

San Francisco Free Pantry Chart

April 23, 2020

Pantries that give away free groceries &/or produce

Food Locator. Visit <sfmfoodbank.org/find-food> to find a neighborhood pantry where you can apply for weekly groceries or 1-time emergency food box for any SF resident. ID & proof of address required..

Project Open Hand. 730 POLK (near Ellis). 415-447-2326. For SF residents with chronic illness (HIV/AIDS, COPD, diabetes, heart disease, etc) or recovering from recent trauma/major surgery. To get food you must have an application filled out by a licensed medical provider. Applications can be downloaded here: <https://www.openhand.org/sites/openhand.org/files/POH_SFpacket_3.2020.pdf>, or picked up Tu 9am-4pm W-Sa 11am-4pm. Once the application is filled out it can be faxed to 415-447-2492; or mailed to or dropped off at 730 Polk Street; or scanned and emailed to clientservices@openhand.org. If eligible, will call you to set up intake (you will need proof of income, residency, and photo ID). If enrolled, pick up food on Tues 9am-4pm or Wed-Sat 11am-4pm. ☎

Supplemental Food Program. CALL 211 (OR 1-800-273-6222) or visit <sfmfoodbank.org/find-food> for signup info. Low-income Bay Area seniors age 60+ can register for a monthly 35-lb box of dry & canned goods (proof of age & residency required).

211. CALL 211 (OR 1-800-273-6222). Any SF resident can call 211 for a referral to a food pantry in their zip code.

PANDEMIC ALERT: Facts are changing so fast that this Chart can't keep up. Please try to contact the services listed here before you use or recommend them.

No sign-up or ID required for the following locations:

Bayview Opera House. 4705 THIRD STREET (at Newcomb in the Bayview). **Th 9am-1pm.**

Bessie Carmichael. 375 7TH ST. (near Harrison in the SOMA District). **Th 9am-1pm.**

Cesar Chavez Elementary. 825 SHOTWELL (bet 22 & 23rd Sts in the Mission). **Tu 9am-1pm.**

***Cow Palace.** 2600 Geneva Ave (at Castillo in Sunnydale). **F 11am-3pm**

Francisco Middle School. 2190 POWELL (bet. Francisco and Chestnut in North Beach). **Th 9am-12pm.**

***Giannini Middle School.** 3151 Ortega (at 39th Ave in the Sunset District) **F 9am-1pm.**

***Gordon J Lau.** 950 Clay Street (bet Powell & Stockton in Chinatown). **Th 9am-12pm.**

Lincoln High School. 2162 24TH AVE (bet Rivera and Quintara in the Sunset). **F 9am-1pm.**

Mission High School. 3750 18TH ST (bet Church and Dolores in the Castro). **Tu 9am-1pm.**

***Roosevelt Middle School.** 155 Palm Avenue (bet Euclid & Geary in the Western Addition). **Tu 9am-1pm**

Rosa Parks Elem Sch. 2 HOLLIS (at Ellis in the Western Addition). **Wed 9am-1pm.**

***SF Ballet.** 333 Fulton Street (bet Gough & Franklin in Hayes Valley). **M 9am-1pm.**

S.F. Rescue Mission. 140 TURK (bet. Taylor & Jones). 415-441-1628. Pick up food **M-Th 11:30am-12:30pm.** ☎

Other ways to get free groceries

Food Stamps (CalFresh). 1235 MISSION (btw. 8th & 9th Sts.) or 1440 HARRISON (btw. 10th & 11th). 415-558-4700 for info in English, Cantonese, Mandarin, Russian, Spanish, Tagalog, or Vietnamese. Food vouchers for low-income California residents. You can check eligibility & apply online at <mybenefitsCalWIN.org>, or apply in person **M-F 8am-5pm.** It's best to get there early (8-10am), fill out an application, & turn it in. You'll get an appointment for that day or for a few days later. Bring ID, Green Card (if you're an immigrant), & proof of your rent, expenses, & income. If approved before 4pm, you may get your card that day; otherwise you may pick it up later or have it mailed to you within 2 weeks. Individuals can get up to \$194 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 pay for shelter (and for out-of-pocket medical costs if you're over 60 or disabled). People with resources (house, car, bank account, etc.) or SSD but limited income can still get food stamps, & so can homeless people. **Closed May 25.** ☎

WIC. CALL 415-575-5788 (SFDPH) **M-F 8am-12pm, 1-5pm** or 415-621-7574 (Native American Health Ctr) **M-F 8:30am-12:30pm, 1-5pm.** Get a benefit card to purchase fruits & vegetables, whole grains, beans (or peanut butter), cereal, eggs, milk, yogurt, cheese, juice, infant formula & baby food. WIC also provides nutrition tips, breastfeeding support, healthcare referrals and information about community services. You may qualify if you are pregnant, have a new baby or have children under the age of 5. Dads, foster parents and other legal guardians of children under 5 years also may qualify. Call to make an appointment at one of the WIC clinic locations throughout the city. **Closed April 22; May 20 & 25 (all day), & 27 (1-5pm); June 17 (all day) and 24 (1-5pm).** ☎

* indicates important changes since March 27, 2020

We'd like your corrections, comments, or additions for our next update. Please call 415-648-3222, or email free@freeprintshop.org. Up-to-the-minute charts available at <http://freeprintshop.org>

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