

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. ☒
2. City Team Ministries 164 - 6 <sup>th</sup> ST. (btw. Mission & Howard) 861-8688			Dinner: Tues-Fri arrive 5:45pm for optional 6pm church group, followed by dinner. Those who come to church group are fed first.				Lunch 1-3pm	A hot meal. Clothes & foot care at Sat lunch; medical referrals on 2nd & 4th Sat of each month. ☒
3. Curry Senior Center 333 TURK (btw. Hyde & Leavenworth) 292-1086 (8am-1pm)	Breakfast 8-9am Lunch 11am & noon	Breakfast 8-9am Lunch 11am & noon	Breakfast 8-9am Lunch 11am & noon	Breakfast 8-9am Lunch 11am & noon	Breakfast 8-9am Lunch 11am & noon	Breakfast 8-9am Lunch 11am & noon	Breakfast 8-9am Lunch 11am & noon	For those age 60 & over with ID. \$2 suggested donation; no one turned away for lack of funds. Sign up 8am for lunch. ☒
*4. Curry Without Worry HYDE & FULTON (by statue of Bolívar on horse)			Dinner 5-6:30pm or 'til food runs out					Vegan! Curried vegetables, 9-bean soup, puris, rice, & chutney.
*5. Food Not Bombs 16TH & MISSION (BART Plaza) HEMLOCK ALLEY (btw Polk & Van Ness) www.sffnb.org					16TH & MISSION Dinner 7pm 'til food runs out		HEMLOCK AL. Snack 4:20pm until coffee runs out	Vegan! Dinner: soup, bread (may have animal products), salad. Snack: coffee & bagels. You may bring your own bowl /cup. Meals may be late; rain may cancel. ☒
*6. Fraternité Notre Dame 54 TURK ST. (btw Market & Jones) CIVIC CENTER (Market btw 7th & 8th) 793-5686		TURK ST. Lunch 11:30am-1:30pm	TURK ST. Lunch 11:30am-1:30pm CIVIC CENTER Dinner 3-5pm	TURK ST. Lunch 11:30am-1:30pm				A hot meal. Rice, meat, vegetable, salad (when available), dessert. Meals may be late. ☒
7. Friendship Banquet CALL 9am the day before the 2nd, 3rd, or 4th Tues of the month 673-8088		Reservations required Call 9am Mon Jan, 12, 19, 26; Feb 9, 16, 23; Mar 9, 16, 23 for Tues reservation						For HIV+ people with letter of diagnosis. A full-course meal served on the 2nd, 3rd, 4th Tues of the month. Live music. ☒
8. Glide Memorial Church 330 ELLIS (at Taylor) 674-6043 (M-F 8am-4:30pm)	Breakfast: Every day from 8am until tickets run out; Age 60+: 7:30am. Lunch: Every day from noon until tickets run out; bag meal (2 sandwiches+) given out after lunch Sat & Sun. Closed for lunch Jan 1, 19; Feb 16; Mar 31							Tickets given out as meal starts; number depends on day of month. Jan 1, 19; Feb 16; Mar 31: bckfst only; bag lunch & dinner given at end of meal. ☒
	Dinner: Monday-Friday from 4pm until tickets run out. Closed for dinner Jan 1, 19; Feb 16; Mar 31.							
9. Jones Memorial United Methodist Church 1975 POST (near Steiner) 921-7653				Lunch 11:30am-1pm (Jan 14, 21, 28; Feb 11, 18, 25; Mar 11, 18, 25)				Full hot lunch the 2nd, 3rd, & 4th Wed of each month (except July). Clothing & toiletries available.
*10. Martin de Porres House of Hospitality 225 POTRERO (near 16th St.) 552-0240	*** Martin's will be closed Thurs Jan 1-Wed Jan 7. Re-open for breakfast on Thurs Jan 8, 2015. ***							
	Brunch 9-10:30am	Breakfast 6:30-7:30am	Breakfast 6:30-7:30am Lunch 12-2pm	Lunch 12-2pm	Breakfast 6:30-7:30am Lunch 12-2pm	Breakfast 6:30-7:30am Lunch 12-2pm	Lunch 12-2pm	Usually a vegetarian or vegan alternative. Breakfast: oatmeal & herb tea. Brunch: a hearty meal. Lunch: a hearty soup & salad. Closed Jan 1-7. ☒
11. North Peninsula Food Pantry & Dining Center of Daly City 31 BEPLER (by Mission) (650) 994-5150		Dinner 5-5:30pm (closed Jan 5, Feb 16)	Dinner 5-5:30pm (closed Jan 2)		Dinner 5-5:30pm (closed Jan 1)			A full-course meal. 5-5:30pm or until food runs out. Closed Jan 1-5; Feb 16. ☒

\* indicates important changes since October-December 2014.

