

Pantries that give away free groceries &/or produce

Bayview/Hunters Point/Visitacion

Girls 2000 (Hunters Point Food Pantry). 195 KISKA (at Dormitory, in Hunters Point Boys & Girls Club). 824-3225. **Thur 2-3:30pm.** For Hunters Point families. Sign in with address; no ID needed. ☒

Heritage Homes & Britton Court. 243 REY (at Sunnydale). 333-9956. **Mon 2-5pm.** For residents of Heritage Homes or Britton Court. No ID required. **Closed Sept 7.** ☒

Our Lady of Lourdes. 410 HAWES (at Innes). 695-0562. **Sat 10am-12pm.** Produce, canned & dry goods. ID & proof of address required. Bring a bag. English, Spanish. **Closed July 4, Sept 5.** ☒

Rainbow 7th Day Adventist. 1400 PALOU (at Keith). **Sign up Mon 9am for vegetarian groceries given out 12pm.** **Closed Sept 7.** ☒

St. Paul Tabernacle Baptist. 1789 OAKDALE (at Phelps). 642-4965. **Fri 12-2pm.** Must live in 94124 zip code. ID required. ☒

United Council of Human Services. 1065 OAKDALE (bet. Ingalls & Griffith). 643-1700. **MTuWF 9am-12pm & 1-3:30pm, Th 9-10:30am & 1-3:30pm:** **Sign up** for a monthly box of canned food; **produce given out Wed 10am.** Call about what kind of ID to bring (no ID needed for free clothing). **Closed July 3.** ☒

Visitacion Valley Family & Community Services Ctr. 161 LELAND AVE (at Rutland). 586-6998. Must **register once (with ID): Tues 10-10:30am or when food is given out Mon 3-4pm.** 150 people served. ID & bags required. Call or drop in Mon-Fri 9-5 for emergency food box (one available per eligible family every 12 months). Cantonese, English, Mandarin, Spanish, Tagalog. **Closed Sept 7.**

Mission/Potrero/Castro

Arriba Juntos. 1850 MISSION (bet. 14th & 15th Sts.). 487-3240. **Sign up Thur 8:30am; groceries given out 9am.** Must live in 94110 or 94103 zipcode. ID required. ☒

Diamond Heights at St. Aidan's Church. 101 GOLDMINE DR (at Diamond Heights Blvd). **Fri 1-2pm.** Produce, canned & dry goods. Must live in 94131 zip code. ID required. ☒

Fill Up America. 1050 S. VAN NESS (bet. 21st & 22nd Sts). 503-1100. **Get a ticket Fri 12pm for food given out 12:30-1pm.** 1 bag per person. Must live in 94110 or 94103 zip code; bring proof of residence. Call to volunteer. ☒

Potrero Hill Family Resource Ctr. 751 MISSOURI (at Turner). 206-2121. **Fri 12:30-4pm, last two Sats of the month 10am-2pm** (July 18 & 25, Aug 22 & 29, Sept 19 & 26). Must live in 94107 zip code. Bring ID & lease for 1st visit. No ID required for emergency food box for any SF resident referred by an agency.

Salvation Army Family Services, Mission. 1156 VALENCIA (bet. 22nd & 23rd Sts). **Sign up M-Th 9-11:45am; food given out Fri 9-10:30am.** Must live in 94107, 94110, 94112, 94114, or 94131 zip code. Bring ID, proof of income & of address. English, Spanish. **Closed July 3 & 4.** ☒

Women's Building. 3543 18TH ST. (bet. Valencia & Guerrero). 431-1180 ext. 11 (M-F 9am-5pm). **Sign up Monday 10am for vegetarian groceries** (produce, canned & dry goods) **given out 10-11am.** For immigrant SF residents only. Bring a bag. English, Spanish. ☒

Ocean View/Sunset/Richmond

Calvary United Methodist Church 1400 JUDAH (near 19th Ave). 566-3704. **Fri 8-9am.** Bring a bag. ID required. English, Cantonese, Mandarin, Tagalog.

Fill Up America. 200 ONONDOGA (near Otsego). 503-1100. **Get a number Fri 7-8am** to sign up 9am for **food given out 1:45-2:15pm.** 1 bag per person. Primarily for residents of 94112 zip code. ☒

OMI Family Resource Ctr. 650 CAPITOL (near Montana). 406-1370. **Tue 11am.** Line up no earlier than 9am, **get a number 9:30am-noon.** Must live in 94112, 94116, or 94132 zip code. Proof of address required. ☒

OMI Senior Ctr. 1948 OCEAN (at Fairfield). 587-1443. Food boxes given out to seniors **9:30am-1pm on the 4th Mon of the month** (July 27, Aug 24, Sept 28). Grocery bags given out to seniors (60+) who live in 94112, 94127 or 94132 zipcode **Thur 9-11am.** ID & proof of income required. Cantonese, English, Mandarin, Spanish, Tagalog. ☒

Sunrise Community Pantry at Christ Church Lutheran. 1090 QUINTARA (at 20th Ave). 664-0915. **Tickets given out Sat 7am,** order determined by lottery. Produce, canned & dry goods. Only 1 person per household allowed to shop. ID required.

Temple United Methodist Church. 65 BEVERLY (at 19th Ave). 586-1444. **Wed 6-7pm.** Line up no earlier than 5pm to get a randomly assigned number (not first come, first served). Produce, canned & dry goods. ☒

Tenderloin/Chinatown/SoMa

Project Open Hand. 730 POLK (near Ellis). 800-551-6325. **People with symptomatic or disabling HIV or AIDS: call M-Sa 9am-4pm** for interview appt. **If accepted, pick up food Tues 9am-4pm, Wed-Sat 11am-4pm.** Letter of diagnosis, proof of SF residency, & photo ID required. ☒

* indicates important changes since April-June 2009.

