

San Francisco Free Eats Chart

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MEALS

The following "Free Eats" and "Free Pantry" Charts are updated quarterly, and are available at many community locations in San Francisco, as well as online at www.freeprintship.org.

Kitchens	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
1. All Saints' Episcopal Church 1350 WALLER (near Masonic) 621-1862							Brunch 10:30-11:30am	Meat, potatoes or pasta or rice; vegetables, salad, pastry, coffee & bread. Closed Jan 1. ☒
2. City Team Ministries 164 - 6 th St. (btw. Mission & Howard) 861-8688							Lunch 1-3pm	A hot meal. Clothes & foot care available at Saturday lunch. Medical clinic the 1st, 2nd & 3rd Saturday of each month. ☒
3. Curry Senior Center 333 TURK (btw. Hyde & Leavenworth) 292-1086 (8am-1pm)							Breakfast 8-9am Lunch 11am & noon	For those age 60 & over. \$2 suggested donation, but no one turned away for lack of funds. Sign up 8am daily for lunch. ☒
*4. Curry Without Worry HYDE & FULTON (by the statue of Bolivar) 418-4361 (8am-1pm)							Breakfast 8-9am Lunch 11am & noon	Vegan! Curried vegetables, 9-bean soup, puris, rice, & chutney.
5. Food Not Bombs UN PLAZA (btw. Market & beginning of Leavenworth) 16TH & MISSION (BART Plaza)							Breakfast 8-9am Lunch 11am & noon	Vegan! soup &/or entree; bread (may have animal products); often salad. Bring your own bowl. Meal times vary: often late or cancelled. ☒
*6. Friday Night Movie Night 690 PAGE (at Steiner) (510) 213-1257 (T-F 9am-5pm)							Dinner 5:30pm until food runs out	Hot meal. Volunteers can help set up at 4:30pm. Movie by 7pm. Closed 9pm. ☒
7. Glide Memorial Church 330 ELLIS (at Taylor) 674-6043 (M-F 8am-4:30pm)							Breakfast 8-9am, Seniors (60+) 7:30am Lunch 12-1:30pm	Bag meal to go (2 sandwiches+) provided after lunch Sat & Sun (no dinner) , & after breakfast on Jan 17, Feb 21 (no lunch or dinner) . ☒
*8. Martin de Porres House of Hospitality 225 POTRERO (near 16th St.) 552-0240							***** CLOSED Saturday, Jan 1 - Sunday, Jan 9. RE-OPENING for breakfast Monday, Jan 10 ***** Brunch 9-10:30am Dinner 3:30-5pm	Usually a vegetarian alternative. Breakfast: oatmeal & herb tea. Lunch & Brunch: hearty soup & salad. ☒
9. Missionaries of Charity 1300 - 3 rd St. (at Mission Rock) 586-3449 (9-11:30am, 3:30-6pm)							Breakfast 6:30-7:30am Lunch 12-2pm Dinner 3:30-5pm	Mon-Sat: soup & sandwiches. Sun: full-course dinner. There is a short prayer before the meal. ☒
10. North Peninsula Food Pantry & Dining Center of Daly City 31 BEPLER (near Mission) (650) 994-5150							Breakfast 6:30-7:30am Lunch 12-2pm Dinner 3:30-5pm	A full-course meal. ☒

* indicates important changes since Oct-Dec 2010.

