



**Petaluma BOUNTY**  
Healthy Food for Everyone

## Food Resource Guide 2020

Updated 6/12/2020

***This Food Resource Guide has been updated to provide information on where to find food and other resources in Petaluma during the COVID-19 “shelter in place” order.***

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. ***Please note that services provided change all the time. It is always best to call ahead to make sure the service you’re interested in is still provided!***

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### Free Hot Meals

#### ***Mary’s Table:***

7 days a week / 365 days per year- All Welcome! No paperwork or screening involved.

- Located at the Mary Isaak Center at COTS; 900 Hopper St., (707) 765-6530
- **Breakfast:** Currently unavailable
- **Lunch:** 11:30am-12:30pm Daily

- **Dinner:** 5pm-6pm Daily
- Complete meal with protein, starch, fruit, vegetables. Vegetarian options available.
- Link: <https://cots.org/>

### ***Redwood Empire Food Bank- Emergency School Distribution***

While schools are closed, The Redwood Empire Food Bank is partnering with school kitchens to provide meals for students.

- Families with children ages 0-18 can pick up lunch from any of the schools, even if the child does not attend that school.
- Children must be present to pick up meals.
- Care packages of groceries will also be available at some locations.
- Check [getfood.refb.org](http://getfood.refb.org) for up to date information or call 707-523-7903
- [Link to view locations](#)

**Free  
Groceries**

***Salvation Army Food Distribution-*** Contact the Salvation Army directly because distribution could change, (707) 769-0716. All welcome.

- **Tuesdays 1:30 - 3:30pm**
- **Wednesday & Thursday 9:30 -11:00am**
  - The Salvation Army distributes emergency food (available as needed) at their facility 721 S. McDowell Blvd. Please go to the back of the warehouse for food distribution.

### ***Weekly Interfaith Pantries - All Welcome!***

Free bags of groceries are provided to low-income families and individuals in Petaluma, through Petaluma Interfaith Pantries.

- **Thursdays 5:30 Interfaith Pantry:**
  - Located at the Elim Lutheran Church Fellowship Hall at 504 Baker Street (held in the parking lot). For more information, please call (707) 762-4081.

### ***The Redwood Empire Food Bank***

Food distribution sites in Petaluma are operating as normal, but check their website (<https://getfood.refb.org/>) or call for updated information. Emergency food boxes available. Call Food Connections at (707) 523-7903.

Food connections staff also assist with Calfresh applications through person/phone. Call (707) 523-7903, Monday - Friday 9:00 am - 5:30 pm.

- **Every Tuesday: 10:00am-11:00am**
  - New Life Christian Fellowship produce distribution at 1310 Clegg St. All welcome. Bring a bag; first come, first serve.

### ***For Seniors***

*age 60 and older*

### ***Redwood Empire Food Bank's Senior Basket***

- **First and Third Friday's of every month 9-10 am:**
  - Senior Basket taking place at the Petaluma People Services Center ("PPSC") Dining Site at 211 Novak Dr.
  - Produce and commodities, must be 60 years or older and bring an ID. (707)523-7903.

### ***Petaluma People Services Center ("PPSC")***

Lunch available for pick-up at the Petaluma Senior Cafe. Need to RSVP **one day in advance** to receive meals. Call (707) 765-8488

- **Monday – Friday 1:00 – 2:00pm:**
  - Petaluma Senior Cafe' located at the PPSC Senior Dining Center, 211 Novak. Voluntary donation. *No senior turned away for lack of funds.* Call (707) 765-8488

- **Meals on Wheels:**

Provides hot, nutritious meals to homebound seniors, aged 60 yrs. and older. 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. *No senior turned away for lack of funds.* Need for Meals on Wheels service is determined by Case Manager home visit. Call (707)765-8488 for information.

- **iRIDE:**

Seniors needing a ride to the grocery store or appointments can call PPSC at (707) 765-8488 and arrange a ride.

***For People who are  
Undocumented***

### ***California Immigrant Youth Justice Alliance***

- Undocumented people still qualify for emergency Medi-Cal. “This means that should a loved one (specifically immunodeficient individuals such as our elders or loved ones with diabetes) is experiencing flu-like symptoms, you should not hesitate to get them to get medical assistance in California!”
  - [https://ciyja.org/covid19/?fbclid=IwAR0FX00A0LVH\\_TzW8Y8K\\_TFh9kDL0XU00TPplfjc2tc5aQoFCgki7VUh590](https://ciyja.org/covid19/?fbclid=IwAR0FX00A0LVH_TzW8Y8K_TFh9kDL0XU00TPplfjc2tc5aQoFCgki7VUh590)

### ***California Department of Health Care Services (DHCS)***

- Medical Resources:
  - <https://www.dhcs.ca.gov/services/medi-cal/eligibility/Pages/Medi-CalFAQs2014b.aspx>

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

- **For CalFresh:**

(formerly Food Stamps or EBT), call 1-877-847-3663 (toll-free) or see [www.getcalfresh.org](http://www.getcalfresh.org). If you would like assistance in person, reach out to the organization below:

- ❑ Petaluma Health Center (“PPSC”) 707-765-8488, can help you complete the application process.
- ❑ Info about CalFresh and Emergency Replacement Benefits can be found at:
  - ❑ <http://sonomacounty.ca.gov/Human-Services/Economic-Assistance/Food-and-Nutrition-Benefits/>

- **For WIC information:** (Women, Infants, and Children)

call 800-852-5770 (toll-free) , or see <https://m.wic.ca.gov/>

To qualify for WIC, you must meet income guidelines and be in any of the following categories: A pregnant woman, a woman breastfeeding a baby under 1 year of age or a woman who had a baby or was pregnant in the past 6 months, a child up to his or her fifth birthday.

