

# Nutrition and Food Resources

(Updated 3/3/2014 Please contact Terry Morris [tmorris@sfaf.org](mailto:tmorris@sfaf.org) with corrections/suggestions. Thanks!)

## What's here?

- ❖ Info on where to get free/low cost veggies and fruit
- ❖ Info on cooking and nutrition classes for free
- ❖ Info on how to apply for food stamps
- ❖ A list of restaurants that accept food stamps
- ❖ Awesome tips by RN and harm reduction goddess Stacey Rubin and the amazing Roe Giuliani about drug use and nutrition, healthier fast food choices, nutrition and liver health.
- ❖ Listings on where to go get a meal in SF Monday- Friday for breakfast, lunch, and dinner.
- ❖ Links to [www.freeprintshop.org](http://www.freeprintshop.org) for free eats, food pantries, and info about Project Open Hand, Meals on Wheels, Four Squares

## Monday

**Glide Memorial Church** 330 ELLIS (at Taylor) 674-6043 (M-F 8am-4:30pm)

*Breakfast:* Every day from 8am until tickets run out; Seniors (over age 60) 7:30am.

*Lunch:* Every day from noon until tickets run out; bag meal (2 sandwiches+) given out after lunch Sat & Sun. Tickets given out at start of meal; number of tickets depends on time of month.

*Dinner:* Monday-Friday from 4pm until tickets run out.

**St. Anthony Dining Room** 150 GOLDEN GATE (btw Leavenworth & Jones) 241-2690

*Lunch* 11:30am-1:30pm Full-course meal. Families & folks age 60+ or unable to carry a tray: 10-11:30am. All others: 11:30am-1:30pm.

**S. F. Rescue Mission** 140 TURK (btw. Taylor & Jones) 441-1628

Mon-Fri *Breakfast* (coffee and pastry) 10:30-10:45am.

Mon-Fri *Dinner:* 3:45pm, **mandatory church service** 4pm (doors close 4:15pm). Full-course dinner.

Blankets may be available.

**United Council of Human Services** 2111 JENNINGS (at Van Dyke) 671-1100

*Breakfast* 7-9am Hot breakfast.

*Dinner* 5-7pm Hot dinner.

**St. Peter & Paul Catholic Church** 666 FILBERT (near Washington Sq.) 421-0809

*Sandwich* Monday-Friday, 6-6:30pm A simple sandwich.

**VEGETARIAN:** Free Bagel Mondays | Mission Dist. Every Monday - 10:00 am | FREE La Victoria Bakery | 2937 24th St There's a lot of kind-hearted folks in this city by the bay but Danny Gabriner of Sour Flour is in the pantheon of kind folks. Every Monday, he bakes and then gives away hundreds of free bagels on 24th and Alabama. Tasty and fresh free handmade, boiled bagels are available to the public beginning around 10am until they run out.

Martin's Breakfast Hot tea, milk, and oatmeal 6:30-7:30am 225 Potrero Avenue

**Curry Senior Center** For those age 60 & over with ID. \$2 suggested donation; no one turned away for lack of funds. Sign up 8am for lunch. 333 TURK (btw. Hyde & Leavenworth) 292-1086 (8am-1pm)

*Breakfast* 8-9am *Lunch* 11am & noon

**VEGETARIAN: Food Not Bombs** UN PLAZA (Market btw 7th & 8th Sts) *Dinner* 7pm until food runs out. **Vegan!** soup &/or entree; bread (may have animal products); often salad. Bring your own bowl. Meal times vary: often late or cancelled.

**VEGETARIAN: Food Not Bombs** 16TH & MISSION (BART Plaza) *Dinner* 7pm until food runs out. **Vegan!** soup &/or entree; bread (may have animal products); often salad. Bring your own bowl. Meal times vary: often late or cancelled.

## **Tuesday**

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*Sandwich* Monday-Friday, 6-6:30pm A simple sandwich.

**City Team Ministries** 164 - 6TH ST. (btw. Mission & Howard) 861-8688

*Dinner:* Tues-Fri arrive 5:45pm for 6pm church group (optional) & dinner. Those who come to church group are fed first.

**VEGETARIAN: Curry Without Worry** HYDE & FULTON (by the statue of Bolívar on horse) 418-4361

*Dinner* 5:30pm until food runs out **Vegan!** Curried vegetables, 9-bean soup, puris, rice, & chutney.