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

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San Francisco Free Eats Chart

January-March 2011

Kitchens	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
11. Providence Foundation of SF 1601 MCKINNON (at Mendell) 206-0263				Lunch 12:45-2pm				Optional Bible study before a hearty lunch. ☒
12. St. Anthony Dining Room 45 JONES (at Golden Gate) 241-2690	Lunch 11:30am-1:30pm	Lunch 11:30am-1:30pm	Lunch 11:30am-1:30pm	Lunch 11:30am-1:30pm	Lunch 11:30am-1:30pm	Lunch 11:30am-1:30pm	Lunch 11:30am-1:30pm	10-11:30am: families & folks age 59+ or unable to carry a tray. 11:30am-1:30pm: all others. ☒
*13. St. Peter & Paul Catholic Church 666 FILBERT (near Washington Sq.) 421-0809	Sandwich 4pm until they run out			Sandwich Monday-Friday, 6-6:30pm			Sandwich 4pm until they run out	A simple sandwich. ☒
14. S. F. Rescue Mission 140 TURK (btw. Taylor & Jones) 441-1628			Mon-Fri Breakfast (coffee and pastry) 10:30-10:45am. Mon-Fri Dinner					Full-course dinner. Blankets sometimes available. ☒
*15. Third Baptist Church 1399 McALLISTER (near Pierce)					Lunch 12:30-1pm			Meat, bread, vegetables, salad, punch & dessert. ☒
16. United Council of Human Services 2111 JENNINGS (at Van Dyke) 671-1100		Breakfast 7-9am Dinner 5-7pm	Breakfast 7-9am Dinner 5-7pm	Breakfast 7-9am Dinner 5-7pm	Breakfast 7-9am Dinner 5-7pm	Breakfast 7-9am Dinner 5-7pm	Breakfast 7-9am Dinner 5-7pm	Hot breakfast. Hot dinner. ☒

Kitchens serving once a month	Saturday	Sunday	Notes
1. Calvary United Methodist Church 1400 JUDAH (near 19th Ave) 566-3704		Breakfast 8:30-9:30am (Jan 9 & 23, Feb 13 & 27, Mar 13 & 27)	Hot breakfast the second & fourth Sunday of the month. Waffles, grits, eggs.
2. First Friendship Institutional Baptist Church 501 STEINER (at Oak)	Lunch: noon-3pm (Jan 22, Feb 26, mar 26)		Full-course lunch the fourth Saturday of the month. Volunteers needed to serve & clean up. ☒
3. Iglesia Latina Americana de las Adventistas 7º Dia 3024 - 24 th St. (near Harrison)		Breakfast: 9:30-11am (Jan 16, Feb 20, Mar 20)	Lacto-ovo-vegetarian! Eggs, potatoes, beans, coffee served on the third Sunday of each month.
4. Macedonia Missionary Baptist Church 2135 SUTTER ST. (near Steiner) 346-1154	Lunch: 11:30am-1pm (Jan 22, Feb 26, Mar 26)		Hot meal the Saturday before the fourth Sunday of each month There is a short blessing before the meal. There will be a health fair with healthy lunches on Jan 15, 1-2:30pm.
*5. Philadelphia 7th-Day Adventist Church 2520 BUSH (at Divisadero) 567-0263		Lunch: 10am-noon (Jan 9 & 23, Feb 13 & 27, Mar 13 & 27)	Lacto-ovo-vegetarian! Fruit, cereal, juice, bread, milk, entrée & hot beverages on the second & fourth Sundays of the month. ☒
6. River of Life Christian Fellowship 1 MARKET (at Embarcadero Plaza)		Dinner: 4:30pm until food runs out (Jan 2 & 23, Feb 6 & 27, Mar 6 & 27)	Soup, coffee & bread on the first & fourth Sundays of the month. ☒

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Pantry that give away free groceries or produce

Bayview/Hunters Point/Visitation

Bayview TLC Family Resource Center. 1601 LANE St (at Quesada, in Bayview Y). 822-9404. **Th 2-4pm.** Must live in 94124 zip code. ID required. Bring a bag. No ID required for one-time-only emergency food box for any SF resident; call M-F 9am-5pm. ☒

Girls 2000 (Hunters Point Food Pantry). 195 KISKA (at Dormitory, in Hunters Point Boys & Girls Club). 824-3225 (2-6pm). **Thur 1:30-2:30pm.** 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/Britton Court; no ID required. **Closed Jan 17, Feb 21.** ☒

