



## FAMILY SUPPORT SERVICES

### Food and Meal Resources

#### School Districts

***Oakland Unified School District:*** Grab and go meals will continue to be available for OUSD students or family aged 18 and under, free of charge. Multiple days' worth of food can be picked up to take home on Mondays and Thursdays, 8:00 am – 12:00 pm. Find a pick up location [HERE](#).

***San Francisco Unified School District:*** Free meals will continue to be available. Pickup locations will be open two days a week, but each bag will include meals for multiple days. No identification or proof of school enrollment is required, and adults will be able to pick up meals for children without a child present. Find a pick up location [HERE](#).

***West Contra Costa Unified School District:*** All schools will remain closed through May 1. The District has 17 locations to pick up meals for students 18 or younger, Monday through Friday. Find a pick up location [HERE](#).

#### Other Resources

[Find a food bank](#)

#### Alameda County

List of Alameda County food banks [HERE](#)

***Alameda County Community Food Bank:*** Distributes food on Monday, Wednesday, and Friday from noon to 5:00 pm. They are providing drive up service at 650 West Ranger Avenue, Alameda, off of bus line 96.

***Emeryville Citizens Assistance Program*** – First come first serve, 3610 San Pablo Ave., Emeryville. 510.499.1263.

***Berkley Food Network*** – on-site pantry currently open, Monday – Thursday 10am to 2pm, Monday through Wednesday 5pm to 7pm, first and third Saturdays, 10 am to 12 pm. 1925 Ninth St., Berkeley.



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***St. Vincent De Paul*** – Sacked lunches handed out Tuesday through Saturday 10:45 – 12:45, in front of the Dining Room on 23<sup>rd</sup> St.

**[Meals on Wheels of Alameda County:](#)**

**[Project Open Hand:](#)** Frozen meals provided to clients.

***MIXT*** is offering sliding scale discount codes for pick-up orders. Codes: wegotyou25 for 25% off, wegotyou50 for 50% off, wegotyou100 for a free meal. Use codes at mixt.com or on MIXT app for pick up orders.

***La SantaTorta Food Truck;*** 333 Broadway Oakland; Free hot meals 12:00 - 2:00 p.m.

**[Expensify.org](#)** is matching \$50 towards SNAP grocery purchases

***Hope 4 the Heart:*** 22035 Meekland Ave., Hayward, every Tuesday, Wednesday, & Thursday at 12:30 pm. Provides fresh produce and groceries. Bring your own bags.

***Safeway, Whole Foods, Target*** and several other markets and retail stores are setting aside hours just for “at-risk” shoppers, including senior citizens, pregnant people and other people with vulnerable immune systems. Safeway invites “at-risk” shoppers from 7-9 a.m. Tuesday and Thursday; Whole Foods invites customers 60 and older to stores one hour before opening to the public; Target reserves the first hour on Wednesdays to “vulnerable guests;” Dollar General reserves the first hour of every business day to senior shoppers.

***Points of Light*** will be delivering groceries to families with youth & children who do not have any means of transportation between the hours of 8am-12pm. Please call the designated youth director in your district: District 1: (850) 532-2376; District 2: (510) 789-9240; District 3: (909) 800-2245; District 4: (909) 800-2245; District 5: (650) 720-1171; District 6: (510) 384-9032 or (626) 272-4477; District 7: (786) 474-5600 or (415) 283-9173



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[Raley's](#) is also stepping up to support seniors over 65 by establishing a special program that includes a pre-selected bag of grocery staples at a discounted price. This bag can be picked up in-store by a caregiver or friend. Details will soon be available online and in-store.

**Community Foods** in West Oakland: EBT cardholders receive 50% off. The address is: 3105 San Pablo Ave, Oakland, CA 94608

### Contra Costa County

**Loaves and Fishes of Contra Costa** – to go meals available, learn more [HERE](#).

**Food Bank of Contra Costa & Solano** – find food in your city [HERE](#).

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### San Francisco County

Map of places to get breakfast, lunch and supper in San Francisco during school closures available [HERE](#).

**The Women's Building:** The Food Pantry on Monday morning will remain open. (415.431.1180 or [info@womensbuilding.org](mailto:info@womensbuilding.org))

**San Francisco-Marin Food Bank:** Learn more [HERE](#).

#### **Pacifica Resource Center:**

**Tuesday Groceries at PRC** - No appointment necessary. Just bring your bags and line up to get your selection of groceries!



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*PRC Pantry* – Make an appointment to shop privately in our pantry. If it's an emergency, we'll get you in ASAP! We carry canned goods and other nonperishable items, as well as dairy and frozen meat. You can also drop by our lobby for fruit, vegetables, and other perishable items, while supplies last.

*Produce Mobile* – Visit our Produce Mobile every 2nd Monday of the month at the Pacifica Baptist Church and get bags of fruit and veggies. It's like a farmer's market, but at no cost to you. Make an appointment to sign up in advance and shop even faster.

*Family Harvest* – Shop our Family Harvest the 4th Wednesday of every month at the American Legion Hall. We have lots of fresh veggies and fruits plus many staple foods like milk, eggs, chicken, beans and rice. Family Harvest is for families with children under 26. Walk ups welcome, but signing up in advance is highly encouraged. Make an appointment today!

*Grocery Delivery* – Starting in the Fall, we will be offering a grocery delivery program. Stay tuned for details.

**GLIDE:** The Daily Free Meals program has been adjusted to use takeout containers to deliver hot meals three times daily. The walk-in center services, including shelter bed reservations, continue via a triage desk in the lobby to avoid congregating unsafely in the building. Glide's Harm Reduction Services have paused offsite HIV/Hep C testing events for health and safety reasons in favor of one-on-one testing. The Syringe Access Services will continue. Glide Church's celebration online continues Sundays at 9 a.m. & 11 a.m. through April.

**Meals on Wheels:** Check out their website to sign up.

**Project Open Hand:** The organization provides nutritious meals to the sick and vulnerable.

**St. Anthony's Foundation:** The organization provides 2,400 meals a day and also provides people in need with clean clothing and addiction recovery services.



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### San Mateo County

*Call Primrose:* The organization is offering free groceries to any family/person in need in San Mateo County and will deliver.

*Second Harvest:* The food bank provides food to more than 250,000 people in Santa Clara and San Mateo counties every month.