



Food Resource Guide 2024

This guide provides information about local resources to help you access food if you are hungry or need extra food for your family. **Services provided change frequently – call ahead to double-check details before you arrive!**



For other types of non-emergency assistance (shelter, clothing, counseling, addiction services, transportation, elder care, job resources, etc.), **dial 2-1-1.**

Free Hot Meals

Mary's Table located at COTS Mary Isaak Center, [900 Hopper St.](#)
707-765-6530 x120 | [Website](#) | [Instagram](#) | [Facebook](#)

Service details: Provides delicious, nutritious **hot meals** for free, including vegetarian options. All are welcome, no questions asked.

Timing:

- **Lunch → 7 days a week, 11:30 am-12:30 pm.**
- **Dinner → 7 days a week, 5:00 pm-6:00 pm.**

Free Groceries

Salvation Army Petaluma located at [721 S. McDowell Blvd.](#)
707-769-0716 | [Website](#) | [Instagram](#) | [Facebook](#)

Service details: Provides **free groceries** you can choose yourself. Open to all Petaluma, Penngrove, and Cotati residents. Bring a photo ID and a bag to pack your groceries into.

Timing:

- **Tuesday afternoons, arrive between 1:00 pm and 3:00 pm** to receive a ticket. Redeem your ticket for groceries between 1:30 pm and 3:15 pm.
- **Wednesday and Thursday mornings, arrive between 9:00 am and 10:45 am** to receive a ticket. Redeem your ticket for groceries between 9:30 am and 11:00 am.

Interfaith Food Pantry located at Elim Church, [504 Baker St.](#)
707-762-4081 | [Website](#)

Service details: Provides **free groceries** you can choose for yourself, as well as **free diapers**. All are welcome, no questions asked. Bring a bag to pack your groceries into.
Timing: **Thursday evenings, 5:00 pm-5:30 pm.**

Redwood Empire Food Bank's Petaluma Distribution Sites

Food distribution details can change. For the most updated info, check [GetFood.REFB.org](#). That site is the source of the local pantry info listed below. Please bring your own bag to take your groceries home, and be aware that many pantries are first-come, first-served.

If you need **EMERGENCY FOOD ASSISTANCE TODAY** and none of the pantries listed at [GetFood.REFB.org](#) are open or accessible to you, call the [Food Connections Resource Ctr.](#) for help at 707-523-7903 (M-F, 8:00 am-4:30 pm). You can request an emergency food box for pick-up at the Redwood Empire Food Bank ([3990 Brickway Blvd. in Santa Rosa](#)).

- **M-Th, 8a-5p & Fri, 8a-12p** at [SRJC Basic Needs Pantry, 680 Sonoma Mtn. Pkwy.](#)
 - Open to SRJC students. **Free groceries** (and monthly [free farmers markets](#))
- **Tuesdays, 10:00 am-11:00 am** at New Life Christian Fellowship, [1310 Clegg St.](#)
 - **Free groceries** open to all; **free diapers** for families w/ children up to age 4.
 - Drive-through only service.
- **Thursdays, 11:30 am-12:30 pm** at Petaluma Community Center, [320 N. McDowell](#)
 - **Free groceries** open to all; **free diapers** for families w/ children up to age 4.
 - Walk-up only service.
- **Thursdays, 3:00 pm-4:00 pm** at New Life Christian Fellowship, [1310 Clegg St.](#)
 - **Free groceries** open to all; **free diapers** for families w/ children up to age 4.
 - Drive-through only service.
- **Fridays, 9:00 am-10:00 am** at Petaluma Fairgrounds, [175 Fairgrounds Dr.](#)
 - **Free groceries** open to all; **free diapers** for families w/ children up to age 4.
 - Walk-up only service.
- **First Fridays, 10:30 am-11:15 am** at Round Walk Village, [745 N. McDowell Blvd.](#)
 - **Free groceries** open to all.
 - Walk-up only service.
- **First & third Fridays, 8:00 am-9:00 am** at Petaluma Senior Ctr., [211 Novak Dr.](#)
 - **Free groceries** for seniors and their caregivers.
 - Drive-through only service.
- **Second & fourth Fridays, 9a-10a** at Two Rock Elementary, [5001 Spring Hill Rd.](#)
 - **Free groceries** open to all; **free diapers** for families w/ children up to age 4.
- **Fourth Fridays, 9:00 am-10:00 am** at Vallejo St. Senior Apts., [575 Vallejo St.](#)
 - **Free groceries** for PEP residents and their caregivers.

Una Vida Food Pantries

707-364-0867 | [Website](#) | [Instagram](#) | [Facebook](#)

Service details: Provides **free groceries** you can choose yourself. All are welcome.

Timing and locations:

- **First & third Tuesdays, 4:30 pm-5:30 pm** at Hillside Church, [2689 Old Adobe Rd.](#)
- **Saturdays, 11:00 am-1:30 pm** at United Church of Christ, [825 Middlefield Dr.](#)

For Seniors, Ages 60+

Cafe 211 for Seniors located at Petaluma Senior Center, [211 Novak Dr.](#)

707-765-8488 | [Website](#) | A program of Petaluma People Services Center ([PPSC](#))

Service details: Provides **hot lunch** for dine-in or take-out, as well as **coffee service**. Call 707-765-8488 and ask for Cafe 211 to reserve your meal the day before. Consider contributing \$3.50-\$8.00 per meal, *but no senior will be turned away for lack of funds*. Also offers a **free movie with popcorn** on Fridays.

