

Pantries that give away free groceries &/or produce

Bayview/Hunters Point/Visitation

Girls 2000 (Hunters Point Food Pantry). 195 KISKA (at Dormitory, at the old Milton Meyer Rec Ctr). 824-3225. **Thur 2-3:30pm**, first come first served. 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. ☒

Our Lady of Lourdes. 410 HAWES (at Innes). 285-3377. **Sat 10am-12pm**. Produce, canned & dry goods. ID or proof of address required. Bring a bag. English, Spanish. ☒

Rainbow 7th Day Adventist. 1400 PALOU (at Keith). **Sign up Mon 9am; vegetarian groceries given out 12pm. Closed July 7, Sept 1.** ☒

St. Paul Tabernacle Baptist Church. 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. **MWThF 9am-4pm, Tues 12-4pm**: 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 4.** ☒

Visitation Valley Family & Community Services Ctr. 161 LELAND AVE (at Rutland). 586-6998. Must **register once (with ID): Tues 10-10:30am; food given out Mon 3-4pm**. 70 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.

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 1-2:30pm**. Produce, canned & dry goods. Must live in 94131 zip code. ID required. **Closed July 4.** ☒

Fill Up America. 1050 S. VAN NESS (bet. 21st & 22nd Sts). 503-1100. **Get a ticket Fri 10am; food given out 12:30pm**. 1 bag per person. Must live in 94110 or 94103 zip code. ID required. 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 19, 26; Aug 23, 30; Sept 20, 27). Must live in 94107 zip code. Bring ID & lease for 1st visit. No ID required for emergency food boxes, for any SF resident referred by an agency. **Closed July 4; open July 3 instead.**

Salvation Army Family Services, Mission. 1156 VALENCIA (bet. 22nd & 23rd Sts). **Sign up M-Th 9-11:45am; food given out Fri 9-11am**. Must live in 94107, 94110, 94112, 94114, 94131, or 94134 zip code. Bring ID, proof of income & of address. English, Spanish. **Closed July 1-4.** ☒

Ocean View/Sunset/Richmond

***Feed The Hungry.** 1400 JUDAH (near 19th Ave). 566-3704. **Fri 8-10am**. Bring a bag. ID required. English, Cantonese, Mandarin, Tagalog.

Fill Up America. 200 ONONDOGA (near Otsego). 503-1100. **Get a ticket Fri 10:30am; food given out 1:45-2:15pm**. 1 bag per person. Must live in 94112 zip code. ID required. ☒

OMI Family Resource Ctr. 650 CAPITOL (near Montana). 406-1370. **Get a number Tue 9:30am; food given out 11am**. 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 28, Aug 25, Sept 22). Grocery bags given out to seniors (60+) who live in 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 5:45pm 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. **Call M-F 9am-4pm, Sat 9am-12pm** for interview appt. If accepted, **pick up food Tues 9am-4pm, Wed-Sat 11am-4pm**. For people with symptomatic or disabling HIV or AIDS. Letter of diagnosis, proof of SF residency, & photo ID required. **Closed July 4.** ☒

Salvation Army Asian American Yerba Buena Corps. 360 4TH ST. (at Clara). 777-2677. **Get a ticket Fri 8:45am; 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 spoken. **Closed July 4.** ☒

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Tenderloin/Chinatown/SoMa (cont.)

***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.** Produce, meat, bread, etc. Must live in 94104, 94108, 94109, 94111, 94123, 94130, 94133, or 94158. ID required. **Closed July 4.** ☒

Salvation Army Family Services, Turk Street. 220 TURK (bet. Jones/Leavenworth). **Fri 8-10:30am.** 120 people served. Bring your own bag. Must be a resident of 94102, 94103, 94105, 94115, 94117, 94118, or 94124 zip code. ID required. **Closed July 4.** ☒

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. ☒

Western Addition/Haight

Bethel AME Church. 916 LAGUNA (at Golden Gate). 921-4935. **Sign up 8am on 1st Fri of the month** (Aug 1, Sept 5) to **get food 12-2pm** on the remaining Fridays of the month. No ID required. Bring a box or bag. Those without tickets can show up Fri 1:10pm to see if there's extra food. **Closed July 4.** ☒

Booker T. Washington Community Svce Ctr. 800 PRESIDIO (at Sutter). 928-6596. **Thur 12-1:30pm.** 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 Sat 8:30am; food given out 10:30-11:30am.** Bring a bag. Must live in 94115 zip code. **Closed July 5, Aug 30.** ☒

Korean American Senior Community Ctr. 745 BUCHANAN (at Grove). **Fri 10am-12pm.** No ID required. **Closed July 4.**

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). 346-6500. **Get a ticket 8-10am 1st Wed of every other month** (July 2, Sept 3) to **get groceries Wed 9:30am** for 2 months. Those without tickets can get groceries at 10:30am. No ID required, just a smile. ☒

Treasure Island/Daly City

North Peninsula Food Pantry & Dining Center of Daly City. 31 BEPLER (near Mission). Call (650) 994-5150 for appt. No ID required. ☒

***Treasure Island Homeless Development Initiative.** BLDG. 497 AVENUE I ON TREASURE ISLAND (bet. 9th & 11th Sts.). 274-0311. **Tues 3:30-5pm.** 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 between 8-10am, fill out an application & turn it in at the window. They will give you an appointment either that afternoon or in a few days. When you come to the appointment, they'll ask you for ID, Social Security card, Green Card (if you're an immigrant) and 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 \$162 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. ☒