

**Short on food?
Hard to make a meal?
Call these local food programs!**

Groceries



Alameda County Community Food Bank

- Free food bags and group meal sites
 - Help applying for food stamps (CalFresh)
- Call 1-800-870-3663

WIC

Food for pregnant and breastfeeding women, infants, and children 5 or younger.
Call 1-888-942-9675

Mercy Brown Bag

Food bags for low income seniors.
Call 510-534-8540 ext. 369

Senior Farmer's Market

- For low-income seniors, 60 years and older
 - Check booklet to buy fresh fruits and vegetables at Farmer's Markets
- Call 1-800-510-2020

**Free or
low-cost
dining**



Group Meal Sites: Call Alameda County Food Bank (above)

School Meals

Free breakfast, lunch and snacks in K–12 schools for children who qualify. Fill out forms at your child's school to apply.
For summer lunch programs, call 1-800-870-3663

Senior Group Dining Sites

Call to find a dining site near you.
Senior Information: 1-800-510-2020

**Meals
delivered to
your home**



Project Open Hand (Oakland)

Meals for people with HIV/AIDS, breast cancer or people who are critically ill/home-bound.
Call 510-622-0221

Meals on Wheels

Hot meals delivered to your home for ages 60 and up.
Call for your local program. Some have wait lists.
Senior information: 1-800-510-2020

