



Where to Get Free or Low-Cost Healthy Food in Petaluma

If you are hungry or need extra food for your family, here are some local resources. For other types of non-emergency assistance in Sonoma County, including where to get shelter, clothing, counseling, mental health aid, alcohol treatment, transportation, elder care, or job information, just dial 2-1-1, 24-hours a day.

Free Hot Meals

The Petaluma Kitchen: 7 days a week / 365 days per year- All Welcome!

(located at the Mary Isaak Center at COTS). 900 Hopper St., 765-6530

Lunch: Everyday 11:30am - 1:00pm, Complete meal with hot entree, vegetable, salad, bread and dessert as available.

Free Groceries

COTS' Food Box Program

Weekly supplemental food boxes are delivered to individuals and families in Petaluma on Saturday mornings between 9am-10am. These boxes include fresh fruits, vegetables, and dairy; 40 pounds=32 meals. Applications for deliveries accepted Sunday - Thursday from 9:30 to 11:00am ONLY at the Mary Isaak Center (900 Hopper St). Please bring a photo ID, proof of physical address in Petaluma (rental agreement, utility bill), and verification of all income (pay stubs, award letters, bank statement). This year we will be limiting the number on our program and will stop taking applications when we are full. For more information, please call: 707-765-6530.

Weekly Interfaith Pantries - All Welcome!

Free bags of groceries are provided to low-income families and individuals in Petaluma, through Petaluma Interfaith Pantries, which operate every Tuesday and Thursday evenings and Saturday mornings.

- **Tuesday Evening Interfaith Pantry:** opens at 5:30pm at the North parking lot of the Petaluma Community Center located at 320 N. McDowell Blvd. For more information, please call 762-4081.
- **Thursday Evening Interfaith Pantry:** opens at 5:30pm at the Elim Lutheran Church Fellowship Hall at 504 Baker Street. For more information, please call 762-4081.

The Redwood Empire Food Bank operates several food distribution programs in Petaluma. For more information about any of the above Redwood Empire Food Bank Programs, please go to www.refb.org or contact Information and Referral at 523-7903.

- **Tuesdays 3-5pm:** The Salvation Army distributes emergency food (available as needed) at their facility, located at 721 S. McDowell Blvd. Contact the Salvation Army directly because distribution could change, 707-769-0716. All welcome.
- **Wednesdays, Thursdays, 9am-12pm:** Food Pantry at the Salvation Army for everyone, 721 S. McDowell Blvd. For more information, contact 707-769-0716.
- **2nd Wednesday of each month:** 9-10am at the Petaluma Veteran's Memorial Hall, 1094 Petaluma Blvd. South. Open to all qualifying people, including seniors.
- **Thursdays:** 10-11am produce distribution at Round Walk Village, 745 N. McDowell Blvd. All welcome.

For Seniors (age 60 and older)

Redwood Empire Food Bank's Brown Bag Program and the CSFP (Commodity Supplemental Food Program):

- **1st Friday of every month:** from 9 – 10am at the Petaluma People Services Center ("PPSC") Dining Site at 211 Novak Dr. For more information and to learn how to qualify for this program, contact 523-7903.
- **Senior Box Program** (CSFP) available containing produce and commodities, must be 60 years or older and bring an ID and proof of income 523-7903.

Petaluma People Services Center ("PPSC") provides the following additional nutritional programs for Seniors. For additional information about PPSC senior services, contact the current Director of Senior Services at 765-8488.

- **Monday – Friday 1:00 – 2:00pm:** hot lunch served at the Petaluma Senior Cafe´ located at the PPSC Senior Dining Center, 211 Novak. By donation - \$3.50 - \$8.00 suggested. *No senior turned away for lack of funds.* Reservations are required and transportation is available. Call 765-8488 for reservations. All seniors welcome.
- **Monday, Wednesday and Friday:** 12:00 noon, hot lunch is served at the Adult Day Program Site, 25 Howard. By donation - \$3.50 - \$8.00 suggested. *No senior turned away for lack of funds.* Reservations are required and transportation is available. Call 765-8488 for reservations.
- **Meals on Wheels:** You can select delivery two, five or seven days a week. Hot nutritious meals are delivered to homebound seniors, with routes in Petaluma, Penngrove, and west to Two Rock. By donation - \$3.50 - \$8.00 suggested. *No senior turned away for lack of funds.* Need for Meals on Wheels service is determined by Case Manager home visit. Call 765-8488 for information.

