

FOOD & MEALS



The Bay Area has one of America's strongest, best-organized systems for providing food to hungry people. Over the last 25 years, this volunteer-based network has grown to the point where more than 500,000 people receive food every month. But thousands of people — many of them children and seniors — still go hungry everyday. You can help make sure that no one is denied the right to healthy meals by volunteering at one of the organizations listed below.*

*Bay Area Volunteer's Handbook, EarthWorks Press

Glide Memorial Church (F,G)

330 Ellis Street, Room 209, San Francisco
415-674-6081

Email: volunteer@glide.org

Web: Glide.org

Minimum age: 18

W/parental supervision: 12

Bus lines: 5th & Market

BART: Powell St. Station

The Free Meals Program at Glide Memorial Church serves 21,000 free meals seven days a week. Young people are especially encouraged to help pack lunches on Saturday & Sunday mornings. Advanced arrangements are required.

Haight Ashbury Food Program (F, G)

1525 Waller Street, San Francisco
415-566-0366

Email: judy@thefoodprogram.org **Web:** www.thefoodprogram.org

Minimum age: 14

W/parental supervision: 10

Bus lines: 43, 6, 7, 33, 71, 66

BART: n-Judah

The Haight Ashbury Food Program has been feeding members of the local community for 15 years, and has recently added a Food Service Job Training Program as a resource to the community. This is a great opportunity for young people to learn a lot from those who may be less fortunate than they are, while doing a great service for this community. Please call to get more details.

Lincoln Park Presbyterian Church; Senior

417-31st Avenue, San Francisco
415-751-1140

Email: judithlppc@sbcglobal.net

Web:

Minimum age: 14

W/parental supervision: 12

Bus lines: 1, 2, 38

BART:

We have a vibrant Senior Center Wednesdays from 10-2 p.m. and a Community Center where we distribute Food Pantry goods later in the afternoon. Come join in the fun. We are in particular need of volunteers who are bilingual in English and Cantonese/Mandarin.

Meals on Wheels of SF (F,G)

1375 Fairfax Avenue, San Francisco
415-920-1111 x231

Email: rfitzwilson@mowsf.org

Web: www.mowsf.org

Minimum age: 16

W/parental supervision: 10-13

Bus lines: 44, 15, 24

BART: Powell Street

Meals on Wheels serves over 2000 meals daily to San Francisco seniors. Volunteers can help with meal delivery to the homebound, or with the hot lunch service offered to more than 400 seniors who dine Monday through Friday at our Post and Mason St. location. Other volunteer opportunities include friendly visiting with homebound seniors and our shopping assistance program. Administrative assistance is always welcome in our offices.

People Place Services (G)

930 Gough Street, San Francisco
415-673-8088 x102

Email: Kenton@saintpaulus.org

Web:

Minimum age: 16

W/parental supervision: 16

Bus lines: 31 42 47 49

BART: Civic Center

Prepare and serve a home-cooked meal to indigent, HIV-affected adults. Have personal contact with and provide service for people who have differing lives and experiences. Provide our guests with a festive atmosphere. Wednesdays at 4.00pm.

Project Open Hand (G)

730 Polk Street, San Francisco
415-447-2310 x310

Email: volunteer@openhand.org

Web: www.openhand.org

Minimum age: 15

W/parental supervision: 12

Bus lines: 9, 12

BART: Civic Center

Project Open Hand provides hot daily meals, weekly groceries, and nutritional counseling for people with symptomatic HIV. The Food Bank serves walk-in clients, as well as assembling grocery bags to be delivered to clients' homes. Help is needed shopping for clients at the food bank, sorting donated food, breaking down bulk food, stocking shelves, and making home delivery bags. Mention the Guide to Youth Volunteer Opportunities when you call.

FOOD & MEALS

Salvation Army; Meals That Heal

240 Turk St., San Francisco
415-440-4325

Email: Claire_Dunmore@usw.Sa **Web:** www.tsagoldenstate.org
Minimum age: 18 **W/parental supervision:** 16
Bus lines: 27 **BART:** Powell Street

The Salvation Army provides hot and nutritious meals (lunch) to seniors at its 4 centers in the city, Monday through Friday. Help is always needed which includes serving meals; organizing activities; assisting staff with special events. Call the Volunteer Coordinator for specifics on how you can participate!

SF Food Bank (F,G)

900 Pennsylvania Avenue, San Francisco
415-282-1907 x246

Email: lstart@sffb.org **Web:** www.sffoodbank.org
Minimum age: 14 **W/parental supervision:** any
Bus lines: 15, 22, 48 **BART:** 22nd Street Station

The SF Food Bank works with more than 400 shelters, soup kitchens, and other food providers to distribute millions of pounds of food and groceries. Youth can help sort, box, and distribute food and can assist with food drives and special events.

St. Anthony Foundation (G)

121 Golden Gate Avenue, San Francisco
415-592-2726 or

Email: kmcmichael@stanthonysf. **Web:** www.stanthonysf.org
Minimum age: 14 **W/parental supervision:** 13
Bus lines: Market Street lines **BART:** Civic Center

St. Anthony's Dining Room serves over 2000 hot meals every day. Volunteers can assist with the lunchtime meal by serving food to those in need, daily 9:30 am-3:00 pm. Call for more information on other programs.

St. John's Presbyterian Church (F, G)

25 Lake Street, San Francisco
415-673-3918

Email: lgeilwest@aol.com **Web:**
Minimum age: 12 **W/parental supervision:** 11
Bus lines: 1, 2, 4, 33, 41 **BART:**

Harvest is a weekly food distribution program that helps families and individuals on low or fixed income. Every Saturday the pantry distributes high quality produce and groceries to families and individuals in the Richmond and Presidio Heights neighborhoods. St. John's hosts this program in conjunction with the SF Food Bank.

Sunset Youth Service; Neighborhood Food

4001 Judah Street, San Francisco
415-665-0255

Email: m143m@yahoo.com **Web:** www.sunsetyouthservices.org
Minimum age: 11 **W/parental supervision:** 11
Bus lines: 18 **BART:** N Judah

Hand out food for shoppers at a weekly food pantry for low-income households. Escorting shoppers coming through the line and receiving food at each table of distribution. Bagging up food, smiling and making people's experience as fun as possible. Bring your friends for a fun-filled, fast-paced morning - and you're out before noon to still enjoy your Saturday!