

Berkeley Food Access Information

Below are some organizations that aim to serve food-insecure families in the local community. Please feel free to share this sheet with anyone who might find these resources useful.



Hours:

- Mondays Wednesdays Fridays 2:00-4:00 pm for walk-ups and appointments
- Mondays, Wednesdays, and Fridays 1:00-3:00 pm home deliveries
- Tuesdays 10:00 am-12:30 pm home deliveries

The pantry will be closed on the following days during the calendar year:

- Martin Luther King Jr. Day, Monday, January 17, 2022
- Memorial Day, Monday, May 30, 2022
- Pantry Closure Day, Friday, June 24, 2022
- Independence Day, Monday, July 4, 2022
- Labor Day, Monday, September 5, 2022
- Closed for Updates and Maintenance, September 12-16, 2022
- Indigenous People's Day, Monday, October 10, 2022
- Thanksgiving Holiday, Friday, November 25, 2022
- Christmas Holiday, Monday, December 26, 2022
- New Year's Holiday, Monday, January 2, 2023

- Berkeley Food Pantry | 510-525-2280 | 1600 Sacramento Street Berkeley, CA 94702
 - Emergency groceries to all individuals who work, reside, or attend school in Albany and Berkeley
 - Information in English, Spanish and Chinese: <https://www.berkeleyfoodpantry.org/>
 - Public Transportation: You can reach us on public transportation via AC Transit line 52, which stops right outside our building on Sacramento Street.
- Berkeley Food Network | 510-616-5383
 - Distribution Sites:
 - <https://berkeleyfoodnetwork.org/who-we-are/hours/>
 - Pantry Hours:
 - Monday-Thursday 10am-2pm; Monday & Wednesday 5pm - 7pm; Saturday 10am - 12pm
- Covenant House for the Youth | 510-235-9732
 - Location: 200 Harrison Street Oakland, CA, 94607
 - Food and shelter for youth experiencing homelessness
 - Ages 18-24; shelter, food, education, and clothes
- Richmond Emergency Food Pantry | 510-235-9732
 - Location: 2369 Barrett Avenue Richmond, CA 94804
 - To receive food: <http://www.refp.org/food.html>
 - Hours: 10:00 am to 1:30 pm on Tuesdays and Fridays
 - Pick up food packages once a month
- The Daily Bread Berkeley - Food Distribution Center
 - Location: 2447 Prince St. Berkeley, CA, 94705
 - Phone: 510-848-3522
 - Check social media for food distribution information
 - Instagram: @dailybreadberkeley
 - Facebook: <https://www.facebook.com/dailybreadberkeley/>

Home Delivered Meals

- Berkeley Food Pantry
 - Application for home delivery services:
 - <https://docs.google.com/forms/d/e/1FAIpQLSdivuLBVUBPpr1a-lg4vjN7vggM3LhYFI11-luWNIeABgHQ/viewform>



Apply for SNAP:

- Supplemental Nutrition Assistance Program (SNAP): a SNAP debit card at farmer's markets in Davis/West Sacramento can get you double dollars! (ie: \$20 worth of groceries for \$10)
 - www.fns.usda.gov/snap/supplemental-nutrition-assistance-program
 - Application sessions to assist with filling out the application: <https://basicneeds.berkeley.edu/calfresh>



Ways to help increase food accessibility

For volunteers:

- Richmond Emergency Food Pantry - Volunteers are needed on Tuesdays and Fridays between 7:00 am and 2:00 pm. Contact for more information: (510) 235-9732. Visit: <http://www.refp.org/volunteers.html>
- Daily Bread Berkeley - Volunteers needed for food distribution. Contact via Instagram or Facebook.

For businesses and nonprofits:

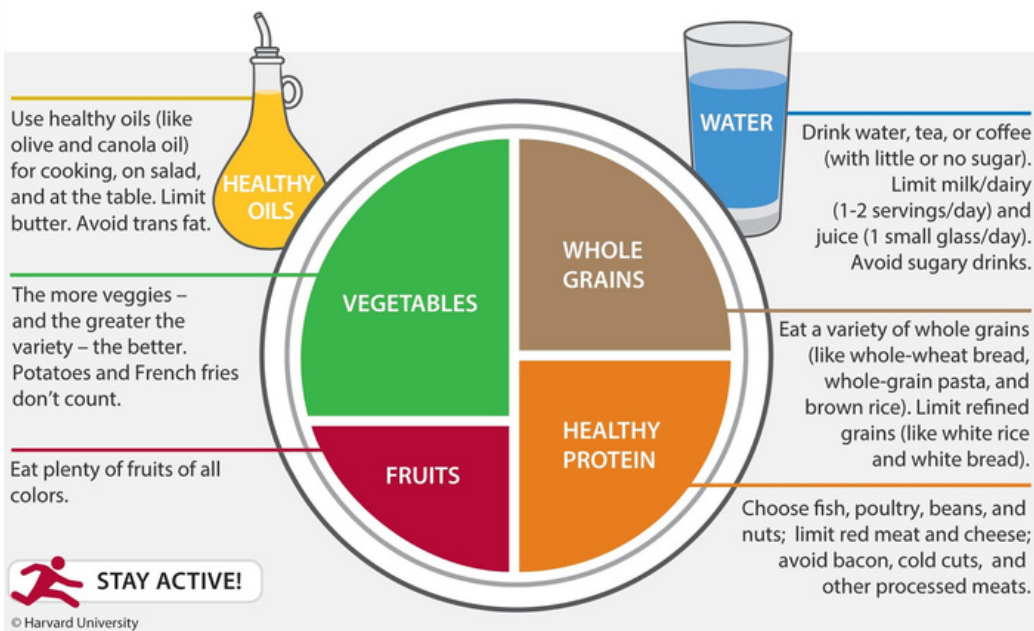
Community Food Projects Competitive Grant Program fights food insecurity through developing community food projects that help promote self-sufficiency of low-income communities: <https://www.nifa.usda.gov/grants/programs/hunger-food-security-programs/community-food-projects-competitive-grant-program-cfpcgp>



How to eat healthy at no extra cost

Visit www.hsph.harvard.edu/nutritionsource/healthy-eating-plate for up-to-date information on nutrition.

HEALTHY EATING PLATE



Did you know you can get plenty of protein from plants? AND it's generally more cost effective than buying animal products. Here are some great plant protein sources to try and home: lentils, tofu, nuts, chickpeas (all beans!), broccoli, seeds, sprouts, edamame, quinoa, and dark leafy greens.



Try to consume added sugars in moderation. The [American Heart Association](#) recommends limiting added sugars to no more than 6% of calories each day (about 6-9 tsp/day for women/men). For children, the recommendation is to limit sugar intake to a maximum 5 tsp/day.



Americans eat on average about 3,400 mg of sodium/day. However, the [Dietary Guidelines for Americans](#) recommends that adults limit intake to less than 2,300 mg/day (equal to about 1 teaspoon of table salt). For children, it's even less!



To manage salt and sugar intake, a good rule-of-thumb is to limit processed and fried foods.



For local resources on how to practice plant-forward eating: www.rootedsantabarbara.org

For tips & tricks on how to navigate healthy and affordable food at the grocery store:

www.kidsinnutrition.org/tips-tricks

For healthy child-friendly recipes: <https://www.kidsinnutrition.org/recipes>