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 Jan 1.** ☒

Rainbow 7th Day Adventist. 1400 PALOU (at Keith). **Sign up Mon 9am** for vegetarian groceries given out **12pm. Closed Jan 17, Feb 21.** ☒

***St. Paul Tabernacle Baptist.** 1789 OAKDALE (at Phelps). 642-4965. **Fri 11:30am-1:30pm.** 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 9:30am.** 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 (bet 21st & 22nd Sts.). (800) 994-0041. **Line up Fri 9:30am** for food given out **11:15-11:30am.** ☒

Potrero Hill Family Resource Ctr. 751 MISSOURI (at Turner). 206-2121. **Fri 12-4pm, last two Sats of the month 10am-2pm** (Jan 22, 29; Feb 19, 26; Mar 19, 26). 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-4pm.

Salvation Army Family Services, Mission. 1156 VALENCIA (bet. 22nd & 23rd Sts). 648-0260. **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 Jan 1.** ☒

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, Cantonese, Spanish. **Closed Jan 3, Jan 17, Feb 21; open Jan 18 & Feb 21** instead. ☒

Ocean View/Sunset/Richmond

Calvary United Methodist Church. 1400 JUDAH (near 19th Ave). 566-3704. **Fri 8-10am.** Bring a bag. English, Cantonese, Mandarin, Tagalog. Must live in 94121, or 94122 zip code. ID required.

Fill Up America. 200 ONONDOGA (near Otsego). (800) 994-0041. **Get a number Fri 6:30-11am** for food given out **1:30pm.** ☒

OMI Family Resource Ctr. 650 CAPITOL (near Montana). 406-1370. **Get a number Tues 9:30am-noon; food given out 11am-noon.** Must live in 94112, 94116, or 94132 zip code with proof. ☒

OMI Senior Ctr. 65 BEVERLY (at Holloway). 334-5550. Food boxes for seniors (60+) **9am-1pm on the 4th Mon of the month** (Jan 24, Feb 28, Mar 28). Grocery bags for seniors who live in 94112, 94127 or 94132 zipcode **Thur 9-11am.** ID & proof of income required. English, Cantonese, Mandarin, Spanish, Tagalog. ☒

Sunrise Community Pantry at Christ Church Lutheran. 1090 QUINTARA (at 20th Ave). **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 4pm to get a random number (not first come, first served). Must live in zip code 94112, 94127, or 94132, with current photo ID. ☒

Tenderloin/Chinatown/SoMa

Mary Elizabeth Inn. 1040 Bush St (near Jones). 673-6768 (M-F 8am-4pm). **Women only: line up 9am Wed; food given out 9:30-10:30am;** bring a 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.** Proof of diagnosis & SF residency & photo ID required. ☒

Salvation Army Asian-American Yerba Buena Center. 360 4TH ST. (at Clara). 777-2677. **Call for interview M-Th 10am-2pm. Food given out Fri 8-9am.** For seniors 60+ who live in 94103, 94105, or 94107 zip code. Client must pick up food

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Pantries that give away free groceries &/or produce

Tenderloin/Chinatown/SoMa (cont.)
in person. ID required. English, Cantonese, & Mandarin. ☒

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. ☒

Youth With A Mission. 357 ELLIS (near Jones). 885-6543. Line up Thurs 11am for **food given out 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 Jan 7 to get food once a month for next 6 months** (next signup summer 2011). 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. ☒

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 Inst. 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 Jan 1.** ☒

Korean American Senior Service. 745 BUCHANAN (at Grove). 255-9371. **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.

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***St. Andrew Missionary Baptist Church.** 2565 POST (near Baker). **Don't line up before 8am. Sign up Wed, Jan 5, 8:45am to get an appointment to pick up food Wed morning for the next year.** Those without appointments come **Wed 10:15am to see if there's extra food.** 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. As of Feb 1, people with resources (house, car, bank account, etc) but no income may be eligible. ☒

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. **Closed Jan 17, Feb 21.** ☒

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