**Fraternité Notre Dame** 793-5686

*Lunch* 11:30am-1:30pm 54 TURK ST. (btw Market & Jones)

*Dinner* 4-6pm UN PLAZA *Dinner* 4-6pm A hot meal.

**Youth Meal Night** at the GLBTQ Center: Have dinner & movie on us! Get tested! Every Tuesday 5-7pm @ the Center (1800 Market) Room Q11 Meet here with your trans/queer friends (ages 24 & under.) Board games, community news/announcements, community closet (free clothes), resources and support, friends, and starting in October 2009 Free HIV testing sponsored by Larkin Street and Aids Health Foundation. Need resources or assistance: Get what you're looking for, we have representatives from 5+ organizations every week.

**Martin's Breakfast** Hot tea, milk, and oatmeal 6:30-7:30am 225 Potrero Avenue

**Martin's Lunch:** Lunch is a hearty soup served from 12PM to 2:00PM 225 Potrero Ave.

**VEGGIES** Ferry Plaza Farmers Market The Ferry Building (Embarcadero at Market Street)  
10:00 a.m. - 2:00 p.m. (415) 291-3276 Food Stamps EBT card can be used at the farmers market, offering an opportunity to buy affordable and healthful food that stretches food budgets.

## **Wednesday**

**Glide Memorial Church** 330 ELLIS (at Taylor) 674-6043 (M-F 8am-4:30pm)

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*Lunch:* Every day from noon until tickets run out; bag meal (2 sandwiches+) given out after lunch Sat & Sun. Tickets given out at start of meal; number of tickets depends on time of month.

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**Fraternité Notre Dame** 793-5686

*Lunch* 11:30am-1:30pm 54 TURK ST. (btw Market & Jones)

**Providence Foundation of SF** 1601 MCKINNON (at Mendell) 206- 0263 *Lunch* 12:45-2pm Optional Bible study before a hearty lunch.

Martin's Lunch: Lunch is a hearty soup served from 12PM to 2:00PM 225 Potrero Ave.

Food Not Bombs: serving at 6PM on California and Polk Street

**VEGGIES** Grow and eat greens at The Free Farm! Every Wednesday 10 am – 2 pm, Eddy & Gough Join us to grow organic produce and enjoy free vegetarian lunch. For more information, visit <http://www.thefreefarm.org/>; contact [thefreefarm.sf@gmail.com](mailto:thefreefarm.sf@gmail.com)

**VEGGIES** Heart of the City Farmers Market United Nations Plaza (Market Street between 7th and 8th Streets) 7:00 a.m. - 5:30 p.m. (415) 558-9455 Your Food Stamps EBT card can be used at the farmers market, offering an opportunity to buy affordable and healthful food that stretches food budgets.

**VEGGIES:** Kaiser Hospital (San Francisco) Farmers Market Geary St at St. Joseph's Street (Kaiser Commons Area) 10:00 a.m. - 2:00 p.m. (925) 825-9090 Your Food Stamps EBT card can be used at the farmers market, offering an opportunity to buy affordable and healthful food that stretches food budgets.

**VEGGIES** [Bayview Hunters Point Farmers Market](#) Mendell Plaza 4705 3rd Street (near Oakdale Avenue) 9:00 a.m. - 1:00 p.m. (415) 355-3700 Your Food Stamps EBT card can be used at the following farmers market, offering an opportunity to buy affordable and healthful food that stretches food budgets.

**VEGETARIAN: FIRST WEDNESDAY OF THE MONTH** Waffle Wednesday: Free Apple Cinnamon Waffle | SF 9:00 am to 11:00 am | Cost: FREE [Capital One 360 Café](#) | 101 Post St, Join b.street waffles for their monthly Free Waffle Wednesday at the Capital One 360 Café in the Financial District and enjoy a complimentary waffle from 9-11 am, or while they last. These Belgian-style street waffles come in tasty flavors like TCHO chocolate, maple-bacon, salted caramel and many others – often with the flavors baked right in. One flavor will be featured each month.

## **Thursday**

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Mon-Fri *Dinner:* 3:45pm, **mandatory church service** 4pm (doors close 4:15pm). Full-course dinner.

Blankets may be available.

**United Council of Human Services** 2111 JENNINGS (at Van Dyke) 671-1100

*Breakfast* 7-9am Hot breakfast.

*Dinner* 5-7pm Hot dinner.

**St. Peter & Paul Catholic Church** 666 FILBERT (near Washington Sq.) 421-0809

*Sandwich* Monday-Friday, 6-6:30pm A simple sandwich.

