

FOOD RESOURCES



Entitlement program that provides monthly benefits to assist low-income households

Eligibility:

-Low-income households that meet income guidelines & have at least 1 family member with a SSN. Please contact a CalFresh office for more information on eligibility criteria.

Contact Information:

- Phone number: (415) 558-4700
- Website: GetCalFresh.org
- Apply in person at:
1235 Mission Service Center
(Monday - Friday 8:00 a.m. - 5:00 p.m.)



Community based, delivers meals tailored to meet the needs of seniors. Combats social isolation by providing in home visits

Eligibility: Seniors 60 years of age and older who are homebound and/or unable to shop/cook for themselves.
Apply: Multiples center throughout San Francisco. Locate the nearest center visiting

<https://www.mealsonwheelsamerica.org/>

WIC

WIC helps families get healthy food and a lot more. WIC provides nutrition education, breastfeeding support, WIC card to purchase healthy foods at the grocery store, and referrals to healthcare and other community services.

Eligibility:

-WIC serves babies and children up to age 5, pregnant women, and new mothers. Dads, grandparents, foster parents of young children, and working families are welcome to apply. Please contact WIC office to determine eligibility.

Contact Information:

- Phone number: (415) 575-5788
- Website: wicesfdph.org
- Apply in person at:
Zuckerberg San Francisco General Hospital
WIC Clinic
2550-23rd Street, Bldg.9, Room 125
San Francisco, CA 94110
Phone: (628) 206-5494
Email: zsfgwic@sfdph.org
Clinic hours:
Monday-Friday 8:00a.m.- 5:00 p.m.

Meal Programs



Project Open Hand
meals with love

POH Wellness Program: Provides medically tailored meals, groceries, and nutrition education

Eligibility:

Eligibility: Resident of San Francisco or Alameda County living with eligible diagnosis (including Type 1 and Type 2 diabetes with an HbA1C>8, Hep C, chronic obstructive pulmonary disease, congestive heart failure, coronary artery disease, HIV/AIDS)

Apply: Ask your medical provider for a referral. Additional eligibility will be assessed by POH service team.

FOOD BANKS/ POP UP PANTRIES



Visit sfmfoodbank.org to help you locate weekly free groceries, monthly food boxes for seniors, one-time emergency food, or help to enroll in CalFresh.

-The San Francisco-Marin Food Bank is committed to serving residents regardless of their immigration status.



COMMUNITY RESOURCES



Offers food pantry with nutritious, local and organic groceries free of charge on a weekly basis to low-income families.

Please call or email our office for services:

Phone: (415) 863-0764

Email: info@larazarc.org

Location: 474 Valencia, Suite 100
San Francisco CA 94103

By Appointment Only

Website: <https://www.larazarc.org/>

The Women's Building

Food bank; free immigration, housing and family law legal clinics; fingerprinting for family reunification; housing assistance (including assistance with application for covid rent relief); financial coaching; CalFresh application assistance

Contact Information

- Phone: (415) 431-1180
- Website: <https://womensbuilding.org/>
- Physical address: 3543 18th Street #8, San Francisco, CA 94110

Mission Food Hub

Offers a nutritious and comforting variety of groceries. You can expect staples like oatmeal, beans, rice, masa, milk, fresh produce, herbs, and frozen protein cuts. The food offerings can vary day-to-day.

Healthy Groceries for Families
Monday 1 PM - 3 PM

Wednesday & Friday starting at 11:00 AM

Physical Address: 701 Alabama Street, San Francisco

Phone: (415)-206-0577

Website: <https://www.missionfoodhub.org/>

Glide Crisis Center



The Daily Free Meals program has no eligibility requirements. Clients are not required to complete an intake form prior to receiving a meal. Also offers Special breakfast service reserved for seniors, families and adults with disabilities each morning from 7:30 - 8:00 am

Phone: (415) 674-6000

Website: <https://www.glide.org/program/walk-in-center/>

Physical address: 330 Ellis St., San Francisco, CA 94102:

Project Open Hand-Nutrition Program

Provides dining locations and nutritious meals, nutrition education to Seniors (60 years or older) and adults living with disabilities (18-59 years old)

Multiple locations: Visit

<https://www.openhand.org/get-meals/seniors-and-adults-disabilities>

FREE FARM STAND

Volunteer-run project that distributes free, locally grown produce to all.

Eligibility: Open to all.

Sundays, Noon-1pm @ Parque Niños Unidos 23rd St. & Treat Ave in San Francisco

Visit website for any changes in service

<http://freefarmstand.org/>



Provide seniors (60 years old or older) with meals 7-days a week. Also, assist them in finding housing or maintaining their housing.

Eligibility:

For more information about referrals and program eligibility, please contact Daniel Hill, Program Manager, at (415) 533-4039, or daniel.hill@sfdph.org

Contact Information:

- Phone number: (415) 920-1351
- Website: <https://curryseniorcenter.org/dining-housing/>

Project Open Hand-Nutrition Program

Dining locations, nutritious meals, and nutrition education to adults over 60 years old and adults living with disabilities (18-59 years old)

Multiple locations: Visit <https://www.openhand.org/get-meals/seniors-and-adults-disabilities>

