This food resource guide is intended to help meet the emerging needs during the COVID-19 event. We are making every effort to keep this information updated and as accurate as possible. Resources are changing quickly so please call 415-457-INFO (4636) if you experience a change in a resource listed in the guide or know a resource not listed. When possible, please confirm the resource is still operational before trying to access the resource. Working together, we can all help our community.

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Marin County Grocery Delivery Program Eligibility Requirements (TEMPORARY PROGRAM) Call Whistlestop at (415) 454-0964 or 457-INFO(4636) to enroll (See Eligibility Requirements Below): 18

JEWISH FAMILY AND CHILDREN’S SERVICES - Adults 60+ - Call 415-449-3777 19

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Food Concerns Related to COVID-19

Can the virus that causes COVID-19 be spread through food, including refrigerated or frozen food?

- Coronaviruses are generally thought to be spread from person-to-person through respiratory droplets. Currently there is no evidence to support transmission of COVID-19 associated with food. Before preparing or eating food it is important to always wash your hands with soap and water for 20 seconds for general food safety. Throughout the day...
wash your hands after blowing your nose, coughing or sneezing, or going to the bathroom.

- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

- In general, because of poor survivability of these coronaviruses on surfaces, there is likely very low risk of spread from food products or packaging that are shipped over a period of days or weeks at ambient, refrigerated, or frozen temperatures.

How will I get food and medicines I need if I must “shelter in place” in my home?
The Order specifically allows people to leave their home to buy food, purchase medicine, and purchase other necessary items. It also directs businesses selling those items to remain open and allows employees of those businesses to keep working and to ensure those businesses are operating.

What essential food services are still open?

- Grocery stores
- Farmers markets
- Food banks
- Convenience stores
- Take-out and delivery restaurants

What is closed?

- Dine-in restaurants
- Bars and nightclubs
- Entertainment venues
- Gyms and fitness studios
- Public events and gatherings
- Convention Centers
- Hair and nail salons

Are there health risks to shopping at grocery stores?
Crowded settings may increase your risk of exposure to COVID-19. When you need to go to the grocery store:

- clean and disinfect frequently touched surfaces (such as shopping carts)
FOOD RESOURCE LIST (updated 4/21/2020)

● stay six feet (three paces) away from other people
● avoid touching your face
● when you get home, wash your hands with soap and water for at least 20 seconds
● if soap and water aren’t available, use alcohol-based hand sanitizer
● If you are at higher risk of getting very sick (over 65 or with serious medical conditions),
  try to minimize errands by getting groceries delivered or asking for help from friends or
  family.

Should I stock up on food, necessities like toilet paper, and on medicines?
No. You will continue to be able to purchase these items whenever you need them, as stores
selling necessary items like grocery stores, pharmacies, and hardware stores will remain open.
Please continue to buy normal quantities of these items on the same schedule you normally do.

Are food resources still available?
● During this crisis, the community is coming together. County Staff, community partners,
  and volunteers, and are eager to help and we have minimal disruption in our food
  supply. We are actively planning around those areas where we have identified
  disruptions.
● We can access food in the ways we have prior to this Shelter at Home order. We are able
  to shop in grocery stores; we can visit our food pantries and farmers markets are open.
  Home delivered meals are also continuing. CalFresh is available to all who qualify.

How do I sign up for CalFresh?
Public Assistance Call Center (Medi-Cal, CalFresh, CalWorks): 1-877-410-8817

***Starting April 28, CalFresh benefits can be used to order food online at Walmart and
Amazon. This is a huge change that will benefit households sheltering at home.