**City Team Ministries** 164 - 6TH ST. (btw. Mission & Howard) 861-8688 *Dinner:* Tues-Fri arrive 5:45pm for 6pm church group (optional) & dinner. Those who come to church group are fed first.

**Fraternité Notre Dame** 793-5686

*Lunch* 11:30am-1:30pm 54 TURK ST. (btw Market & Jones)

**Third Baptist Church** 1399 MCALLISTER (near Pierce) *Lunch* 12:30- 1:30pm Meat, bread, vegetables, salad, punch & dessert.

[Mission Community Market](#) | Every Thursday - 4:00 pm to 8:00 pm | Cost: FREE | Mission Community Market | Bartlett and 22nd Street, San Francisco, CA The Mission Community Market is a weekly, outdoor marketplace that celebrates the Mission's diversity with fresh foods, local businesses, and after-school activities in order to increase economic opportunity, family health and the fun, safe use of streets in the Mission.

### San Francisco General Hospital's (SFGH) Community Wellness Program

(415) 206-4995 works to promote and encourage wellness practices for patients, staff, and all San Franciscans. We support a holistic view of health in which physical, emotional, mental, social, and spiritual health are considered interconnected and essential in achieving improved health and wellness. Wellness classes are designed to accommodate patients and staff at all levels of physical abilities and/or limitations. Most of our wellness class instructors are bilingual (English/Spanish), and one is bilingual (English/Cantonese)

Heartbeet's Cooking Demo Thursdays @ 2:00 pm - 3:00 pm Where: Community Wellness Center 2D35  
Class Description: Food demonstrations to introduce people to seasonal, local, foods to get them excited about incorporating these foods into their diets and to provide fresh ideas for how to use produce. This series of exciting demonstration will showcase a different chef's styles as they lead the class every week.

**VEGETARIAN: FIRST THURSDAY OF EVERY MONTH!** Free Community Veggie Dinner: Fresh Garden & Farmers Market Meal | 7:00 pm | Cost: FREE [St. Cyprian's](#) | 2097 Turk St., All are welcome to a free community-created dinner gleaned from the USF Garden and neighborhood farmers' markets. Eat with others in a communal setting at this free vegetarian dinner gathering. The dinner takes place the first Thursday of every month at 7 pm at St. Cyprian's Episcopal Church and is sponsored by the University of San Francisco Community Garden class. *The organizers hope to bring people together through food and inspire community building.* Things to know before you go The food is free, but it's first come first served, so arrive early. It's scheduled for the first Thursday of the month, but we recommend checking [usfgarden.wordpress.com](http://usfgarden.wordpress.com) before you attend just in case there's been a schedule change.

Martin's Breakfast Hot tea, milk, and oatmeal 6:30-7:30am 225 Potrero Avenue

Martin's Lunch: Lunch is a hearty soup served from 12PM to 2:00PM 225 Potrero Ave.

**VEGETARIAN: Food Not Bombs** 16TH & MISSION (BART Plaza) *Dinner* 7pm until food runs out. **Vegan!** soup &/or entree; bread (may have animal products); often salad. Bring your own bowl. Meal times vary: often late or cancelled.

**VEGETARIAN: Curry Without Worry** 3:30-4:30PM at Haight @ Stanyan edge of GG Park until food runs out **Vegan!** Curried vegetables, 9-bean soup, puris, rice, & chutney.

### **Friday**



**VEGETARIAN: SECOND FRIDAY OF THE MONTH:** Free Vegetarian Dinner Night and Performances | SF 6:00 pm to 9:00 pm | Cost: FREE . CHECK <http://www.vokusf.org/index.html>. [St. Cyprian's](#) | 2097 Turk St. and St John the Evangelist VolxKuche or Free-Cafe SF is a free supper club held once a month on the [second Friday](#) of the month with dinner served starting at 6 pm. The food will be vegan when possible, and always vegetarian. Come to enjoy supper or to volunteer by performing, showing video/films, cooking, serving, or help with cleaning. All are encouraged to be involved. No monetary donations are accepted. Volxkuche seeks to be a place where friends, strangers and neighbors can gather to share food, good company and entertainment.

