUT HUNGER

swipehunger.org/ucsb

Through this program, students can apply to receive meal tickets for the campus dining commons. Residents are able to donate three meals each week, Mon – Fri.

IV ELEMENTARY FOOD PANTRY

tinyurl.com/ivhealthyschool

Pop-up food distribution service that supplies students and families with fresh produce and food staples.

Occurs once a month at IV Elementary. Participants are encouraged to bring their own reusable bags.

IV FOOD CO-OP BASICS

islavistafood.coop

This community-run grocery store located in IV offers high-quality groceries that are particularly affordable through its Co-ops Basic program.

ST. MICHAEL'S COMMUNITY GARDEN

tinyurl.com/stmichaelsgarden

Sixteen raised bed plots are available (first come, first serve) for those in the community who wish to grow their own fruits, vegetables and flowers. Plots cost \$15 for deposit + \$5/month.

GREENHOUSE AND GARDEN PROJECT

ucsbosl.orgsync.com/org/ghgp

For \$40 a year, students can receive an individual garden plot and full access to the campus greenhouse. Membership includes gardening materials, water usage, and access to knowledge from other members.

FOOD SECURITY ADVOCATES

food.ucsb.edu/calfresh

Talk with other UCSB students who are trained on the variety of resources that the local community has to offer, including those on food, finances, and housing. Office hours and locations are held throughout campus.

FINANCIAL RESOURCES

FINANCIAL CRISIS RESPONSE TEAM

financialcrisis@sa.ucsb.edu

Assists students facing a financial crisis or urgent financial need. Members from numerous departments across campus evaluate cases individually and holistically to identify the best way to support students.

LOAN OPTIONS

tinyurl.com/UCSBLoanOptions

Alumni Association Loans

Short term, interest free loans. Up to \$250/ quarter for graduate students with a 30 day repayment period.

Office of Financial Aid Short Term Loans

Emergency short-term loans – allows students to receive an advancement of their pending Financial Aid. Up to \$500/quarter with a 30 day repayment period.

GRANT OPTIONS

tinyurl.com/UCSBGrantOptions

Student Medical Emergency Relief Fund

Provides funding for students with expenses related to medical, dental, psychological, and optical emergencies

GSA Childcare Grant for Graduate Students

Provides general support for graduate students who have expenses related to caring for their dependent(s). Single-child households can receive \$300; for each additional child, households can receive another \$150.

GSA Graduate Student Emergency Relief Fund

Helps graduate students experiencing sudden financial distress due to unforeseen circumstances. Award ranges from \$100 to \$1000 depending on individual circumstances.

Women's Center Bridge Over Troubled Waters

Provides small emergency grants to female single student parents. Amounts vary case by case.

HOUSING RESOURCES

COMMUNITY HOUSING OFFICE

tinyurl.com/ucsbcho

The CHO empowers renters with accurate and constructive knowledge of their rights and responsibilities. Services include housing placement, dispute resolution, and educational workshops.

SANTA BARBARA STUDENT HOUSING COOPERATIVE (SBSHC)

sbcoop.org

Through the use of cooperative-style housing, the SBSHC provides low rent options for community members. Persimmon House, located in downtown Santa Barbara, is exclusively for graduate students and other young professionals.

WELLNESS RESOURCES

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

caps.sa.ucsb.edu

CAPS assists the student body in achieving academic, social and personal success through a diverse range of mental health services. Satellite offices specifically targeted towards graduate students are located at San Clemente Villages and Santa Catalina.

CAPS SUPPORT GROUPS

tinyurl.com/CAPSSupportGroups

CAPS hosts multiple discussion groups specifically for graduate students to share their experiences, voice their concerns, and find a greater community: "Graduate Student Process Group" and "Creating Community: A Support Space for Graduate Students of African Heritage".

COMMUNITY RESOURCES

AS LEGAL RESOURCE CENTER

legal.as.ucsb.edu

Provides free legal consultations, education, and referrals to registered UCSB students. An attorney can offer support on a variety of topics, including credit and debt problems, landlord tenant disputes, and employment problems. Housed at the Pardall Center in IV.

SOCIAL WORK SERVICES

tinyurl.com/ucsbsocialworker

Based at Student Health, this confidential service connects students to a social worker who can address potential obstacles to students' success and develop a comprehensive plan to overcome them. Services include psychosocial evaluations, crisis intervention, complex needs counseling, community linkage and referrals for behavioral and physical health needs.