CDSS created a website with flyers, social media calendars, FAQs about EBT Online:
https://www.cdss.ca.gov/ebt-online

Can we use their social media content calendar to share this information widely?
FOOD RESOURCE LIST  (updated 4/21/2020)

- English https://www.cdss.ca.gov/Portals/9/CalFresh/EBTOnline/20200413-EBT-Online-Content-Calendar.pdf

Where can I go for free food?
- To identify food resources in your area, visit: https://foodlocator.sfmfoodbank.org/

What stores have hours for Older Adult and At-Risk Shoppers in Marin?
- Costco (Novato): Tuesday's and Thursday's - 8am to 9am
- Nugget Markets (Novato, Corte Madera and Tiburon): 7am daily
- Safeway: Tuesday's and Thursday's - 7am to 9am
- Target: Tuesdays and Wednesday’s - 8am to 9am
- Whole Foods: 8am - 9am daily
- Harvest Market on San Marin Drive, Novato, 7 am to 8 am
- United Market - 7:30 a.m. to 8:30 a.m. daily
- Sprouts: 7 a.m. senior shopping hours
- Lucky's: 6:00 a.m. senior shopping hours
- Trader Joe's: First hour open for vulnerable shoppers
- Good Earth: 9am to 10 am
- Marinwood Market is offering curbside pick up of groceries

To our Valued Marinwood Market Customers:
- While we are all sheltering in place and staying safe during these uncertain times, we are happy to
- offer curbside pick up for our Senior and Immune Compromised customers. We are also happy to
- take care of our customers that just don’t feel comfortable coming into the store during these
- uncertain times.
As this is completely new to us, we are doing our best to make this process as easy and efficient as possible. We are also continuing to run the store with our current staff. So, it can be a little challenging at times with the added service. We truly appreciate your patience and understanding.

We are most grateful for the support and have come up with the following parameters to make this a little easier:

- Please email your order to marinwoodmarket@gmail.com
- Orders must be placed no later than 9 am for same day pick up ~ you can email it anytime, just no later than 9 am the day of pick up.
- We will fill orders on Mondays, Tuesdays, Wednesdays and Fridays
- Once you email an order, you will receive a confirmation
- We will process and fill orders in the order they are received
- We will do our best to fill all requested items, however depending on current inventory, we might need to ask you about a substitution if available
- *Once your order is ready for pick up, we will contact you.
● *When you arrive at the store, please call 415-491-1965 and let us know that you are picking up an order.

● *Upon your arrival, you may place your credit card under your windshield wiper. We will process your payment, place the card and receipt in your bag and place it in your trunk.

● This allows for a non contact transaction.

● Our Produce, Meat and Dairy supply is very good, as those deliveries have stabilized. Eggs come in on Tuesdays and Wednesdays. Our big grocery delivery (frozen, deli, dry goods) comes in on Thursday. We currently have an ample supply of Kleenex, Paper Towels and toilet paper. Our toilet paper is available in single (wrapped rolls) with a maximum quantity of 8. We do receive packaged on Monday and Thursday as well, but it is sporadic at this time.

● We hope this answers your questions. Please don’t hesitate to email if there is something we missed.

● Thank you for supporting Marinwood Market
How do I stay safe when consuming food that is purchased or delivered?

Proper food handling during the preparation, holding, pick-up and delivery of the food is essential in ensuring food is safe for consumption. Foods from restaurants that are picked up or delivered should be consumed immediately. Delivery or take-out foods purchased in advance for eating later such as sandwiches or a cooked meal, should be maintained at proper temperatures until eaten. See below

- Cold foods must be held at an internal temperature of 41°F or below.
- Hot foods must be held at an internal temperature of 135°F or above. Once food is cooked it should be held hot at an internal temperature of 135 °F or above. Just keeping food warm (between 41 and 135°F) is not safe.
- If not consumed, refrigerate all perishable foods as soon as possible, always within two hours after purchase or delivery.

How should I ensure safety of food that is delivered?

When delivery time exceeds 30 minutes, food must be held either cold (below 41˚) or hot (above 135˚).
Delivered food must be transported or held in containers made of smooth, washable and impervious materials that are able to withstand frequent cleaning. Delivery containers should be leak proof and maintain food at proper holding temperatures.

How do I ensure food is not contaminated during the pickup and delivery process?

Food should be packaged/covered and maintained as not to be exposed to potential contamination from delivery personnel or food handlers. Only packaged/covered food is to be delivered/picked up. Discard all perishable foods, such as meat, poultry or eggs left at room temperature longer than two hours. This includes leftovers taken home from a restaurant. Refrigerate or freeze leftovers in shallow containers. Wrap or cover the food.

