



# Food for All

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## Get Food

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### FREE WEEKLY GROCERIES

☎ 211 📄 [FoodLocator.SFMFoodBank.org](https://www.FoodLocator.SFMFoodBank.org)

We offer fresh, weekly groceries at many locations throughout San Francisco and Marin. Call to find a free food pantry near you. Please be prepared to bring your photo ID and a proof of address if the address on your ID is not current.

*Who is eligible?* Residents of San Francisco and Marin Counties.

### EMERGENCY FOOD

☎ 211 📄 [FoodLocator.SFMFoodBank.org](https://www.FoodLocator.SFMFoodBank.org)

If you need immediate food assistance, you may be eligible to receive a three-day emergency supply of shelf-stable food.

*Who is eligible?* This service is meant for emergency situations and is available once in a 12-month period.

### SUPPLEMENTAL FOOD FOR SENIORS

☎ 211 📄 [FoodLocator.SFMFoodBank.org](https://www.FoodLocator.SFMFoodBank.org)

Low-income seniors may be eligible to receive a monthly box of quality, shelf-stable foods such as tuna, beans, peanut butter, and canned vegetables. Distribution sites are located within San Francisco and Marin.

*Who is eligible?* Seniors at least 60 years old with specific income guidelines; call to see if you are eligible.

### HOME-DELIVERED GROCERIES

☎ (415) 282-1900 x287 ✉ [HDG@sfmfoodbank.org](mailto:HDG@sfmfoodbank.org)

If you experience challenges going out to get food, you may be able to receive home-delivered groceries.

*Who is eligible?* Currently available only in San Francisco to low-income seniors, age 60 and over, and adults with disabilities.

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## Access Resources

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### CALFRESH APPLICATION ASSISTANCE

☎ (415) 549-7021 📄 [CalFresh.SFMFoodBank.org](https://www.CalFresh.SFMFoodBank.org)

CalFresh, formerly known as food stamps, is a nutrition assistance program for low-income families and individuals. Benefits are deposited monthly on an EBT card, which works like a debit card. The EBT card can be used to purchase food at grocery stores, small retailers, and even farmers' markets. Receiving CalFresh does not affect recipients' immigration status.

Call the phone number above today to find out if you might qualify for CalFresh! Food Bank staff is ready to assist you with the application process.

### NUTRITION EDUCATION

📄 [sfmfoodbank.org/nutritioned](https://www.sfmfoodbank.org/nutritioned)

Do you want to eat better, but not sure where to start? Visit [www.EatFresh.org](https://www.EatFresh.org) for healthy, tasty, quick recipes that use many of the foods distributed at our weekly pantries. You'll also find tips for shopping on a budget.

We need Nutrition Education volunteers. If you are interested, contact (415) 282-1907 x246.

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## Give Back

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### VOLUNTEER

☎ (415) 282-1900 x244 📄 [SFMFoodBank.org/volunteer](https://www.SFMFoodBank.org/volunteer)

Make a hands-on difference! When you volunteer at the Food Bank in San Francisco or Marin, you'll help sort and package food for neighborhood pantries, children's snack programs, and soup kitchens. Young children are welcome on weekends.

### DONATE FOOD

☎ (415) 282-1907 x350 📄 [SFMFoodBank.org/Food-Fund-Drives](https://www.SFMFoodBank.org/Food-Fund-Drives)

Host a Food & Fund Drive with your office, school, club, or religious organization. It's a great way to raise awareness about hunger and mobilize your community to provide food for neighbors in need.

### DONATE FUNDS

☎ (415) 282-1907 x249 📄 [SFMFoodBank.org/Donate](https://www.SFMFoodBank.org/Donate)

Your generous support ensures the SF-Marin Food Bank can provide fresh, nutritious food to neighbors in need.

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The Food Bank does not unlawfully discriminate on the basis of race, color, religion, creed, national origin, ancestry, citizenship, age, sex, mental or physical disability, veteran status, marital status, or sexual preference.