

# Food Resources COVID-19

## COVID-RELATED MOBILE FOOD SUPPORT

### SAN FRANCISCO COUNTY

#### **Kimochi**

<https://www.kimochi-inc.org/home-delivered-meals>

Phone: (415) 931-2287

Home-delivered meals within SF for homebound seniors 60+ y/o.

The Home Delivered Meals program also has the additional benefit of a weekday check-in and socialization with our delivery staff or volunteers

Eligibility considerations and sign-up apply.

#### **Meals on Wheels – San Francisco**

<https://www.mowsf.org/coronavirus>

Phone: 415.355.6700 (SF Department of Aging and Adult Services)

Home-delivered meals within SF for homebound seniors 60+ y/o.

Eligibility considerations and sign-up apply.

#### **Project Open Hand - San Francisco**

[https://www.openhand.org/sites/openhand.org/files/POH\\_SFpacket\\_3.2020.pdf](https://www.openhand.org/sites/openhand.org/files/POH_SFpacket_3.2020.pdf)

Phone: 415-447-2326

Home-delivered meals within SF for eligible applicants with a variety of critical illnesses.

Eligibility considerations and sign-up apply.

#### **San Francisco-Marin Food Bank**

<https://www.sfmfoodbank.org/>

<https://www.sfmfoodbank.org/find-food/>

Phone: 415.282.1900

The Food Bank continues providing food for people in need to get food. Now, putting solutions in place, one by one, to continue providing food and helping the community prepare for challenges related to COVID-19. Use the Food Locator tool above to find food assistance in SF and Marin and help enrolling in CalFresh (food stamps).

Home-delivered food boxes (in SF only) for seniors age 60+ y/o or adults with disabilities.

### ALAMEDA COUNTY

#### **Alameda County Community Food Bank**

<https://www.accfb.org/health-and-safety/>

If you are in need of food, please call the Emergency Food Helpline: 1-510-635-3663

Special Provisions during COVID-19 include increasing production of Emergency Food Bags that can be delivered in case of increased need or disruption of services. In regular contact with partners, legislators and other key contacts throughout the County to develop contingencies for sourcing and distributing food and will communicate substantial changes when and if they occur. See website for updates

#### **J-Sei - Berkeley**

# Food Resources COVID-19

<https://j-sei.org/>

Phone: 510-654-4000

Home-delivered Japanese meals for people 60+ y/o who have difficulty leaving home. Deliveries within Berkeley.

J-Sei is a multi-generational and multi-cultural organization with its roots in Nikkei values and culture. Serving older adults, senior assisted living, and families and younger generations.

Eligibility considerations and sign-up apply.

## **Meals on Wheels – Alameda County**

<https://www.feedingseniors.org/>

Phone: 510.777.9560

Home-delivered meals within Alameda County for homebound seniors 60+ y/o.

Eligibility considerations and sign-up apply.

## **Project Open Hand – East Bay**

[https://www.openhand.org/sites/openhand.org/files/POH\\_EBpacket\\_3.2020.pdf](https://www.openhand.org/sites/openhand.org/files/POH_EBpacket_3.2020.pdf)

Phone: 510-622-0221

Home-delivered meals within Oakland for eligible applicants with a variety of critical illnesses.

Eligibility considerations and sign-up apply.

## **SAN MATEO COUNTY**

### **Meals on Wheels – San Mateo County (Peninsula Volunteers, Inc.)**

<https://www.penvol.org/mealsonwheels/>

Phone: 650-323-2022

Continuing to operate Meals on Wheels program, delivering meals to homebound seniors. Staff will be taking all normal and additional safety precautions at this time.

Home-delivered meals for people 60+ y/o.

Eligibility considerations and sign-up apply.

### **San Mateo County Aging and Adult Services – Supplemental Meals on Wheels**

<https://www.penvol.org/mealsonwheels/how-to-qualify/>

Phone: 650-323-2022

This program is available to individuals that are between the ages of 18-59 with a disability. They must be homebound because of incapacitating disability and/or illness; lack caregiver assistance; can live at home if meals are provided, but unable to prepare or obtain nutritious meals; and be assessed with a nutritional risk rating of 6+ (per California Department of Aging definition). Quarterly in-home and/or telephone reassessment are required. These individuals must pay \$2.00 per meal.