What food safety measures are restaurants taking?

The foodservice industry follows strict local public health guidelines. To meet these guidelines, restaurants have safety protocols and best practices in place, including guidance from ServSafe. Owners and operators should contact their state and local health departments for the latest advisories/information about coronavirus in their community. The Association also has a fact sheet in English and Spanish with information specific to the industry.

https://foodsafetyfocus.com/FoodSafetyFocus/media/Library/pdfs/Coronavirus_2019-nCoV_Info_TipsforRestaurants.pdf
How can I find out if the federal, state, and/or local governments have made changes to how restaurants can operate?

Our Restaurant Law Center, in coordination with our state and local partners, is tracking official orders closing or restricting foodservice establishments in response to COVID-19 and whether the federal or state government is offering unemployment insurance available to those affected by COVID-19. A document with this information is being updated daily and can be found here https://restaurant.org/Downloads/PDFs/business/COVID19-Official-Orders-Closing-or-Restricting.pdf

I operate a food facility-- what practices should I follow to keep my patrons safe?

Follow the best practices for allowable food facility operations. The National Restaurant Association has a great resource page (https://restaurant.org/Covid19). Consult the Public Health Department’s website for additional up to date information.

- State Health & Emergency Officials Release Guidance to Prevent the Transmission of COVID-19 in Food and Beverage Venues: https://www.cdph.ca.gov/Programs/OPA/Pages/NR20-024.aspx

How can I find out what my state or city is requiring me to change at my restaurant?

The COVID-19 Resources by State document includes information on what is required in every state, city, or county as it relates to restaurants and coronavirus measures such as closing dining rooms, required posters and additional information. This document has been compiled and vetted by ServSafe. https://restaurant.org/Downloads/PDFs/business/Assoc-State-Covid19-Resources.pdf

Sources:

California, COVID-19 Response: https://covid19.ca.gov/
Marin County EHS, Coronavirus Guidance: https://www.marincounty.org/depts/cd/divisions/environmental-health-services

Women, Infants & Children (WIC) – (415) 473-6889
Food Packages: WIC participants receive checks or vouchers to purchase specific foods each month. Food packages are designed to supplement the diets of women, infants, and children with nutrients needed by and lacking in participant diets. [https://www.marinhhs.org/applying-wic](https://www.marinhhs.org/applying-wic)

**CURRENTLY, MARIN SCHOOLS ARE PARTICIPATING IN DISTANCE LEARNING**

**Free and Reduced-Price Meal Program – Contact the School District**
[https://www.cde.ca.gov/ls/nu/rs/scales2021.asp](https://www.cde.ca.gov/ls/nu/rs/scales2021.asp)

**“Grab and Go” School Meals - CA Meals for Kids Mobile App**

The CDE CA Meals for Kids mobile app has been updated to help students and families find meals during COVID-19 related emergency school closures. The information identifies site location and meal service times. Only those COVID-19 sites that LEAs have submitted through the online Child Nutrition Information and Payment System (CNIPS) are populated in this mobile app. The app is updated daily. The app is available for free download through [Apple’s App Store](https://www.cde.ca.gov/ls/he/hn/schoolmeals.asp), [Google’s Play Store](https://www.cde.ca.gov/re/mo/cameals.asp), and [Microsoft’s App Store](https://www.cde.ca.gov/re/mo/cameals.asp) web pages.

[https://www.cde.ca.gov/ls/he/hn/schoolmeals.asp](https://www.cde.ca.gov/ls/he/hn/schoolmeals.asp) [https://www.cde.ca.gov/re/mo/cameals.asp](https://www.cde.ca.gov/re/mo/cameals.asp)

(***Starting March 17, 2020, most County of Marin Health and Human Services offices and public spaces are closed). Please call ahead if you have an appointment or are required to be assisted in-person.**)

