

Pantries that give away free groceries or produce

Bayview/Hunters Point/Visitation

Bayview TLC Family Resource Center. 1601 LANE ST (at Quesada, in Bayview YMCA). 822-9404. **Th 3-5pm.** Must live in 94124 zip code. ID required. Bring a bag. ☒

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; 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 6.** ☒

Our Lady of Lourdes. 410 HAWES (at Innes). 695-0562. **Line up Sat 8:30am** for ticket for **food given out 9:30am-11:30am.** ID & proof of address required. Bring a bag. English, Spanish. **Closed July 3.** ☒

Rainbow 7th Day Adventist. 1400 PALOU (at Keith). **Sign up Mon 9am** for vegetarian **groceries given out 12pm.** **Closed Sept 6.** ☒

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 (near Ingalls). 643-1700. **Sign up Wed 8am** (with ID) for food **given out Wed 9am.** If not signed up, line up Wed 8:30am to see if there's extra. ☒

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. 101 GOLDMINE DR (at Diamond Heights Blvd). **Fri 1-2pm.** Produce,

dry goods. Must live in 94131 zip code. ID required. ☒

Fill Up America. 1050 S. VAN NESS (near 21st St). (800) 994-0041. **Fri 11:15am-12:30pm.** Call to volunteer. ☒

Potrero Hill Family Resource Ctr. 751 MISSOURI (at Turner). 206-2121. **Fri 12:30-3pm, last two Sats of the month 10am-2pm** (July 17, 24; Aug 21, 28; Sept 18, 25). Must live in 94107 zip code. Bring ID & lease for 1st visit. No ID required for one-time-only emergency food box for any SF resident; call M-F 9am-5pm.

***Salvation Army Family Services, Mission.** 1156 VALENCIA (bet. 22nd & 23rd Sts). **Call for interview M-Th 10am-2pm. 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 2, Sept 3.** ☒

Women's Building. 3543 18TH ST. (bet. Valencia & Guerrero). 431-1180 ext. 11 (M-F 9am-5pm). **Sign up Mon 10am for groceries given out 10-11am.** For immigrant SF residents only. Bring a bag. English, Spanish. **Closed July 5, Sept 6.** ☒

Ocean View/Sunset/Richmond

Calvary United Methodist Church 1400 JUDAH (near 19th Ave). 566-3704. **Fri 7:30-9am.** Bring a bag. ID required. English, Cantonese, Mandarin, Tagalog.

OMI Family Resource Ctr. 650 CAPITOL (near Montana). 406-1370. **Line up Tues 9am to get a number 9:30am-noon for food given out 11am-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 for seniors **9:30am-1pm on the 4th Mon of the month** (July 26, Aug 23, Sept

27). Grocery bags for 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 by lottery Sat 7am.** Only 1 person per household allowed to shop. ID required.

***Temple United Methodist Church.** 65 BEVERLY (at 19th Ave). 586-1444. **Wed 6-7:30pm.** Line up no earlier than 4:40pm to get a random number (not first come, first served). ☒

Tenderloin/Chinatown/SoMa

Mary Elizabeth Inn. 1040 Bush St (near Jones). 673-6768 (M-F 8am-4pm). **Women only: line up 9:30am Wed.** Bring your own bag. ☒

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. ☒

***Salvation Army Asian American Yerba Buena.** 360 4TH ST. (at Clara). 777-2677. **Call for interview M-Th 10am-2pm. Food given out Fri 9-10:30am.** 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 2, Sept 3.** ☒

***Salvation Army Family Services, Chinatown Court.** 1450 POWELL ST. (at Fortway). 781-7002. **Call for interview M-Th 10am-2pm. Food given out Fri 9-10:30am.** Must live in 94104, 94108, 94109,

* indicates important changes since April-June 2010.

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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Pantries that give away free groceries &/or produce

Tenderloin/Chinatown/SoMa (cont.)

94111, 94123, 94129, 94130, 94133, or 94158. ID required. **Closed July 2, Sept 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 94121 zip code. ID required. **Closed July 2, Sept 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. ☒

***St. Anthony's Emergency Food Pantry.** 45 JONES (at Golden Gate). 241-2690. **Sign up July 3, 8-9am,** to get food once a month through December 2010. ID & proof of housing required. English, Cantonese. ☒

Youth With A Mission. 357 ELLIS (near Jones). 885-6543. Line up Thurs 11am 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. **Sign up 8am Fri Jul 2 to get food for next 6 months** (next signup is in January). ID required. Bring a box or bag. Those not signed up can show up **Fri 12:45-2pm** to see if there's extra food. **Closed July 9, Sept 17.** ☒

Booker T. Washington Community Svce Ctr. 800 PRESIDIO (at Sutter). 928-6596. **Call Wed 9am-noon 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. **Sat 10:30-11am.** Bring a bag. Must live in 94115 zip code. **Closed July 3, Sept 4.** ☒

Korean American Senior Service. 745 BUCHANAN (at Grove). **Fri 10am-12pm.** ID required. ☒

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

St. Andrew Missionary Baptist Church. 2565 POST (near Baker). 240-0313. Those without appointments, get food **Wed 9am.** No ID required, just a smile. ☒

Treasure Island

Treasure Island Homeless Development Initiative. 850 AVENUE I ON TREASURE ISLAND (at 11th St, in the Shipshape Building). 274-0311. **Tues 3-4:30pm.** For Treasure Island residents only. ID required. ☒

Citywide

Supplemental Food Program. CALL 211 (HELPLINK) for nearest location to get 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. You can check your eligibility & apply online at <benefitssf.org>. Otherwise 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. For the appointment bring ID; Green Card (if you're an immigrant); & proof of your rent, expenses, & income. They'll check your bank accounts, etc. & fingerprint you. If approved, you should get your food stamps card 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. Bring 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, info & support for breastfeeding, & nutritional counseling. You can take vouchers to some grocery stores for fruits & vegetables, whole grains, beans (or peanut butter), cereal, juice, eggs, milk, cheese, iron-fortified infant formula & baby food for infants. Women who are breastfeeding & not using formula get more of the above, plus canned fish. ☒