



## 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., 778-6380

**Breakfast:** Daily 7:30 - 9:00am  
Cold cereal, milk and bread

**Lunch:** M-F 11:30am - 1:00pm

Sat - Sun 11:30am - 12:30pm

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 8:30am - noon. Applications accepted Monday - 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: 778-6380.

#### 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 the corner of Baker and Stanley Streets. For more information, please call 762-4081.
- **Saturday Morning Interfaith Pantry** is open between 10:30am and noon at the United Church of Christ, located at 825 Middlefield Drive. For more information and directions, please call 763-2454.

**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](http://www.refb.org) or contact Information and Referral at 523-7900.

- **Tuesdays, 3:30-5:30 PM**, the Salvation Army distributes emergency food (available as needed) at their facility, located at 721 S. McDowell Blvd. Call 769-0716 for details. All welcome.
- **2<sup>nd</sup> 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 the Park Lane Apartments, 109 Magnolia Ave. All welcome.
- **Thursdays**, 10:30 - 11:30am produce distribution at Round Walk Village, 745 N. McDowell Blvd. All welcome. Produce

### For Seniors

(age 60 and older)

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

- **1<sup>st</sup> 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 523-7900.

**Petaluma People Services Center ("PPSC")** provides the following additional nutritional programs for Seniors:

- **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 765-8484 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 765-8484 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 765-8490 for information.

For additional information about PPSC senior services, contact Anita Tanenberg, Director of Senior Services, 765-8488 ext. 135.

## For Kids

### Redwood Empire Food Bank

### Free Summer Lunch for youth

**Monday – Friday 12:30 pm – 1:00 pm, June 9 to August 8**, free lunch is served to all kids 18 and under:

- ◆ Downtown River Apartments, 35 E. Washington St.
- ◆ Round Walk Village Apartments, 745 N. McDowell Blvd.
- ◆ Petaluma Boys and Girls Club, 203 Maria Drive
- ◆ Logan Place Apartments, 1200 Petaluma Blvd. North
- ◆ Washington Creek Apartments, 909 Martin Cir.
- ◆ Old Elm, 2 Sandi Lane
- ◆ Corona Ranch Apartments, 990 Ely Road
- ◆ Miwok Elementary, 1010 St. Francis Drive

**The Megan Furth Harvest Pantry** (a program of the Redwood Empire Food Bank) provides free fruits and vegetables to 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 Lakeville St. and Jefferson (behind Lolita's Market).

## CalFresh (formerly Food Stamps) and WIC Application Information

- **For CalFresh** (formerly Food Stamps), call 1-877-699-6969 (toll free) or see [www.calfresh.ca.gov](http://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 if they have a market incentive program.

- **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.  
*\*This market has a special local food incentive program so for every \$10 of CalFresh you spend, the market matches another \$10.*
- **Wednesday Theatre Square Farmers Market:** June 4th 2014 - August 13th 2014, from 4:30 to 8 pm. In the Theatre District on 2nd Street in Downtown Petaluma. Call (707) 762-0344 or email [PetalumaFarmersMarket@yahoo.com](mailto:PetalumaFarmersMarket@yahoo.com) for more details.  
*\*This market will launch a local food incentive program in 2014.*
- **Saturday Walnut Park Market:** May 17<sup>th</sup> – November 22<sup>nd</sup>, 2014, from 2:00 – 5:30pm, at the Walnut Park, corner of Petaluma Bl. South and "D" Street. Held rain or shine. Call (707) 762-0344 or email [PetalumaFarmersMarket@yahoo.com](mailto:PetalumaFarmersMarket@yahoo.com) for more details.  
*\*This market will launch a local food incentive program in 2014.*

## 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@petalumabounty.org](mailto:gardenstarts@petalumabounty.org)

- **Sunrise Community Garden** –  
 North McDowell Blvd at Sunrise Parkway  
[gardenstarts@petalumabounty.org](mailto:gardenstarts@petalumabounty.org)
- **Petaluma City Hall Community Garden** –  
 11 English Street  
[gardenstarts@petalumabounty.org](mailto:gardenstarts@petalumabounty.org)
- **LaTercera Community Garden-**  
 At the end of Acapulco Ct.  
[gardenstarts@petalumabounty.org](mailto:gardenstarts@petalumabounty.org)
- **Arroyo Community Garden** –  
 901 Ely Blvd. South, just north of Casa Grande  
[gardenstarts@petalumabounty.org](mailto:gardenstarts@petalumabounty.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 “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](http://www.phealthcenter.org) for details.

- **The Bounty Farm** - 55 Shasta Avenue. An educational urban farm and learning center that is growing healthy food for the community and teaching about sustainable food growing (Contact Farm Manager at 364-4883 [farm@petalumabounty.org](mailto:farm@petalumabounty.org));
- **Community Gardens** - where people grow their own healthy food at low cost (Email [gardenstarts@petalumabounty.org](mailto:gardenstarts@petalumabounty.org)). See “Growing your own food at Community Gardens” (above) for locations;
- **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 (Contact Patty Sherwood, Coordinator, 364-4866 [Bountyhunters@petalumabounty.org](mailto:Bountyhunters@petalumabounty.org)).

For updates to this list, please go to <http://www.petalumabounty.org/> and click on “Resources” and then “If You’re Hungry.” Updated May, 2014