### **Second Harvest of Silicon Valley (Food Bank)**

<https://www.shfb.org/>

<https://www.shfb.org/get-food/>

Phone: 1-800-984-3663

Despite closures, many schools in Santa Clara and San Mateo counties are continuing to provide nutritious meals. See the "Get Food" link above for details. Any child or family with children 18 and

under may pick up food at locations listed here <https://docs.google.com/spreadsheets/d/1S-55pwSKJyh4w-9zkbKMceWFYmMujxLrwdKMG7qlbg/edit#gid=0>

# Food Resources COVID-19

Second Harvest is committed to providing free healthy food to anyone in need. You will be welcomed at our food distribution sites, regardless of your citizenship or immigration status, ethnicity or sexual orientation.

For free food:

- **Call 1-800-984-3663 Mon-Fri, 8AM-5PM.** Staff Speaks English, Spanish, Vietnamese, Cantonese, Mandarin and Tagalog. Three-way interpretation available for other languages.
- **Afterhours – Call 211.** It's free, confidential and available 24/7 in multiple languages. Operated by United Way Bay Area.
- **Text "GETFOOD"** to 1-408-455-5181
- **Request a call** by filling out a form on the website listed above

## SENIOR/DISABLED GROCERY SHOPPING - BAY AREA

### **VARIOUS AREAS**

Hours and locations subject to change. Call local store for the most up-to-date information. The following stores offer designated shopping hours reserved for seniors and people most at risk for COVID-19:

#### **Albertsons**

<https://www.albertsons.com/>

7-9AM Tues and Thurs

For seniors and other at-risk people (pregnant, immunocompromised, etc.)

#### **Costco**

<https://www.costco.com/>

For people 60+ y/o Monday through Friday, 8-9AM. No guests will be admitted. Limited locations in California and may be limited to certain areas in Southern California. Contact local Costco for details.

#### **Dollar General**

<https://www.dollargeneral.com/>

Seniors may shop by themselves during the first hour of store opening

#### **Rainbow Grocery – San Francisco**

<https://www.rainbow.coop/>

New Temporary Store Hours: 9am-7pm Every Day

Senior & High-Risk Hours: 9am-10am

A worker-owned co-operative

Eligible seniors are 60+ y/o

#### **Safeway**

<https://www.safeway.com/>

7-9AM Tues and Thurs

For seniors and other at-risk people (pregnant, immunocompromised, etc.)

#### **Target**

<https://www.target.com/>

# Food Resources COVID-19

The first hour of operation in all stores.

For people 65+ y/o and/or people with underlying health concerns

## **Walmart**

<https://www.walmart.com/>

For people 60+ y/o, every Tuesday, starting one hour before stores open. Checking IDs is at the store's discretion.

## **Whole Foods Market**

<https://www.wholefoodsmarket.com/>

One hour before posted opening hours, daily

For people who are 60+ y/o and/or disabled

## **Zanotto's Markets (Willow Glen, Sunnyvale, Rose Garden)**

<https://www.zanottos.com/>

Open 8-9AM for seniors only. This is 1 hour before store opens to the public.

## **ONLINE GROCERY DELIVERY**

### **VARIOUS AREAS**

Grocery store delivery options may vary by region. See websites or contact local stores for details. Ask delivery services about "touchless" delivery options for food to be delivered without direct contact at the door.

**Albertsons** <https://www.albertsons.com/>

**Amazon** <https://www.amazon.com/>

**Costco** <https://www.costco.com/>

**Instacart** <https://www.instacart.com/>

**Lucky Supermarkets** <https://www.luckysupermarkets.com/>

**Safeway** <https://www.safeway.com/>

**Target** <https://www.target.com/>

**Whole Foods Market** <https://www.wholefoodsmarket.com/>

### **WEBSITES AND APPS FOR RESTAURANT MEAL DELIVERY**

#### **VARIOUS AREAS**

Some limitations on which areas services or restaurants offer delivery in your area. See websites for details. Ask delivery services about "touchless" delivery options for food to be delivered without direct contact at the door. Descriptions that follow come from the websites themselves.

#### **Caviar**

<https://www.trycaviar.com/>

#### **Caviar**

Caviar is an all-in-one food ordering platform that connects diners with the best local and independent restaurants via convenient delivery, pickup, or catering.

#### **DoorDash**

# Food Resources COVID-19

<https://www.doordash.com/>

DoorDash is a technology company that connects people with the best in their cities. We do this by empowering local businesses and in turn, generate new ways for people to earn, work and live. Door-to-door delivery.