For Kids

Redwood Empire Food Bank Free Summer Lunch for youth

- ◆ Logan Place Apartments, 1200 Petaluma Blvd. North, June 8th-August 14th at 12:30-1:00 (2017 dates TBD. Check back in May)
- ◆ Petaluma Library, 100 Fairgrounds Dr, June 23rd-August 14th at 12:00-12:30(2017 dates TBD. Check back in May)

The Megan Furth Harvest Pantry (a program of the Redwood Empire Food Bank) provides free fruits and vegetables to pregnant women and low income families with children 0-5. You must bring proof of children’s birth date (for example, child’s birth certificate or Medi-Cal card).

Thursdays, 1:00 – 2:00 Megan Furth Harvest Pantry at Old Elm Village: 2 Sandy Lane

CalFresh (formerly Food Stamps) and WIC Application Information

- **For CalFresh:** (formerly Food Stamps), call 1-877-847-3663 (toll free) or see www.calfresh.ca.gov. Petaluma People Services Center (“PPSC”) 765-8488, can help you complete the application process.
- **For WIC information:** (Women, Infants and Children) call 565-6590, or see <http://www.cdph.ca.gov/programs/wicworks/Pages/default.aspx>

Farmers' Markets Accepting CalFresh / EBT Benefits Card

Look for the table at the Market with the sign saying "CalFresh accepted here!" for more information. Ask the market worker about the Farmers' Market L.I.F.E Program which provides an additional \$10 in incentives when you use \$10 of your EBT funds at participating farmers' markets!

- **Tuesday East-Side Farmers Market:** Year-round, Tuesdays from 10:00am – 1:30pm held in the parking lot of the Petaluma Community Center, 320 N. McDowell Bl. Closed when a holiday falls on Tuesday. Call (415) 999-5635 for more information.
- **Wednesday Theatre Square Farmers Market:** June 7th – August 30th, 2017, from 4:30 to 8 pm. In the Theatre District on 2nd Street in Downtown Petaluma. Call (415) 999-5635 for more information.
- **Saturday Walnut Park Market:** May 13th – November 18th, 2017, from 2:00 – 5:30pm, at the Walnut Park, corner of Petaluma Bl. South and "D" Street. Held rain or shine. Call (415) 999-5635 for more information.

Growing Your Own Food at Community Gardens

Contact the community gardens below for plot availability, in order to grow your own food year round. If your garden is not listed below and you'd like to see it there, email gardenstarts@petalumabouty.org

- **Sunrise Community Garden**
North McDowell Blvd at Sunrise Parkway
gardenstarts@petalumabouty.org
- **Petaluma City Hall Community Garden**
11 English Street
gardenstarts@petalumabouty.org
- **La Tercera Community Garden**
At the end of Acapulco Ct.
gardenstarts@petalumabouty.org
775-3663 x214
- **Arroyo Community Garden**
901 Ely Blvd. South, just north of Casa Grande
gardenstarts@petalumabouty.org
- **McNear and Westridge Community Garden**
Call 778-4380 for more information

Petaluma BOUNTY



Healthy Food for Everyone

Petaluma Bounty is building a sustainable Petaluma food system with healthy food for everyone. Programs include:

- **The Bounty Farm Sliding Scale Farm Stand:** 55 Shasta Avenue, Petaluma, May-November, Tuesday 3-6pm. Sliding Scale Farm Stand, accepts CalFresh EBT & WIC. Offers 50% off for EBT customers up to \$20, and 30% off for people with limited income. Contact Farm Manager at 364-4883 farm@petalumabounty.org
- **The Bounty “Farmacy” at Petaluma Health Center:** Open weekly during the growing season for Petaluma Health Center patients and staff. Call (707) 559- 7500 or check www.phealthcenter.org for details
- **Bounty CSA Food Bags:** Weekly seasonal food bags from May-November of fresh vegetables and fruits. \$22 retail, \$11 for CalFresh EBT customers, \$15.40 for people with limited income. Pick-up is Tuesdays, 3-6pm, 55 Shasta Avenue.
- **Petaluma Bounty Hunters:** collecting surplus healthy food from backyard gardens, farms and businesses, and distributing it to local food pantries, seniors and low-income housing communities 765-8488 or email Bountyhunters@petalumabounty.org.

For updates to this list, please go to <http://www.petalumabounty.org/> and click on “Resources” and then “Food Resource Guide.” Updated April, 2017