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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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
12. <b>Providence Foundation of SF</b> 1601 MCKINNON (at Mendell) 206-0263				Lunch 12:45-2pm				Optional Bible study before a hearty lunch. [E]
13. <b>St. Anthony's Dining Room</b> 121 GOLDEN GATE (btw Leavenworth & Jones) 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	Full-course meal. Folks with kids, or age 59+, or unable to carry a tray: 10-11:30am. [E]
14. <b>St. Peter &amp; Paul Catholic Church</b> 666 FILBERT (near Washington Sq.) 421-0809	Sandwich 4pm until food runs out	Sandwich Monday-Friday, 6-6:30pm					Sandwich 4pm until food runs out	A simple sandwich. [E]
15. <b>S. F. Rescue Mission</b> 140 TURK (btw Taylor & Jones) 441-1628			Tues-Fri Breakfast (coffee & pastry, mandatory prayer) 10:30am. Tues-Fri Dinner: 3:45pm, mandatory prayer service 4pm.					Full-course dinner. Blankets sometimes available. [E]
16. <b>Third Baptist Church</b> 1399 McALLISTER (near Pierce)					Lunch 12:30-1:30pm (Closed Jan 1)			Meat, bread, vegetables, salad, punch & dessert. Closed Jan 1. [E]
17. <b>United Council of Human Services</b> 2111 JENNINGS (at Van Dyke) 671-1100	Breakfast 7-9am Dinner 4-6pm	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 4-6pm	Hot breakfast. Hot dinner. [E]

Kitchens serving once a month	Tuesday	Friday	Saturday	Sunday	Notes
1. <b>Annunciation Greek Orthodox Cathedral</b> 245 VALENCIA (at 14th) 864-8000	Dinner: 6:30-8:30pm Jan 20, Feb 17, Mar 17				A full course meal served on the 3rd Tuesday of each month. 6:30-8:30pm, or until food runs out. [E]
2. <b>Iglesia Adventista del 7º Día</b> 3024 - 24th St. (near Harrison)				Breakfast: 9:30-11am (Jan 18, Feb 15, Mar 15)	Lacto-ovo-vegetarian! Eggs, rice, beans, & cocoa or punch; served on the third Sunday of each month.
3. <b>Macedonia Missionary Baptist Church</b> 2135 SUTTER ST. (near Steiner) 346-1154			Lunch: 11:30am-1pm (Jan 24, Feb 21; Mar 21 call ahead)		A full course meal served the Saturday before the fourth Sunday of each month. There's a short blessing before the meal. May close Mar 21; call ahead.
4. <b>Philadelphian 7th-Day Adventist Church</b> 2520 BUSH (at Divisadero) 567-0263				Lunch: 10am-noon (Jan 11, 25; Feb 8, 22; Mar 8, 22)	Lacto-ovo-vegetarian! Fruit, cereal, juice, bread, milk, entrée; served on the second & fourth Sundays of the month. [E]
*5. <b>River of Life Christian Fellowship</b> EMBARCADERO ON THE NORTH SIDE OF FERRY BUILDING (near Starbucks)				Dinner: 4:30pm 'til food runs out (Jan 4, 25; Feb 1, 22; Mar 1, 22)	Soup, coffee & bread; served on the first & fourth Sundays of the month. Meal starts between 4:30-5pm. [E]
6. <b>VolxKuche</b> 110 JULIAN ST (at 15th) info@vokusf.org		Dinner: 6-9pm (Jan 9, 23; Feb 13, 27; Mar 13, 27)			Vegetarian! with vegan option. A full course meal served the 2nd & 4th Friday of each month. Often live entertainment. Volunteers welcome 2-9pm. [E]

\* indicates important changes since October-December 2014.

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# Supplemental Food Program



The Supplemental Food Program provides a monthly box of quality U.S. Department of Agriculture (USDA) food to low-income seniors.

The SF-Marin Food Bank operates distribution sites that are open to the community throughout San Francisco and Marin County.

## What is in the food boxes?

Food boxes include a variety of quality foods such as tuna, rice, cheese, pasta and peanut butter. Participants receive approximately 30 pounds of food each month.

