

Berkeley

Food Not Bombs People's Park

Haste above Telegraph, Berkeley

Mon-Fri: 3pm vegan/vegetarian meal.

ebfnb.org

Plenty of opportunities to volunteer, too!

Night on the Streets Catholic Worker

@ People's Park

Haste above Telegraph, Berkeley

510-684-1892

Sun: 7:30am breakfast. At 8:10, the meal moves to Center St. between Milvia and Martin Luther King.

Women's Daytime Drop-in Center

2218 Acton (& Bancroft), Berkeley 510-548-2884

Open Mon-Fri 8am-4pm (closed 1st Friday of each month).

Daily 8am-10am breakfast.

Daily 12 noon-12:30 meal

Trinity United Methodist Church

2362 Bancroft Way (& Dana), Berkeley

510-649-4976

Mon-Wed: 3:45pm-4:30pm sit-down meal

Thu-Fri: 3:30pm-4pm 'take-out' brown bag hot meal. Vegetarian option available.

Suitcase Clinic (Youth Clinic location)

St. Mark's Episcopal Church 2300 Bancroft (& Ellsworth) 2nd Floor, Berkeley

510-423-3303

Drop-in health clinic for ages 13-23;

Monday 6pm-9pm. Dinner provided.

Newman Hall - Loaves and Fishes

2700 Dwight Way (& College), Berkeley

510-848-7812

1st Sat of the month:

Lottery at 2pm for limited meal

4pm meal. Meals "to go" at 4:45pm.

Youth Engagement, Advocacy and Housing (YEAH!)

Lutheran Church of the Cross

1744 University Ave. (& Grant), Berkeley
510-704-9867

Seasonal shelter for ages 18-25 open from:
Nov to May, 7 days a week 8pm-8am.

Line-up begins at 7:30pm;
pets allowed; showers; hot meals. Year-
round services available. Call for details.

South Berkeley Community Church

1802 Fairview @ Ellis, 510-652-1040
12 noon on Thursdays

Night on the Streets Catholic Worker

People's Park

Haste above Telegraph, Berkeley
510-684-1892

5th Sun of the month: 4pm meal.

University Lutheran Chapel

2425 College (& Haste), Berkeley
510-843-6230

4th Saturday of each month with 5
Saturday only: 4:30pm meal

Berkeley Food and Housing Project

2362 Bancroft Way, Berkeley

M-Thurs. Hot meal is served
between 3:45-5 PM

Friday: Hot take-out stew or soup between
3:30-4 PM

Entry through stairs in the parking lot.
Entre, salad, vegetable, drink, and bread.
Diverse menu with veggie main course
always available. Hot and nutritious!

St. Mary Magdalen Church

2005 Berryman (& Henry), Berkeley
510-526-4811

1st & 4th Sun of the month: 3pm meal.

Hare Krishna Temple

2334 Stuart St

Berkeley, CA 94705

b/t Telegraph Ave & Ellsworth St

Hot meals served every first Saturday of
the month from 12:00pm until 2:00pm.

"They do a free dinner every Sunday starting at 7pm, and you don't have to sit through any chants or anything. They lay down rows of dot matrix paper along the floor as placemats, give you a paper plate and plastic silverware, and then bring out lots of tasty, veggie friendly food in these large twenty gallon buckets. It mostly consisted of a lot of lentil and rice dishes, as well as a yogurt dessert and horchata-like juice drink. It's an interesting scene. There are a lot of punk kids."

Apparently they serve every day but Sundays is more so open to the public!

North Oakland

Produce giveaway at the Mariposa House
828 59th street
Every Sunday afternoon 3-5 PM
Sponsored by Food Not Bombs

Phat Beets: Free produce stand
FREE FARM STAND
5709 Market St @ Arlington Medical Center.
Mondays 11am - 1pm (till all gone - Donations Welcome)

Auntie Frances Self Help Hunger Program
2pm Tuesday meal at Driver Park
Adeline & Stanford

Telegraph Community Center
We distribute food every Wednesday from 11am to 4pm and Friday from 10am to 2pm, except holidays.
5316 Telegraph Avenue
Oakland, California 94609
510-658-4457

College Avenue Presbyterian Church
5951 College (& Claremont), Oakland
510-658-3665
Fri: "Friday Night On College" 6pm meal.

West Oakland

Food Not Bombs Food giveaway

Thursdays, 9:30 AM @ Park at corner of 21st & San Pablo, across from Greyhound.