This is a free event and is run by volunteers desiring a healthy society where people from all walks of life share food and culture as compassionate beings. A safe and sober place, safe for kids, free from oppressive behavior and discrimination. It is an occasion for inspired self expression and interaction with others

**LAST FRIDAY OF THE MONTH Free Vegetarian Dinner Night & Performances | Mission Dist.** 6:00 pm to 9:00 pm | Cost: FREE [St. John Episcopal Church](#) | 110 Julian Ave **VolxKuche** or **Free-Cafe SF** is a free supper club held once a month on the **last Friday of the month** with dinner served starting at 6 pm. The food will be vegan when possible, and **always vegetarian**. Come to enjoy supper or to volunteer by performing, showing video/films, cooking, serving, or help with cleaning. All are encouraged to be involved. **No monetary donations accepted.** **Volxkuche** seeks to be a place where friends, strangers and neighbors can gather to share food, good company and entertainment. This is a free event and is run by volunteers desiring a healthy society where people from all walks of life share food and culture as compassionate beings. A safe and sober place, safe for kids, free from oppressive behavior and discrimination. It is an occasion for inspired self expression and interaction with others.

**FOURTH FRIDAY Free Family Dinner & Movie for families** in need of a night out at OMI Family Resource Center 5-8pm Cost: **Free, but an RSVP is required by calling Priscilla at 415-406-1367** [Minnie & Lovie Ward Rec Park](#) | 650 Capitol Ave Every fourth Friday, the OMI Family Resource Center in San Francisco invites you to their free monthly dinner and movie night.. Space is limited. Dinner is free, but limited to the first 50 people. The menu varies monthly. Movies starts at 5 pm sharp .Please note that this is a special monthly event for families in need of a night out. Folks with kids.

**SVDP Wellness Center Morning Nutrition/Cooking Class the 2nd Friday of Every Month** Learn how to cook nutritious foods on a budget. 9:15am-11:30am at SVDP Wellness Center 1175 Howard Street

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**St. Anthony Dining Room** 150 GOLDEN GATE (btw Leavenworth & Jones) 241-2690

*Lunch* 11:30am-1:30pm Full-course meal. Families & folks age 60+ or unable to carry a tray: 10-11:30am. All others: 11:30am-1:30pm. MENU available online if you want to check out what will be served.

**S. F. Rescue Mission** 140 TURK (btw. Taylor & Jones) 441-1628

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Missionaries of Charity 3215 CÉSAR CHÁVEZ (btw. Shotwell & Folsom) 586-3449 (9-11:30am, 3:30-5pm)  
*Dinner* 3:30-5pm or until food runs out Soup and Salad. **VEGETARIAN OPTION on FRIDAYS**

## **Saturday**

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**St. Anthony Dining Room** 150 GOLDEN GATE (btw Leavenworth & Jones) 241-2690

*Lunch* 11:30am-1:30pm Full-course meal. Families & folks age 60+ or unable to carry a tray: 10-11:30am.  
All others: 11:30am-1:30pm.

**All Saints' Episcopal Church** *Brunch* 10:30- 11:30am 1350 WALLER (near Masonic) 621-1862 Meat; potatoes or pasta or rice; vegetables, salad, pastry, coffee & bread.

**St. Peter & Paul Catholic Church** 666 FILBERT (near Washington Sq.)

421-0809 *Sandwich* 4pm until they run out

San Francisco CityTeam International 164 6th Street San Francisco, CA 94103

Phone: (415) 861-8688 *Saturday Clinic*: Every Saturday from 12-3 pm we serve an all-you-can-eat buffet, provide clothes, **foot washing**, and personal prayer to the homeless, needy, and poor of our neighborhood. Every other Saturday we provide medical access.

**VEGGIES**: Grow and eat greens at The Free Farm!

Every Saturday 10 am – 2 pm | FREE | Eddy & Gough For more information, visit

<http://www.thefreefarm.org>. Join us to grow organic produce. Everyone is welcome and there are many tasks for people of all skill levels and physical abilities and enjoy free vegetarian lunch!

Weight Watchers at the GLBT Center Saturdays 9:30am – 10:30am 1800 Market Street Weight Watcher is excited to bring meetings to the LGBT center. Every Saturday weigh in at 9:30 mtg at 10:00. Join Michael and Darren for the fun and inspiration.

Martin's Lunch: Lunch is a hearty soup 12PM to 2:00PM 225 Potrero Ave.

**VEGETARIAN**: Food not Bombs: 5PM Haight and Stanyan

Alemanya Farmers Market

100 Alemanya Farmers Market (Hwy 101 and 280)

5:00 a.m. - 3:00 p.m. (415) 647-9423 Food Stamps EBT card can be used at the following farmer's markets, offering an opportunity to buy affordable and healthful food that stretches food budgets.