## Are you eligible?

To participate in this program, you must be a senior at least 60 years of age who has income at or below 130% of the Federal Poverty Income Guidelines.

FAMILY SIZE	ANNUAL	MONTH	WEEK
1	\$15,171	\$1,265	\$292
2	20,449	1,705	394
3	25,727	2,144	495
4	31,005	2,584	597
Additional members	5,278	440	102

# To sign up for the program

You will need to bring the following documents to a distribution site when space is available.

## 1. Proof of income:

**ALL** income(s) must be provided for everyone 18 years or older in your household –

*For Example:*

- Supplemental Security Income statement
- Social Security statement
- Paycheck Stub
- Bank statement (if direct deposit)

## 2. Proof of identity (one of the following):

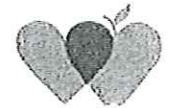
- CA Driver's license
- California I.D. card
- Passport
- Other official government picture I.D.

## 3. Proof of residency in SF or Marin County:

- Identification with local address
- Any bill with participant's name and local address

## About the SF-Marin Food Bank

The SF-Marin Food Bank's mission is to end hunger in San Francisco and Marin by distributing food and advocating for improvements in government food programs and policies. The Food Bank supplies food to more than 450 nonprofit anti-hunger programs – from senior centers and afterschool programs to soup kitchens – reaching tens of thousands of individuals each month. To find the location of other food programs in San Francisco and Marin County contact HELPLINK at 2-1-1.



**SF-MARIN**  
FOOD BANK

The Supplemental Food Program is administered at the Federal level by the Food and Nutrition Service (FNS), an agency of the U.S. Department of Agriculture (USDA). This program is authorized under section 4 (a) of the Agriculture and Consumer Protection Act of 1973. This is an equal opportunity program.

## Equal Opportunity Statement

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability.

The USDA and the CDE are equal opportunity providers and employers.

## To file a complaint of discrimination:

Write to: USDA, Director,  
Office of Adjudication,  
1400 Independence Ave, SW  
Washington, DC 20250-9410

Call: (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339, or (800) 845-6136 (Spanish).

# February 2015 二月



**SF·MARIN**  
FOOD BANK

## *Supplemental Food Program*

Please bring ID & program card.

請帶身份證和食物盒卡

Пожалуйста, не забудьте  
принести ID и программную  
карточку.

Favor de traer su ID y su  
tarjeta del programa.

Mon	Tue	Wed	Thu	Fri
<b>2</b> 9:30 am – 12:30 pm RDNC 741 30th Ave (Between Balboa & Cabrillo)	<b>3</b> 9:30 am – 3:00 pm Edgewood Center for Children and Families 1801 Vicente St @ 29th Ave	<b>4</b>	<b>5</b> 9:30 am – 12:30 pm SFHA Bush St 1760 Bush St @ Octavia	<b>6</b> 9:30 am – 3:00 pm SF Senior Center 481 O'Farrell St. @ Jones
<b>9</b>	<b>10</b> 9:30 am – 1:00 pm Bayview Senior Connections 5600 Third St @ Armstrong	<b>11</b> <i>Marin</i> 9:30am-12:30pm Whistlestop 930 Tamaplais Ave, San Rafael Mackey Terrace 626 Owens Drive, Novato (rescheduled due to President's Day)	<b>12</b> 9:30 am – 1:00 pm Eastern Park Apts 711 Eddy St @ Polk St	<b>13</b> 9:30 am – 2:30 pm Geneva United Methodist 1261 Geneva Ave. <b>TIMESLOT SHEETS                      REQUIRED until 1:00 pm</b>
<b>16</b> <b>PRESIDENT'S DAY                      CLOSED</b> (Ping Yuen Housing rescheduled to 2/17 & 2/18)	<b>17</b> 9:30 am – 3:00 pm Ping Yuen Housing 838 Pacific Ave <b>TIMESLOT SHEETS                      REQUIRED until 2:00 pm</b> (rescheduled due to President's Day)	<b>18</b> 9:30 am – 2:00 pm Ping Yuen Housing 838 Pacific Ave <b>TIMESLOT SHEETS                      REQUIRED until 1:00 pm</b> (rescheduled due to President's Day)	<b>19</b> 9:30 am – 1:00 pm SFHA 18th St 3850 18th St @ Sanchez	<b>20</b> 9:30 am – 1:00 pm Third Baptist Church 1399 McAllister @ Pierce St
<b>23</b> 9:30 am – 1:00 pm OMI Senior Center/Temple United Methodist 65 Beverly St. @ 19th Ave	<b>24</b>	<b>25</b>	<b>26</b> 9:30 am – 2:00 pm Salvation Army South of Market 360 4th St. @ Clara St <b>TIMESLOT SHEETS                      REQUIRED until 11:30am</b>	<b>27</b>



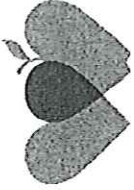
# March 2015 三月

## Supplemental Food Program



Please bring ID & program card.	請帶身份證和食物盒卡
Пожалуйста, не забудьте принести ID и программную карточку.	Favor de traer su ID y su tarjeta del programa.