**CalFresh Benefits**

**CalFresh is also Available for Eligible SSI/SSP Recipients (Beginning June 1, 2019)** – Apply for CalFresh benefits by calling Public Assistance Branch of Health and Human Services at 1-877-410-8817, apply online at [www.GetCalFresh.org](http://www.GetCalFresh.org), or in-person at Marin Health and Human Services at: 120 North Redwood Drive, San Rafael; 3240 Kerner Blvd., San Rafael or 1 Sixth St., Pt. Reyes Station. [https://www.marinhhs.org/calfresh-snap](https://www.marinhhs.org/calfresh-snap)

**Eligibility Basics:**

**CalFresh Application Assistance**
Have questions or need assistance with your CalFresh application?
Call 415-767-5220 or go to [https://calfresh.sfmfoodbank.org/](https://calfresh.sfmfoodbank.org/).
FOOD RESOURCE LIST (updated 4/21/2020)

Marin Center for Independent Living can also assist with CalFresh Applications. Call 415-459-6245.

CalFresh: Additional Helpful Forms
CalFresh Supplemental Form for Excess Medical Deductions

CASH AID/FOOD STAMP ELECTRONIC BENEFIT TRANSFER - EBT
REQUEST FOR A DESIGNATED ALTERNATE CARD HOLDER/AUTHORIZED REPRESENTATIVE
A CalFresh Authorized Representative is an adult non-household member who is authorized to act on behalf of a household.
https://www.sccgov.org/sites/ssa/debs/CalFresh1/chapters/fschap04.pdf
https://www.cdss.ca.gov/cdssweb/entres/forms/English/TEMP2201.pdf

*If your food spoiled due to the power outage (PSPS), you may apply for replacement benefits for part of your CalFresh benefits (typically 70%). There are two types of replacement benefits:
Individual household CF replacement and automatic mass replacement:
https://www.marinhhs.org/calfresh-snap
https://www.cdss.ca.gov/cdssweb/entres/forms/English/CF303.pdf
https://www.cdss.ca.gov/Portals/9/TranslatedForms/Spanish/CF_303_SP.pdf

FreshEBT: View CalFresh Balance on Your Phone (English/Spanish) (iOS/Android)
https://www.freshebt.com/

CalFresh UPDATE: HHS clients who have EBT cards will have an increase in funds for March and April and will be able to use their EBT cards to order online from Amazon and Walmart at end of April, 2020.

Places Where I Can Use My EBT Card
https://www.ebt.ca.gov/locator/index.html#/locator.page

Pandemic EBT
The Families First Coronavirus Response Act (H.R. 6201), signed into law March 18th, allows states to implement Pandemic EBT. Under the program, families whose children are eligible to receive free or reduced priced meals and whose schools have closed due to COVID-19 will receive an EBT card loaded with the cash value of the meals their children would have received.
at school. Eligibility for Pandemic EBT is based on a child's eligibility to receive free or reduced-price meals through the National School Lunch Program, which does not take immigration status into account. The California Department of Social Services (CDSS) is working with the California Department of Education (CDE) to establish Pandemic EBT in our state. We will provide updates as they come. For more information read our joint Factsheet on Pandemic EBT authored by California Food Policy Advocates, Western Center on Law & Poverty, California Association of Food Banks, and SEIU California.


**Food Pantry Locator** - San Francisco-Marin Food Bank

**Weekly Groceries/Monthly Food/Emergency Food/CalFresh/Pop-Up Pantries/Other Resources**

https://www.sfmfoodbank.org/find-food/

https://foodlocator.sfmfoodbank.org/

**What is it?** A food program that distributes fresh produce, protein, and shelf-stable items for anyone in need.

**How often?** Weekly once enrolled.

**What to bring:**
- Photo ID (California ID, city ID, student ID, driver’s license or passport);
- If your ID does not have a current address, bring a proof of address (such as a recent utility bill, medical bill or bank statement).

**Respecting Our Elders Food Distribution**

Call (415) 935-6132 or email ruth@respectingourelders.org.

(Distributions occur at some senior and housing complexes as well)

**Respecting Our Elders** is an all-volunteer 501(c)3 charity organized primarily to collect and distribute free food to needy seniors and others in Marin County.