Ferry Plaza Farmers Market The Ferry Building (Embarcadero at Market Street)

8:00 a.m. - 2:00 p.m. (415) 291-3276 Your Food Stamps EBT card can be used at the following farmer's markets, offering an opportunity to buy affordable and healthful food that stretches food budgets.

Fillmore Farmers Market O'Farrell Street & Fillmore Street (Fillmore Center)

9:00 a.m. - 1:00 p.m. (925) 825-9090 Your Food Stamps EBT card can be used at the following farmer's markets, offering an opportunity to buy affordable and healthful food that stretches food budgets.

## **Sunday**

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*Lunch* 11:30am-1:30pm Full-course meal. Families & folks age 60+ or unable to carry a tray: 10-11:30am. All others: 11:30am-1:30pm.

**St. Peter & Paul Catholic Church** 666 FILBERT (near Washington Sq.)

421-0809 *Sandwich* 4pm until they run out

Martin's Sunday Brunch: Guests are welcomed at 8:00, meal is served from 9:00 to 10:30 225 Potrero Avenue

Philadelphian 7th-Day Adventist Church 2520 BUSH (at Divisadero) 567-0263 *Lunch:* 10am-noon (April 22; May 13, 27; June 10, 24) Lacto-ovo-vegetarian! Fruit, cereal, juice, bread, milk, entrée & hot beverages on the second & fourth Sundays of the month. Bag lunch to go 10am April 8.

Iglesia Latina Americana de las Adventistas 7º Día *Breakfast:* 9:30-11am (April 15,

May 20, June 17) Lacto-ovo-vegetarian! Eggs, rice, beans, & cocoa served on the third Sunday of each month. 3024 - 24TH ST. (near Harrison)

**(not weekly/ 2 Sundays a month) Calvary United Methodist Church** 1400 JUDAH (near 19th Ave) Hot breakfast the **first & third Sunday** of the month. Pancakes, grits, eggs. *Breakfast* 10:30-11am

The Free Farm Stand

Sundays 1-3PM in Parque Ninos Uninos 23rd street and treat st.

The Free Farm Stand, an all-volunteer run project of the No Penny Opera (a tax exempt organization) is about sharing the wealth of urban farms and gardens. Free organic produce! Woo!

Heart of the City Farmers Market

United Nations Plaza (Market Street between 7th & 8th Streets)

7:00 a.m. - 5:00 p.m. (415) 558-9455 Food Stamps EBT card can be used at the following farmer's markets, offering an opportunity to buy affordable and healthful food that stretches food budgets.

**(not weekly/ 1<sup>st</sup> and 4<sup>th</sup> Sundays) River of Life Christian Fellowship** 1 MARKET (at Embarcadero Plaza)

*Dinner:* 4:30pm until food runs out Soup, coffee & bread on the first & fourth Sundays of the month.

## **FOOD AND NUTRITION RESOURCES**

1) <http://www.freeprintshop.org/>

**Food Pantries, Free Eats (prepared meals) and More!**



**Welcome** to the web site of the Free Print Shop. You can download eleven charts to help find free food, shelter, medical aid, & help with neighborhood problems in San Francisco. Each of the charts can be downloaded to your computer (and printed if you wish).

**2) Project Open Hand** To get enrolled with HIV/AIDS Program Services: San Francisco residents Please call the Client Services Hotline at (800) 551-6325 to schedule an intake appointment with a case worker. You must bring with you a valid California photo identification with a San Francisco address (or other proof of San Francisco residency) and the eligibility form provided below, signed by your physician. Your intake appointment will be at our San Francisco location. 730 Polk St # 3 San Francisco, CA 94109 (415) 447-2300 <http://www.openhand.org/wp-content/uploads/2010/08/New-HIV-Certification-form.pdf> Here is a link to the form for you doctor to complete. Project Open Hand Nutrition Services include: Free nutrition assessment, education and information materials. Measurement and tracking of body composition (muscle, fat and water) using BIA (bioelectrical impedance analysis) technology to evaluate weight loss, maintenance and gain. (By appointment only) Information and referral for nutritional resources in your community. For more information, email our dietitian. [kmadsen@openhand.org](mailto:kmadsen@openhand.org) Good Nutrition varies according to individual needs. For people living with HIV it means eating well balanced meals that are usually high in calories and protein. Your desired body weight is 5-10% higher than that for the general population. Ideally this is gained by increasing muscle tissue. Project Open Hand: Nutrition Tips <http://www.openhand.org/eating-right/nutritional-tips/>

