



DOLORES HUERTA FOUNDATION

INSPIRING AND ORGANIZING COMMUNITIES TO BUILD VOLUNTEER ORGANIZATIONS
EMPOWERED TO PURSUE SOCIAL JUSTICE.

Liberated Youth for Empowerment



In February, The Dolores Huerta Foundation's youth leadership program, Liberated Youth for Empowerment, also known as LYFE, kicked off its second year of programming for youth across the Central Valley in the counties of Fresno, Tulare, and Kern. The DHF LYFE program has 5 levels of leadership development and engagement all of which include three pathway focuses: Civic Engagement, New Media & Technology, and Transformational Arts.

Youth from each region are given the opportunity to choose what issues affecting their local communities they would like to advocate solutions for. Current campaigns selected by youth include Student Safety on Campus (Fresno), Supporting Unhoused Communities (Tulare), and Healthier, Culturally Relevant Meals in Schools (Kern). LYFE members use the pathways to elevate and move their campaigns. Through Civic Engagement, youth learn about how government and school boards operate, and about the impact they can have on policies and systems-changes in their communities by writing op-eds, providing public comment, gathering voter registrations, and organizing community members. Through New Media & Technology, youth are effectively using 21st-century skills to uplift events and community narratives through social media, digital animation, audio & video production, and podcasts. The Transformational Arts pathway supports LYFE members in learning from local artists how to use storytelling, zines, block printing, poetry, dance, and other mediums to bring awareness to their local campaigns.

We know that youth across the Central Valley live in some of the most marginalized and underserved communities. We know that young people today are experiencing never before seen levels of stress, anxiety, and depression. Through the LYFE program, we also know young people find a sense of belonging, a sense of purpose, and a journey to individual, family, and community wellness. We know change can be slow, but our local youth are determined to create change in their communities!

If you would like more information on our LYFE Program or if you are a local artist who would like to be connected to our program, please email mromero@doloreshuerta.org.

Have you already received P-EBT benefits or Pandemic EBT Emergency School Meals Program?

P-EBT is a pandemic benefit that provides food benefits to families with students (age 21 and under) who have temporarily lost access to free or reduced-price school meals due to the COVID-19 pandemic. Due to COVID-19, children who are eligible for free or reduced-price meals at school will get additional meal benefits. P-EBT is a new, temporary food benefit to help families buy groceries because schools were closed.

Any family with a child in grades K-12 who is eligible for free or reduced-price school meals, including children who attend a school where meals are free to all students. P-EBT is for all students regardless of citizenship or immigration status. The only requirement is that a child must be eligible for free or reduced-price school meals. All P-EBT benefits have been distributed since August 2021 but will be fully distributed by September 30, 2023.

Remember that P-EBT does not require registration or an application and will not affect other benefits you may be receiving or affect immigration. It will not make the review a public charge. Families who have not received a P-EBT card but have questions about their eligibility can call (877) 328-9677 Monday through Friday, 6 am-8 pm.

DHF Resource Centers



The Dolores Huerta Foundation has provided community resources since its inception. The COVID-19 pandemic increased the need for resources in our communities. For the past three years, DHF has hosted countless food banks distributing thousands of pounds of fresh fruit and food to communities most impacted. The Resource Center also provided information to community members about how to prevent the spread of COVID-19, COVID-19 testing, and free vaccine clinics.

DHF will establish community-based centers in Bakersfield, Sanger, Arvin, Tulare, California City, and Palmdale in order to provide low-cost services, resources, and referrals to *Vecinos Unidos*®, youth, and community members. The centers will uphold DHF's values in the promotion of economic security, legal and civil rights, and self-empowerment.

The centers will allow the community members to gather, find resources, and create the change we wish to see within our communities. If you know anyone who would like to be part of this impactful project please contact the Resource Center Coordinator, Gabriela Fernandez at (661) 558-2052



It's Time to Get COVID-19 Boosted!

COVID-19 Vaccines and Booster doses are safe, effective, and free to all community members regardless of immigration status! As we fight this cold and flu season, protect your loved ones by getting your updated COVID-19 booster. The updated boosters protect against the original COVID-19 strain and new variants. All eligible people age 5 and older should receive an updated booster dose at least two months after their primary vaccine series completion. Eligible children 4 and younger should receive their Bivalent dose following two monovalent doses of their primary series.

Please wear a mask in public spaces, practice social distancing, & wash your hands. Together we can work towards better health and protect one another from COVID-19.

COVID-19 and Booster doses are available in many places, including healthcare providers, clinics, and local pharmacies. Californians can visit: MyTurn.ca.gov or call 833-422-4255, or visit Vaccines.gov to make an appointment or find a walk-in vaccine clinic near you.

All COVID-19 resources are from Vaccines.gov & Vaccinateall58.com

For more information on how you can join the *Vecinos Unidos*® contact 1-833-564-6343 or 1-833-JOIN-DHF
To support the organizing work of the Dolores Huerta Foundation, please visit Give2DHF.org