



# Food for All

## GET FOOD

📞 (415) 824-3663 🖨️ [FoodLocator.SFMFoodBank.org](https://www.FoodLocator.SFMFoodBank.org)

### Free Weekly Groceries

Are you a San Francisco or Marin County resident? Get fresh, weekly groceries for free. Call us or go to our Food Locator page to find the nearest free food pantry. Please bring your photo ID and a proof of address if ID isn't up to date.

### Emergency Food

In an emergency and need food? You may be eligible to receive a three-day supply of shelf-stable food. Available once in a 12-month period.

### Supplemental Food for Seniors

Are you over 60 years old and low-income? You may be eligible to receive a monthly box of quality, shelf-stable foods such as tuna, beans, peanut butter, and canned vegetables at our partner sites. Give us a call to see if you're eligible.

### Home-Delivered Groceries

Need groceries delivered and live in San Francisco or Marin? You may be eligible if you're an older adult, adult with disabilities, pregnant, a family with children under 2 years old, and a family with children who have disabilities. Call us or email us at [HDG@sfmfoodbank.org](mailto:HDG@sfmfoodbank.org) to see if you're eligible.

## ACCESS RESOURCES

### Get Help to Apply for CalFresh

📞 (415) 824-3663 🖨️ [SFMFoodBank.org/apply-for-calfresh](https://www.SFMFoodBank.org/apply-for-calfresh)

Need money for groceries? CalFresh can help make your food budget last. Give us a call to find out if you might qualify for CalFresh and Food Bank staff can help you with the application process.

## GIVE BACK

### Volunteer

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

Take part in change! When you volunteer at the Food Bank in San Francisco or Marin, you'll help sort and package food for our pantry network, home-delivered grocery service, and shop floor. 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 takes a community to end hunger.

### Donate Funds

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

Every dollar counts! Your generous gift will help the Food Bank purchase fresh, nutritious food to distribute to the community.