**3) Meals On Wheels of San Francisco, Inc**  
[www.mowsf.org/](http://www.mowsf.org/)

Meals On Wheels of San Francisco exists to alleviate the fear, food insecurity, and loneliness experienced by seniors. 1375 Fairfax Avenue San Francisco, CA 94124 (415) 920-1111

4) [http://www.18reasons.org/cookingmatters\\_classes.php](http://www.18reasons.org/cookingmatters_classes.php) THREE SQUARES Welcome to Three Squares. We work throughout the San Francisco Bay Area to provide nutrition education and improved access to healthy food in low-income communities. The mission of Three Squares is to encourage and enable healthy eating and sustainable food systems through education and advocacy. You can reach us at (415) 735 1333. Classes Cooking Matters courses are conducted all over the Bay Area in community health centers, schools, food pantries, WIC and Food Stamp offices, and other social service sites.

## **How to Apply for CalFresh (Food Stamps) in San Francisco**

Applying is easy - You can call the Food Assistance Service Center at (415) 558-1001 or toll-free at (877) 366-3076, come by our office at 1235 Mission Street, or visit our website at <https://www.benefitscalwin.org>.

By Web Click <https://www.benefitscalwin.org> to use the "Am I Eligible?" screener or to use the "Apply for Benefits" application to apply over the web. Use this option 24 hours a day, seven days a week. You should be contacted within two business days of submitting your application. You will need to fax, scan in, or bring in your identification, proof of income and other paperwork to complete your application. If you've filed a [benefitscalwin.org](https://www.benefitscalwin.org) application and haven't heard from us after two business days, please call 558-1001.

By Phone Call the Food Assistance Service Center at (415) 558-1001 and follow the prompts to speak with a benefits consultant. You will be screened by phone to see if you are eligible. You can then either come to the office with your identification, proof of income and other paperwork for an in-person application, or request a mailed application. If all your paperwork is in order, you may receive your CalFresh benefits in as little as three days.

In Person You can visit our main offices at 1235 Mission Street between 8th and 9th Streets, San Francisco, Monday through Friday, excluding legal holidays, between 8 a.m. and 5 p.m. (closed for lunch 12 - 1 p.m.) and ask for an application form. You may submit a completed application on the spot. If there is an available slot for an immediate interview, you may be interviewed and certified the same day. You

can also apply at the Career Link Center at 3120 Mission Street at Cesar Chavez Street Monday through Friday, excluding legal holidays, between 8:30 a.m. and 5 p.m. (closed for lunch 12 - 1 p.m.). By Fax or Mail You may fax your [application form](#) to (415) 355-2300, or mail it to CalFresh, P.O. Box 7988, San Francisco, CA 94120. Be sure to provide a good contact phone number and include the best time for a worker to call you to schedule an interview.

Where Can I Get an Application? Aside from picking up applications in person at our offices at 1235 Mission Street or 3120 Mission Street, application forms in five different languages: [English](#), [Chinese](#), [Russian](#), [Spanish](#) and [Vietnamese](#) are available online. You may submit your application in person, fax or mail. You can also apply by phone without an application at (415) 558-1001. The toll free number is (877) 366-3076.

**CalFresh Restaurant Meals Program for the Elderly, Disabled or Homeless**

If you are elderly, disabled, or homeless, you can use your CalFresh/Food Stamp EBT card to purchase prepared food from restaurants registered with the **CalFresh Restaurant Meals Program**. **You need to ask your CalFresh Worker to code your EBT card so that it will be accepted for payment for hot meals at participating restaurants as shown below.** Currently there are **over 60 neighborhood restaurants** participating in the **CalFresh Restaurant Meals Program**. You can use your CalFresh EBT card to purchase prepared food at the following locations:

Carl's Jr.