St. Vincent de Paul Dining Facility

675 23rd St. (& San Pablo), Oakland
510-451-7676

Tue-Sat (except 1st Wed of the month):
10:45am-12:45pm

St. Andrew's Soup Kitchen

3220 San Pablo @ 32nd Oakland
510-658-6622
M-F @ 1 PM

ECAP

Between 37th & 36th on San Pablo Ave
Food giveaway around Noon time Monday,
Wednesday, Thursday, Friday, Sat.
Tuesday (2PM) & Thursday are BIG days to
get your veggies, milk, etc. Closed on

Sunday. They also have clothes and other
randomly donated items.

Food Not Bombs Hot Vegetarian Meal

Thursday 1:30-3:30 PM @ Metal Alliance
Recycling 34th & San Pablo

People's Kitchen

Sundays from 5-8:30

723 27th Street, Oakland

*"Through community and food shared with
love we can transcend the craziness in the
world"*

Taylor Memorial United Methodist Church

1188 12th Street (& Magnolia), Oakland
510-644-6164

1st & 3rd (sometimes 4th) Mon of the
month: 4pm meal.

Call for monthly schedule.

Groceries distributed every Mon
1:30pm-3:30pm.

Downtown Oakland

Open Door Mission

92 7th St. (& Oak), Oakland

510-451-7924

Mon-Fri: Meal after 6:25pm service.

Sunday: 3pm meal.

Sun-Fri: 7am breakfast after service.

Food of God (FOG)

Every *Thursday* from 1-2:30 PM. In the public park at the corner of 21st & San Pablo Ave. Across from Greyhound.
foodofgod.wordpress.com

CityTeam International

722 Washington (at 7th St.), Oakland

510-452-3758

Sign up through food bank (800-870-3663)

Food Not Bombs

Sundays, 3pm 14th and Jefferson Street Downtown, Oakland. In front of the Sutter Hotel.

DreamCatcher Youth Support Drop-in Center

422 Jefferson (& 5th) Oakland

510-839-1559

Mon-Thu: 5:30pm meal for youth 13-18.

First Presbyterian Church of Oakland

27th St & Broadway

Serves hot meal on Mondays and 1st Wed. of the month from 11am-2pm.

East Oakland

Brookins African Methodist Episcopal Church

2201 73rd Avenue, 94605

510-568-8954

Must call for details

Breakfast, Groceries and Food Giveaway Programs: Serves breakfast to low-income residents of Oakland on certain Saturdays. Offers food giveaways on specific days. Also provides limited food baskets at Thanksgiving and Christmas.

Lake Merritt United Methodist Church

1330 Lakeshore Avenue

510-465-4793

Are you in need of food assistance? The Food Pantry distributes food the *2nd and 4th Saturdays of the month, 10am-12:30pm*. You can find the food distribution on the Lakeshore side of the church building, at the bottom of the stairs.

St. Elizabeth's Parish - Bread and Roses

1500 34th Avenue

Oakland, CA 94601

510-536-1266

Must call for details

Provides food, nutritional perishables items, meals, and other aid.

East Oakland Food Pantry/Project Outreach/Canaan Baptist Church

6629 Bancroft Avenue, 94605

510-532-4474

Must call for details

New Beginning International Ministry

5609 Foothill Blvd, 94605

510-985-0541

This Zine was created by a Food Not Bombs Volunteer, with the help of others, in an effort to spread the awareness of how much food is out there for those in need to feast upon and to make it easier to find. In addition to that is the awareness that we are a wasteful society and can utilize "unsellable" food before it reaches the compost bin; and buy less. This list encompasses a wide variety of people from various groups, belief systems, and backgrounds without discrimination; in an effort to bring to light that people from all walks of life find joy in feeding those in need. May you find what you need to be nourished in the place that best suits your individual tastes.

If you want to make a donation of any kind, want to start a meal or produce giveaway, or add a place I missed, or have any other comments or questions please contact me! This is just the first edition... may it only grow and expand!

NEED MORE HELP?

Food Helpline: 1-800-870-FOOD, Monday through Friday, 9:00 am - 4:00 pm.

May All Be Fed
And not just the
Poor man's bread
But the nutrient dense
Elements from the farm
Saved from the waste bin
Heated and prepared to perfection
For flavorful ingestion
And optimal digestion
We all deserve a meal
That satisfies our senses,
Organs, bones, muscles,
Minds and hearts
May we all be justly fed!
~Mystic Mazy~
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