Mon	Tue	Wed	Thu	Fri
<b>2</b> 9:30 am – 12:30 pm RDNC 741 30th Ave (Between Balboa & Cabrillo)	<b>3</b> 9:30 am – 3:00 pm Edgewood Center for Children and Families 1801 Vicente St @ 29th Ave	<b>4</b>	<b>5</b> 9:30 am – 12:30 pm SFHA Bush St 1760 Bush St @ Octavia	<b>6</b> 9:30 am – 3:00 pm SF Senior Center 481 O'Farrell St. @ Jones
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<b>16</b> 9:30 am – 3:00 pm Ping Yuen Housing 838 Pacific Ave <b>TIMESLOT SHEETS REQUIRED until 2:00 pm</b>	<b>17</b> 9:30 am – 2:00 pm Ping Yuen Housing 838 Pacific Ave <b>TIMESLOT SHEETS REQUIRED until 1:00 pm</b>	<b>18 Marin</b> 9:30am-12:30pm <i>Whistlestop 930 Tamaplais Ave, San Rafael Mackey Terrace 626 Owens Drive, Novato</i>	<b>19</b> 9:30 am – 1:00 pm SFHA 18th St 3850 18th St @ Sanchez	<b>20</b> 9:30 am – 1:00 pm Third Baptist Church 1399 McAllister @ Pierce St
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<b>30</b>	<b>31</b>			



**SF·MARIN**  
FOOD BANK

## About the Emergency Food Box Program

### Program Purpose

The Emergency Food Box (EFB) program provides immediate one-time assistance to people in emergency food situations in the form of a three-day supply of food, along with referrals for long-term food needs. EFB boxes are distributed through a network of (non-profit, social service and health) agencies in San Francisco.

### What are some examples of emergency needs?

An emergency food need is brought on by an unforeseen emergency circumstance.

A client with an emergency food need might have recently experienced one of the following examples or others not listed:

- Been evicted
- Had his/her benefits cut or stolen
- Lost his/her job in the last week or two
- Recovered from a sudden illness
- Left a domestic violence situation
- Been released from prison

If you have a city social worker, please request your Emergency Food Box through him/her. If you do not have a city social worker, please call 2-1-1 for a referral to the nearest open pick-up location.

Please note:

- You do not need an appointment to receive an Emergency Food Box
- The SF Food Bank doesn't provide Emergency Food Boxes directly. Please call 2-1-1 to locate a pick-up spot near you.
- At the pick-up site, you will be asked only for your name, address (if applicable), how many people you live with, and your signature.

*\*For ongoing help with food, please call 2-1-1, visit [211bayarea.org](http://211bayarea.org) or use the [Free Pantry Chart](#) to find a pantry near you*



# Free Nutrition Education and CalFresh Outreach For Your Agency

Please check the boxes next to the programs you are interested in and fax this form back to (415) 282-1909 attn. Nutrition Education.

**Nutrition Education Program**

**PANTRY TO PLATE- Nutrition and Cooking Workshops**

- Classes can occur once or within a three to four week mini series
- Workshop topics include:
  - How to cook healthy meals
  - Eating healthy on a budget
  - Food safety and food storage
  - Reading food labels and ingredient lists
  - Sugar/sodium savvy
  - Using canned goods
- Sessions include a healthy snack or cooking demo



**CalFresh Outreach**

- Learn more about CalFresh benefits (formerly known as Food Stamps) and how it can help the individuals/families your agency serves.
- We offer workshops and presentations for individuals/families interested in applying for the benefits.
- Partner with us for outreach opportunities to increase CalFresh participation.
- Attend one of our agency trainings or invite us to your organization to train your staff.



**Contact us:**

To schedule a cooking class or nutrition class contact Molly Burke, [mburke@sfmfoodbank.org](mailto:mburke@sfmfoodbank.org) or call 415-282-1907 x 246. If you wish to learn more about CalFresh please email [calfresh@sfmfoodbank.org](mailto:calfresh@sfmfoodbank.org) or call (415) 282-1907 x 340.