10 United Nations 94102	1 Hallidie Plaza 94102
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Pizza Hut

728 Geary St. 94109	3349 Mission St. 94110
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Domino's Pizza

1408 Fillmore St. 94115	320 Bay Shore Blvd. 94124
3116 Noriega St. 94122	876 Geary Blvd. 94109
5200 Geary Blvd. 94118	

Subway

940 Market St. 94102	1250 Market St. 94102
1099 Mission St. 94103	2001 Van Ness Ave. 94109
483 Sacramento St. 94111	753 Polk St. 94109
653 Kearny St. 94108	11 - 3rd St. 94103
2375 Market St. 94114	804 Bryant St. 94103
376 Larkin St. 94102	30 2nd St. 94105
147 Mason St. 94102	5650 Geary Blvd. 94121

187 - 6th St. 94103	5 Embarcadero Ctr. 94111
1500 Fillmore St. 94115	2698 Mason St. 94133
160 Broadway St. 94111	

Burger King

4780 Mission St. 94112	1690 Valencia St. 94110
1701 Fillmore St. 94115	2978 - 16th St. 94103
724 La Playa St. 94121	3900 Geary Blvd. 94118
1200 Market St. 94102	1298 Howard St. 94103
819 Van Ness Ave. 94109	

KFC/Taco Bell

2101 Lombard St. 94123	4285 Mission St. 94112
200 Duboce Ave. 94103	1150 Taraval St. 94116
1881 Geary Blvd. 94115	2040 Ocean Ave. 94127
1900 Irving St. 94122	691 Eddy St. 94109
4150 Geary Blvd. 94118	1610 Jerrold Ave. 94124

Restaurants

Brooklyn Pizza 219 Jones St. 94102	Chico's Pizza 131 - 6th St. 94103
Frank BBQ Seafood 4712 - 3rd St. 94124	Galaxy Pizza 288 Golden Gate Ave. 94102
Irving Pizza 928 Geary Blvd. 94109	La Cafe 201 Turk St. 94102
Milan Pizza 606 Geary Blvd. 94102	Munch Haven 1244 Market St. 94102
Napoli Pizza 1045 Polk St. 94109	New Supremo Pizza 491 O'Farrell St. 94102

Pranzo Pizza 32 - 6th St. 94102	Golden City Inn 5131 - 3rd St. 94124
SF Pizza 1270 Mission St. 94103	What A Grind 881 Post St. 94109
New York Pizza Kitchen 127 Eddy St. 94102	

In March 2008 the Speed Project hosted a workshop presented by **Stacey Rubin, RN** on nutrition and partying called **Your Party and Your Tummy**. In addition to being a nurse working with folks living with HIV, Stacey has years of experience doing harm reduction work and needle exchange and is an incredible trainer, speaker, and teacher. Stacey can be reached at [ruby91661@hotmail.com](mailto:ruby91661@hotmail.com). The workshop was packed and enjoyed by all who came. Here are the 3 handouts Stacey brought for folks to take with them. Enjoy!

## BETTER FAST-FOOD CHOICES

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Many fast food choices don't provide much nutritional support. Folks who eat mostly fast food are subject to nutritional deficiencies, and they generally consume more sodium and saturated fat than their bodies need. Once in awhile, this is not generally a problem for most people, but over time it can take its toll on the immune system, the liver, and the body in general.

People who depend on fast food restaurants can choose foods that are more likely to meet their nutritional needs.

**TACO BELL** offers a bean burrito, with cheese and salsa. Get extra salsa and ask them to add some fajita veggies (there may be a small extra charge for this). Also, try the vegetable fajita's themselves, again, ask for extra salsa.

**KFC** has roasted chicken, which is much better, nutritionally, than fried chicken. For side dishes choose greens, slaw, corn, mashed potatoes or rice.

**McDONALDS** serves salads, chicken breast sandwiches, and fish sandwiches. Ask for extra onions, lettuce and tomatoes.

**CARL'S JUNIOR** has chicken soup, vegetable soup, chicken sandwiches, roast beef sandwiches and salads.

**JACK-IN-THE-BOX** is different in different locations. Any of the non-fried chicken or steak sandwiches are good choices, again, ask for extra lettuce and tomato. They also offer salads and in some places, guacamole.

**TAQUERIAS** have a wealth of healthy food. Go for pinto or black beans instead of refried, and for corn tortillas instead of flour. Take advantage of the condiment trays with their marinated vegetables, onions, peppers, and radishes. Try the Pollo Asado (grilled chicken) or Carne Asado (grilled steak) and ask for extra salsa. Fish tacos are another good choice. Always get guacamole if its an option. Drink agua fresca (juices) of melons, berries, or orange.

**BOSTON MARKET** has a whole roast chicken or a meat loaf at a reasonable price. This is a good option for people who are sharing food or who have a refrigerator. Good side dishes: steamed or sautéed veggies, baked potato, and salad.