## **Grubhub**

<https://www.grubhub.com/>

Pickup or delivery from restaurants near you. Order online or through the Grubhub app. Find great meals fast with lots of local menus. Enjoy eating the convenient way with places that deliver to your door.

## **Postmates**

<https://postmates.com/>

Able to deliver anything from anywhere, Postmates is the food delivery, grocery delivery, whatever-you-can-think-of delivery app to bring what you crave right to your door. Order from the food delivery app Links on website to explore San Francisco and East Bay

## **Uber Eats**

<https://www.ubereats.com/>

Uber Eats has hundreds of restaurants to choose from. When you open the app, scroll through the feed for inspiration or search for a restaurant or cuisine. Tap something you like to add to your cart. When ready to check out, you'll see your address, an estimated delivery time, and the price of the order including tax and delivery fee. Tap to place order. Automatically uses the credit card on file so you never need cash.

## **PET FOOD AND PET SUPPLIES ON THE GO**

### **VARIOUS AREAS**

#### **Petco**

<https://www.petco.com/>

Stores

Website and the Petco App:

Free 1-2 day shipping and threshold has been lowered to \$35

Discounts on repeat deliveries

Discounts for online orders with in-store pickups; items ready in 1-2 hours

Coming soon: curbside pickup

#### **Pet Food Express**

<https://www.petfood.express/covid-19-and-pfe/>

Working now to determine how to best get pets fed while reducing the number of people in store. Encouraging Same-Day Delivery service. If you do need to come in store, use Buy-Online-Pick-Up-In-Store so we can have your purchase ready for you and you do not need to touch anything. Please see website for listing of closed stores offering online delivery. Free same-day delivery.

## **MUTUAL AID STRATEGIES**

# Food Resources COVID-19

## VARIOUS AREAS

### **Berkeley Mutual Aid Network**

<https://www.berkeleymutualaid.org/need-assistance>

Apply online for matching

In order to help ensure individuals who are more at risk of developing serious complications from Covid-19 can still meet their basic needs, Berkeley Mutual Aid is offering a matching service between individuals who are high-risk and those who are low-risk. For the purposes of this form, individuals who are considered high risk include those who are 60 years of age and older, people who are immunocompromised and/or people who are experiencing homelessness or economic hardship.

Once a match is made you and your COVID-19 Match can coordinate the delivery of essential supplies, like food, toiletries, and prescriptions. You and your match can also help one another feel less isolated by checking-in on the phone or by other electronic means. Please follow all directions provided by the CDC to mitigate community spread.

### **Nextdoor**

<https://nextdoor.com/>

On website, enter address and register to connect with neighbors in the area. Neighbors exchange recommendations for services and support for everyday recommendations and activities. Also, where local agencies connect with neighbors in need. Community responses to COVID-19 are emerging from neighbors in the Nextdoor community.

## **LOCAL GOVERNMENT INTERVENTIONS FOR PEOPLE OF ALL AGES**

### **SAN FRANCISCO COUNTY**

#### **City and County of San Francisco: COVID-19 Response**

Overview of COVID relief programs including but not limited to food support

<https://sf.gov/topics/coronavirus-covid-19>

Free meals for children

<https://www.sfusd.edu/services/health-wellness/nutrition-school-meals>

### **ALAMEDA COUNTY**

#### **Alameda County Public Health Department**

COVID-19 Information and Resources

<http://www.acphd.org/2019-ncov.aspx>

Community Resources

<http://www.acphd.org/2019-ncov/resources/community.aspx>

### **SAN MATEO COUNTY**

#### **City of San Mateo Services during COVID-19**

Overview of COVID relief programs including but not limited to food support

<https://www.cityofsanmateo.org/CivicAlerts.aspx?AID=1063>

Do You or Someone You Know Need Help?

# Food Resources COVID-19

We are working with the County and Thrive Alliance to provide a centralized list of what services are being provided during the shelter-in-place at our existing social service organizations.

If you or someone you know needs assistance, please call Samaritan House at (650) 347-3648 first to see how to access these programs and for health screening before entering.

A general list of the County's core service agencies is also available online at <https://hsa.smcgov.org/emergency-safety-net-assistance-core-service-agencies>

## **SANTA CLARA COUNTY**

### **City of San Jose: Silicon Valley Strong**

Overview of COVID relief programs including but not limited to food support

<https://www.sanjoseca.gov/your-government/departments-offices/mayor-and-city-council/mayor-s-office/san-jose-strong>

List of downtown curbside pickup, delivery, and take-out food options

<https://sjdowntown.com/>