**SF-MARIN**  
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SF-Marín Food Bank

## 2014-2015 Safe Food Handling Trainings

There are 3 different safe food handling trainings that fulfill the requirements of the SF-Marín Food Bank. Which one should your representative attend?

You Are:	You Need:
A staff member that oversees food preparation at a Meal Program site	Food Manager Training <u>AND</u> Food Handler Training
A staff member that handles food at an agency with a meal of snack program	Food Handler Training <u>ONLY</u>
Pantry Coordinator or volunteer who distributes groceries	Food Safety Training

### Food Manager Training –

- **Training dates and location:** Go to [premierfoodsafety.com](http://premierfoodsafety.com) to find a training near you.
- **Cost:** Around \$130 (make sure you select the ‘Food Manager Training’)

### Food Handler Training –

- **Training dates and location:** See below
- **Cost:** The Food Bank may be able to cover the training cost for one staff member. If additional staff members need to be certified, there is a \$12 fee per person

### Food Safety Training –

- **Training dates and location:** See below
- **Cost:** Free

## Upcoming Training Dates

	San Francisco	Marin
<b>Food Handler:</b>	Oct. 14 2014, 12:30-2:30pm Apr. 7 2015, 12:30-2:30pm	Food Handler: Oct. 16 2014, 9-11 am
<b>Food Safety:</b>	Sept. 25 2014, 9-11am Feb. 18 2015, 9-11am	Food Safety: Sept. 23 2014, 12-2pm

Please RSVP to Molly Burke: 415-282-1900 x246, [mburke@sfmfoodbank.org](mailto:mburke@sfmfoodbank.org)



# How to Get Public Assistance in San Francisco



**SF-MARIN**  
FOOD BANK

## CalFresh

Federally-funded program to help low-income individuals and families purchase food. Benefits come in the form of an electronic card resembling an ATM card that can be used at grocery stores, farmer's markets and select restaurants.

### Eligibility Requirements:

Eligibility and specific benefit amounts are established by household income. Most people enrolled in CalWORKS (see right) or any CAAP program (see back) are automatically eligible. Apply at the following locations:

- 1235 Mission Street
- 3120 Mission Street

### To Apply:

If unable to go to a CalFresh office, you may authorize another person to apply. Disabled people may apply by mail. Call the Food Bank CalFresh team at (415) 820-1448 for more information and specific eligibility requirements.

## California Work Opportunity and Responsibility to Children (CalWORKs)

Provides temporary benefits and helps families with children find work. Must have income and property below State guidelines.

### Eligibility Requirements:

Adults with dependent children. Call for specific eligibility guidelines.  
**To Apply:** 170 Otis Street, 1<sup>st</sup> floor.  
(415) 557-5723

## United Way's HELPLINK Hotline

A Bay Area referral service that provides information on community resources, employment, housing, substance abuse treatment, food and more.

### Eligibility Requirements: None

**To Apply:** Call 2-1-1 from a land line

**Hours of operation:** 24 hrs. a day, 7 days a week

## Women, Infants and Children (WIC)

Provides vouchers that can be used at grocery stores for supplemental food. Also provides nutritional education and referrals to healthcare.

### Eligibility Requirements:

Must be at or below 185 percent of the Federal poverty level and: 1) pregnant, breastfeeding or postpartum women; or 2) children under age five.

**To Apply:** Call (415) 557-5788 to determine eligibility and for the nearest clinic.

## Healthy Families

[www.healthyfamilies.ca.gov](http://www.healthyfamilies.ca.gov)

Low-cost insurance for children and teens up to 19 years old who meet program rules and do not qualify for free Medi-Cal. Includes health, dental and vision coverage.

### Eligibility Requirements:

Children and teens up to 19 years old.

**To Apply:** Call (800) 880-5305. Business hours:  
Monday – Friday, 8 a.m. to 8 p.m.  
and Saturday, 8 a.m. to 5 p.m.

### Supplemental Security Income (SSI)

[www.socialsecurity.gov](http://www.socialsecurity.gov)

Provides monthly cash payments to people in need 65 years or older, as well as to blind or disabled people of any age, including children.

#### Eligibility Requirements:

Must meet income requirement and be 65 or older, or blind or disabled of any age, including children.