**WENDY'S** baked potatoes with broccoli and cheese is nutritious, cheap, and filling.

**SUBWAY** get the veggie sandwich, turkey, or tuna sandwich.

## **Foods that Make your Liver Happy!**

By Roe Giuliano Alien Meth Fiend, San Francisco

Stacey Rubin, RN Harm Reduction Training Institute, Oakland

Acorn squash, broccoli (more vitamin C than oranges!), asparagus, cabbage, butternut squash, burdock, brussel sprouts, artichokes, beets, garlic, cauliflower, celery, carrots, cucumber, collards, jicama, kale, sprouts, daikon, parsley, potatoes, sweet potatoes, romaine lettuce, peas, spinach, pumpkin, dandelion, string beans, bananas, summer squash, spirulina and green algae.

Tips:

Juice yer veggies

Steamed veggies are easier to digest than raw veggies

Sauerkraut and kim chi provide healthy intestinal flora (bacteria- the good kind)

Get your omega 3/GLAs with walnuts, pumpkin seeds, flax, primrose, and hemp seed oils.

Eating Miso with dulce increases intestinal flora and immunity.

### **Foods that make your Liver Sad!**

Sugar, fatty greasy food, fast food, trans fats, hydrogenated and synthetic oils, red meat.

### **Foods that help your Detoxify your body**

Mung beans, aduki beans, spinach, garlic, cucumber and celery (cooling to your system) sea weeds, and mushrooms.

### **These foods/herbs will help CHILL YOU OUT DURING DETOX**

Oats (oatmeal with peanut or almond butter-yum!)

Cucumber, celery, bananas, artichokes, seaweeds, beets, sweet potatoes, miso, broccoli, cabbage, mung beans, leafy greens, aduki beans, garlic, nuts and seeds.

Tips:

If you have Hep C milk thistle is key (protects yer liver)

Teas: skullcap, valerian root, passion flower, and cat nip reduce cravings.

Vitamin B complex .

Stay away from sugar, it temporarily spikes your blood sugar and your serotonin drops increasing drug cravings.

Eat regular meals...cravings often mean your blood sugar is low so eat healthy snacks to reduce cravings.

Try eating first before you go back to using...you might just be hungry.

Don't forget exercise, meditation, deep breathing, positive thoughts...mind over matter.

## Drug Use and Your Belly A Few Assorted tips...

By Stacey Rubin, RN Harm Reduction Training Institute, Oakland

As you know, each drug acts differently in the mind and body. However, from a nutritional standpoint, your self-care response will be similar for most drugs.....

Remember to **EAT!**

Pre-partying to fortify.

Post partying to replenish and help the symptoms of crashing.

For drinkers, eating while drinking alcohol is GREAT.

Stay Hydrated- **DRINK!**

Really important!

Water, milk, juice...yes!

Alcohol, coffee, soda-pop, don't count as hydration!

When you do eat, go for foods that are **good** for you- get more bang for your buck.

Veggies and fruits of all kinds, fish, chicken, meat, tofu, cheese, beans, nuts.....but not deep fried or smothered in fat! If you can, avoid canned veggies and highly processed foods like cold cuts. (Did you know that broccoli has more vitamin C than orange juice?)

Here's an example, check out these two meals:

Yummy, but not so great for you:

Chicken fried steak, biscuits and gravy, French fries, Pepsi and coconut cream pie with ice cream.

Yummy, and good for you:

Spaghetti and meatballs, mixed salad, garlic bread, water, frozen yogurt and strawberries.

**ITS ALL ABOUT CHOICES**....(like everything else in life!)

It doesn't mean you can't eat your favorite foods. Think moderation and balance, keeping your body strong and not starving it of the vitamins it needs to stay healthy and alive!

If you party a lot and know you aren't eating and drinking enough good things, **SUPPLEMENT**.

You can never have enough vitamin C...those fizzy Emergence-C powders are great.

Electrolytes and B complexes are important, too.

If you are missing meals, protein bars can fill the gap, drinks like Boost or Ensure are good. Watch out for empty calories, Little Debbie cakes don't count as "I ate today"

**REMEMBER THAT FOOD AND WATER IS THE FUEL YOUR BODY USES TO SURVIVE.** This fuel also acts like medicine, like a drug. More subtle than pill or a powder, but with a definite impact on the body.

Take care of your one and only temple, your body.