We'd like your corrections, comments, or additions for our next update. Please call 648-3222, or email free@freeprintshop.org. Up-to-the-minute charts available at <http://freeprintshop.org>

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Tenderloin/Chinatown/SoMa (cont.)

Salvation Army Asian American Yerba Buena. 360 4TH ST. (at Clara). 777-2677. **Get a ticket Fri 8:30am; food given out 9am.** For seniors 60+ who live in 94103, 94105, or 94107 zip code. ID required. Care providers must have client's ID with current address, their own ID & authorization letter. English, Cantonese & Mandarin. **Closed July 3.** ☒

Salvation Army Family Services, Chinatown Court. 1450 POWELL ST. (at Fortway). 781-7002. **Call for interview MWF 9am-12pm for food given out Fri 2:30pm.** Must live in 94104, 94108, 94109, 94111, 94118, 94121, 94122, 94123, 94129, 94130, 94133, or 94158. ID required. **Closed July 3.** ☒

Salvation Army Family Services, Turk Street. 240 TURK (bet. Jones/Leavenworth). **Fri 7-9am.** 140 people served; must live in 94102, 94103, 94105, 94115, 94117, 94118 or 94124 zip code. ID required. **Closed July 3.** ☒

S.F. Rescue Mission. 140 TURK (bet. Taylor & Jones). 441-1628. **Sign up Wed 12-12:30pm; food given out Thurs 12-12:30pm.** Must live in 94102 zip code. Bring photo ID & proof of address. You can get food once a month. Canned & dry goods. ☒

***St. Anthony's Emergency Food Pantry.** 45 JONES (at Golden Gate). 241-2690. **Sign up July 11, 8-9:30am,** to get food once a month through Dec 2009. ID & proof of housing required. English, Cantonese. ☒

Youth With A Mission. 357 ELLIS (near Jones). 885-6543. Line starts about 10am for **food given out Thurs 1:30-3pm.** Must live in 94102 zip code. ID required. ☒

Western Addition/Haight

***Bethel AME Church.** 916 LAGUNA (at Golden Gate). 921-4935. **Priority given to people already signed up (next signup is July 9 at 9am).** No ID required. Bring a box or bag. Those not signed up can show

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up **Fri 12:45-2pm** to see if there's extra food. **Closed July 3.** ☒

Booker T. Washington Community Svce Ctr. 800 PRESIDIO (at Sutter). 928-6596. Call M-F 9am-2pm for appt to pick up food **Thur 11:30am-1pm.** Produce, canned & dry goods. Photo ID required. ☒

First Friendship Institutional Baptist Church. 501 STEINER (at Oak). **Friday 10am-12pm.** Bring a bag. ☒

Jones Memorial United Methodist Church. 1975 POST (at Steiner). 921-7653. **Get a ticket every Sat 8:30am; food given out 10:30-11:30am.** Bring a bag. Must live in 94115 zip code. **Closed July 4, Sept 5.** ☒

Korean American Senior Service. 745 BUCHANAN (at Grove). **Fri 10am-12pm.** No ID required. ☒

Macedonia Missionary Baptist Church. 2135 SUTTER (near Pierce). **Wed 10am-12pm.** Must live in 94102, 94109, or 94115 zip code. ID required. Produce, canned & dry goods.

***St. Andrew Missionary Baptist Church.** 2565 POST (near Baker). 346-2500. **Get an appointment 1st Wed. of the month (July 1, Aug 5, Sept 2) 8:45am** to get groceries once a week for 2 months. Those without appointments, get groceries Wed 10:15am. No ID required, just a smile. ☒

Treasure Island

Treasure Island Homeless Development Initiative. BLDG. 497 AVENUE I ON TREASURE ISLAND (bet. 9th & 11th Sts.). 274-0311. **Tues 3-4:30pm.** For Treasure Island residents only. ID required. ☒

Citywide

Supplemental Food Program. CALL 211 (HELPLINK) to get on waiting list for one 35-lb box of dry & canned goods per month. For SF residents age 60+ & non-WIC families with children under 6. Must provide proof of age & income. ☒

Other ways to get free groceries

Food Stamps. Department of Human Services, 1235 MISSION (betw. 8th & 9th Sts.). 558-1001 (or toll-free 877-366-3076) for information in Cantonese, Mandarin, English, Spanish, Tagalog, Russian; 558-4186 to leave message. Disabled people may be able to apply by mail; otherwise they will probably tell you to just apply in person **M-F 8-11am & 1-3pm.** It's best to get there as early as possible (8-10am), fill out an application & turn it in at the window. They will give you an appointment either that day or in a few days. When you come to the appointment, they'll ask you for ID, Green Card (if you're an immigrant) & proof of your rent, expenses, & income after which they'll check your bank accounts, etc. & fingerprint you. You should get your food stamps sometime within 3 days to a month. Individuals can get up to \$200 worth of Food Stamps per month (most individuals get less; most families get more). The amount you get depends on income and how much you have to pay for rent, etc. ☒

WIC. CALL 575-5788 (leave message if no answer). **M-F 8am-5pm.** Women who are pregnant or have children under 5 years, call for referral to sign up in one of 5 locations. Take proof of income (check stubs, Medi-Cal card) & address (California ID/phone or PG&E bill/piece of mail) & verification of pregnancy (with due date). WIC provides food vouchers, nutritional counseling, & breastfeeding info & support. You can take vouchers to some grocery stores for beans (or peanut butter), cereal, juice, eggs, milk, cheese, & iron-fortified infant formula. Women who are breastfeeding & not using formula get more of the above, plus carrots & tuna. **Closed July 3 & 30, Sept 7, 29, 30.** ☒

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