Timing: **Monday-Friday, 12:30pm-1:00pm (dine-in) or 1:00 pm-1:30 (take-out).**

Meals on Wheels

707-765-8488 | [Website](#) | A program of Petaluma People Services Center ([PPSC](#))

Service details: Provides **hot meals** to homebound seniors with routes in Petaluma, Penngrove, and west to Two Rock. Consider contributing \$3.50-\$8.00 per meal, *but no senior will be turned away for lack of funds*.

Service access: Need for Meals on Wheels service is determined by a Case Manager home visit; call 707-765-8488 for more info.

Senior Farmers Market Nutrition Program

707-565-5900 | CWohl@schsd.org | [Website](#)

Service details: The [Sonoma County Area Agency on Aging \(AAA\)](#) connects limited-income seniors with coupon booklets to buy fresh produce at farmers markets during the growing season (around May-Nov). A limited number of booklets are released to qualifying Sonoma County seniors on a first come, first served basis.

Service access: [Sign up for the AAA newsletter here](#) or call 707-565-5900 to hear about coupon booklet release (usually in **late May/early June**).

CalFresh and WIC Information

CalFresh (also known as EBT and formerly known as Food Stamps)

Service details: CalFresh is a **food assistance benefit program** available for individuals and families who meet income guidelines.

Service access: Call 877-847-3663 or visit GetCalFresh.org to apply. Staff from the Redwood Empire Food Bank can help you with CalFresh applications – call 707-523-7903. If you would like in-person application assistance, call Petaluma People Services Center (PPSC) at 707-765-8488 or the Sonoma Human Services Department at 707-565-5511.

WIC (Women, Infants, and Children)

Service details: WIC is a **food assistance benefit program** available to people who meet income guidelines and belong to one of the following categories: pregnant people, people nursing a baby less than a year old, or children up to five years old.

Service access: Call 310-661-3080 or visit WICForYou.org to apply. If you would like in-person application assistance, call Petaluma People Services Center (PPSC) at 707-765-8488 or the Sonoma Human Services Department at 707-565-5511.

Stretch Your Budget at Farmers Markets

At farmers markets, ask staff at the information table about using CalFresh/EBT and nutrition incentives to help you afford local, farm-grown produce. [Participating FM Life markets](#) throughout Sonoma and Marin Counties offer a Market Match program to give you a dollar-for-dollar match when you use your EBT funds to shop!

Farmers market timing can change – find updated info about Petaluma and other local markets on the [I Love Farmers Markets website](#). To learn more, contact 415-999-5635 or Info@ILoveFarmersMarkets.org, or check [Instagram](#) and [Facebook](#).

- **East Side Petaluma Farmers Market** at [320 N McDowell Blvd.](#)
 - **Tuesdays, 10:00 am-1:30 pm (year-round)**
- **Evening Farmers Market** at Petaluma Fairgrounds, [175 Fairgrounds Dr.](#)
 - **Thursdays, 4:00 pm-8:00 pm (June-September)**
- **Walnut Park Farmers Market** at [Walnut Park](#)
 - **Saturdays, 2:00 pm-5:00 pm (May-November)**

Grow Your Own Food at Community Gardens

Visit PetalumaBounty.org/Community-Gardens to learn more and fill out an application to join one of the gardens below. Email CommunityGardens@PetalumaBounty.org if you have questions or suggestions.

- Arroyo Community Garden ([website](#)) at [Living Word Lutheran Church](#)
- La Tercera Community Garden ([email](#)) at [La Tercera Park](#)
- McNear Community Gardens ([website](#)) at [McNear Park](#)
- Sunrise Community Garden ([email](#)) at [Sunrise Park](#)

Petaluma Bounty

[Petaluma Bounty](#) is a farm-based community food security project with a mission to build a sustainable local food system to provide healthy food for everyone. Contact us at Info@PetalumaBounty.org or 707-765-8488 x148.

Bounty Farm Sliding-Scale Farm Stands / [Website](#)

Service details: Offers fresh, sustainably-grown produce from our farm with a 50% discount for EBT customers and a 30% discount for limited-income.

- **Wednesdays, 2:00pm-5:00pm, May-Nov** at [Bounty Farm, 55 Shasta Ave.](#)
- **Saturdays, 2:00pm-5:00pm, May-Nov** at the [Walnut Park Farmers Market](#)

Bounty Bags CSA Program with pick-up at [55 Shasta Ave.](#) / [Website](#)

Service details: Offers a weekly bag of fresh, sustainably-grown, seasonal produce from our farm. Need-based pricing is available. Check our PetalumaBounty.org starting around June for full details! **Bount Bag pick up is typically Wed, 2pm-5pm, June-November.**

Bounty Hunters Gleaning Program

707-787-1152 or BountyHunters@PetalumaBounty.org / [Website](#)

Service details: Volunteers harvest surplus fresh produce from backyard gardens, fruit trees, and farms for donation to local food pantries.

If you are facing food insecurity and would like to help feed your family and your community, come harvest with us! Volunteers in need can take home as much as a third of our overall harvest for their use.