If you would like assistance in person, reach out to the organization below:

- ❑ Petaluma Health Center (“PPSC”) 707-765-8488, can help you complete the application process.

## **Farmers’ Markets Accepting CalFresh/EBT, Market Match, and other Nutrition Incentives**

Look for the table at the Market with the sign saying “CalFresh accepted here!” for more information. Ask the market staff about nutrition incentives including the Farmers’ Market L.I.F.E Program which

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provides an additional \$10 in incentives when you use \$10 of your EBT funds at participating farmers' markets!

- **Find a Farmers' Market near you that accepts CalFresh through Market Match via "Farmers' Market Finder"**
  - <https://ecologycenter.org/fmfinder/>
  - Be sure to check that your local market is still operating on their website!
- **Tuesday East-Side Farmers Market (still operating):**
  - 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.

## Grocery Stores

- Petaluma Market  
210 Western Ave, Petaluma, CA 94952  
7AM-9PM Daily  
Senior/immunocompromised hours: 6-7AM
- Safeway  
389 S McDowell Blvd, Petaluma, CA 94954  
6AM-10PM Daily, Delivery and Drive Up & Go Services Available at [Safeway.com](https://www.safeway.com)  
Senior hours: 6-9AM, Tues. and Thurs.
- Safeway  
701 Sonoma Mountain Pkwy, Petaluma, CA 94954  
7AM-9PM Daily, Delivery and Drive Up & Go Services Available at [Safeway.com](https://www.safeway.com)  
Senior hours: 6-9AM, Tues. and Thurs.
- Trader Joe's  
169 N McDowell Blvd, Petaluma, CA 94954  
REVISED HOURS: 9AM-7PM Daily until further notice
- Grocery Outlet  
80 E Washington St, Petaluma, CA 94952  
7AM-9PM Daily
- Whole Foods  
621 E Washington St, Petaluma, CA 94952  
8AM-9PM Daily, Free grocery delivery for Amazon Prime members  
Senior hours: 8-9AM
- Sprout's  
401 Kenilworth Dr #1040, Petaluma, CA 94952  
7AM-10PM Daily, Grocery delivery through [Instacart](https://www.instacart.com)
- Raley's  
157 N McDowell Blvd, Petaluma, CA 94954

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6AM-11PM, Delivery and Pick-Up Available at [Raleys.com](https://www.raleys.com)

*Raley's is not offering special hours but is assembling bags of groceries for seniors available for store pickup beginning on Saturday, March 21. Seniors have two options: a \$20-bag of groceries that includes produce and pantry items or a \$35-bag that includes ready-to-eat meals. The groceries will be available on a first-come, first-served basis, and people will be limited to one bag per family per day. Get more information [here](#).*

- Lucky's  
939 Lakeville Hwy, Petaluma, CA 94952  
6AM-10PM
- Lucky's  
1000 Petaluma Blvd N, Petaluma, CA 94952  
6AM-10PM
- Target  
401 Kenilworth Dr, Petaluma, CA 94952  
8AM-9PM  
Senior hours: 8-9AM on Wednesdays

## Restaurants

By order of the Sonoma County Health Officer, restaurants and other facilities that prepare and serve food are open, but only for drive-thru, delivery, or carry out. Food is not permitted to be eaten where it is provided or any other gathering site.

Food delivery services (fees may apply):

[Farm Trails Take-Out/On-Site Sales](#)

[Farm Trails Local Delivery/Drop-Points](#)

[Farm Trails Online Orders](#)

[Petaluma Restaurants](#)

[DoorDash](#)

[UberEats](#)

[Postmates](#)

[Grubhub](#)

## CSA (Community Supported Agriculture)

- **Farm Trails Coronavirus Resource Portal on CSAs accepting sign ups:**  
<https://www.farmtrails.org/coronavirus-resources/csa-sign-ups/>
- **Community Alliance for Family Farms (CAFF):**
  - [Online CSA Resources](#)

## Farm Resources

- **California Alliance for Family Farmers (CAFF):**
  - [Comprehensive Resource Guide](#)
    - [Is Your Farmers Market Closed? Send this Letter!](#)
    - [Buyer/Seller Support: COVID-19 - CAFF](#)
    - [What Can Consumers Do During the COVID-19 Crisis to Support Family Farms & Our Local Food System?](#)
    - [ON-FARM COVID-19 FOOD SAFETY INFO & FAQs](#)
    - [Guidance for food-related businesses and employers](#)
- **California Department of Food and Agriculture:**
  - [Coronavirus resources for Food and Agriculture](#)

## Other Resources

For more information and updates on COVID-19 please visit <https://socoemergency.org/> or <https://www.covid19.ca.gov/>

Meal service for children 18 and under:

[https://www.scoe.org/pub/htdocs/news-archive.html?news\\_id=1285](https://www.scoe.org/pub/htdocs/news-archive.html?news_id=1285) or call 2-1-1 to find the hours and location of the nearest meal service option.

[Resources for Seniors and Vulnerable Populations during Shelter in Place](#)

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