**To Apply:** Call (800)772-1213 for more information or to set up an appointment. Apply in person at San Francisco's five Social Security offices. Business hours: Monday to Friday, 9 a.m. – 4:30 p.m.

### Medi-Cal

[www.medi-cal.ca.gov](http://www.medi-cal.ca.gov)

Provides free medical insurance to people with low incomes.

#### Eligibility Requirements:

Must be under 21 years old, pregnant, a minor, disabled or a senior. Call 863-9892 for income requirements.

**To Apply:** Apply in person at 1140 Harrison Street. Business hours: Monday – Friday, 8 – 5 p.m. If disabled or too ill to come to the office, call (415) 863-9892 to arrange for someone to take your application in your home. Applications also accepted at hospitals, clinics and the One Stop Center at 3120 Mission St.

### County Adult Assistance Program (CAAP)

An umbrella or city program for people who are not eligible for other State and Federal programs.

- **Personal Assisted Employment Services (PAES)** helps people find work. Participants receive classes, training, mental health, substance abuse and supportive services.
- **Supplemental Security Income Pending (SSIP)** is for people with medical verification that they have a disability, which has lasted or is likely to last at least 12 consecutive months.
- **Cash Assistance Linked to Medi-Cal (CALM)** is for people receiving Medi-Cal benefits because they are older or disabled, but do not currently qualify for SSI, and their spouses.
- **General Assistance (GA)** provides assistance for people in need who are not participating in any of the above programs. Recipients are required to participate in Workfare or an acceptable substitute.

**Eligibility Requirements:** Each program has specific income and residency requirements. Call (415) 558-1000 for more information.

**To Apply:** Apply in person for PAES, SSIP and GA at the CAAP Office: 1235 Mission Street. Apply for CALM at the Medi-Cal Office: 1440 Harrison Street. CAAP can arrange a special appointment for applicants with an illness or special needs.

### Child Support Services

San Francisco County Department of Child Support Services

Services provided: Locate a parent; establish paternity; establish, modify, and enforce a court order for child support or an order for health insurance coverage; collect and distribute child and spousal support payments.

**Eligibility Requirements:** None

**To Apply:** 1-888-823-2734 or [www.sfgov.org/css](http://www.sfgov.org/css)



# Looking for Free Groceries?

Call to find the  
food pantry in your  
neighborhood!

**Call 2-1-1**

Open 7 days a week, 24 hours a day

United Way • AIRS ★

**2-1-1**<sup>TM</sup>

*Get Connected. Get Answers.*

\*From cell phones call (415) 808-4357 (HELP)



## Schedule your CalFresh (Food Stamps) Appointment today!

### WHERE?

3120 Mission St., 94110  
(close to Cesar Chavez)  
Take bus lines: 12, 14, 27, 36 or 49  
Or 24th St. BART station

### WHAT?

Get free help to complete an application and find out if you are eligible for a free food debit card all in the same day.

### HOW?

Call us today to be prescreened for your appointment in 5 minutes or less!

MONTH	DAY
January	28
February	25
March	25
April	29
May	27
June	24
July	29
August	26
September	30
October	28

Questions? Call the SF-Marin Food Bank's CalFresh Hotline.  
Leave your name and phone number and we'll call you back!

**(415) 820-1448**



- 1 - English
- 2 - español
- 3 - 中文



To qualify for **calfresh**, you need to:

- Not be receiving SSI (Supplemental Security Income). Other members of your household not receiving SSI may still be eligible.
- Have at least one U.S. citizen or legal permanent resident in your household.
- Meet the gross and net monthly income limits below:

Monthly Income Limits & CalFresh Allotments			
People in Household	Gross Monthly Income	Net Monthly Income	CalFresh Allotment
1	\$1,946	\$973	\$16 - 194
2	\$2,622	\$1,311	\$16 - 357
3	\$3,300	\$1,650	\$16 - 511
4	\$3,976	\$1,988	\$16 - 649
5	\$4,652	\$2,326	\$16 - 771

To apply, you will need the following documents:

- I.D. card (any type is OK)
- Birth certificate for children living in the household
- Social Security cards (for everyone in the household who has one)
- Proof of income (check stubs or letter from employer)
- Proof of expenses (rent/mortgage, child care or child support)
- Medical bills and expenses for people that are 60+ and/or disabled
- Passport for naturalized US Citizens, LPR (green) card for Legal Permanent Residents.



Call us today at **(415) 820-1448**

Leave a message and we will return your call.

To book your appointment online, visit:  
<https://calfresh.sfmfoodbank.org>







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