Message from ED Ruth Schwartz about home delivered food bags for Saturdays:

**Message to Agencies:** “Our bag program is continuing, and we can still accept new people on that list, but not more than a few at a time, unless more stores decide to donate food to us on Saturdays. Just as a reminder, no one has to qualify to be on our Saturday bag list. I just need their name, address, phone number and email address if they have one. We would also appreciate it if whoever refers someone to us explain to the recipient that we cannot customize the bags. What they get is based on what we receive that morning. Also, our volunteers,
sometime about 11am to about noon, will leave the bag outside their door and ring the bell. This is a regular procedure and not something we started because of the pandemic."

San Rafael – Every Thursday at Noon (arrive at 11:30 AM to get ticket)
Trinity Community Church of San Rafael – 1675 Grand Ave, San Rafael, CA 94901

Bolinas – Every Sunday at 1:00 PM – The field next to the fire station on Mesa Road

https://respectingourelders.org/who-we-serve/

Farmer's Markets
Determine which Farmer’s Markets accept CalFresh EBT/Market Match/WIC
https://eatfresh.org/county/marin

Farmers Market Finder: https://ecologycenter.org/fmfinder/

Agricultural Institute of Marin (AIM) Farmer’s Markets
https://www.agriculturalinstitute.org/marin-thursday
https://www.agriculturalinstitute.org/marin-sunday
https://www.agriculturalinstitute.org/san-rafael-summer

Small & Large Fruit and Veggie Bounty Boxes available for curbside pickup between 11a.m.-1p.m.at Marin Farmer’s Market in San Rafael every Thursday at the Marin Veteran's Memorial Auditorium Parking Lot.
https://www.agriculturalinstitute.org/bounty-box

(Friday’s Rollin’ Root route is being adjusted to serve an increased number of homebound seniors. No Sampling and other modifications for health and safety.)

The Rollin’ Root (Food Truck) – Agricultural Institute of Marin offers fresh fruits, veggies and dairy products from local farms – Throughout Marin
The Rollin’ Root accepts CalFresh—California’s name for the Supplemental Nutrition Assistance Program, formerly called the Food Stamp Program. CalFresh participants who use their EBT card at The Rollin’ Root are eligible to receive 50% off their purchase of fruits and vegetables through Market Match (up to $10 in discounts per day). The Rollin’ Root also accepts Senior
**FOOD RESOURCE LIST** (updated 4/21/2020)

**Bonus Bucks**, which are $4 coupons for free fruits and vegetables issued to qualifying older adults ages 60+ who participate in the Senior Farmers’ Market Nutrition Program.  
https://www.agriculturalinstitute.org/rollin-root/

**Marin Community Farm Stands & CSA** – San Anselmo, Ross, Woodacre and San Geronimo  
https://www.communityfarmstands.com/

**WIC Farmers’ Market Nutrition Program (FMNP)** – Associated with the Special Supplemental Nutrition Program for Women, Infants & Children – FMNP coupons are issued with WIC benefits.  
SEE Women Infants & Children (WIC) – (415) 473-6889  
https://www.fns.usda.gov/fmnp/wic-farmers-market-nutrition-program

**Senior Farmer’s Market Nutrition Program (SFMNP)** – Provides low-income older adults with access to locally grown fruits, vegetables, honey and herbs.  
https://www.cdfa.ca.gov/SeniorFarmersMrktNutritionPrgm/  
https://www.cdfa.ca.gov/SeniorFarmersMrktNutritionPrgm/docs/AAA_ContactList.pdf

**CA WIC and Senior Authorized Farmer’s Market List**  

**FRESH PRODUCE MARKETS** (Program Closed Until Further Notice)

**DISCOUNT SENIOR PRODUCE MARKETS** (LOWER COST) (NOVATO)

(NOVATO) Senior Produce Market – Seasonal produce from local suppliers is sold to seniors at or below wholesale prices on **the first and third Wednesday** of each month, 10:00am-11:00am, at **Margaret Todd Senior Center**. Bring a friend and enjoy a snack, coffee or tea in this cafe-like setting. At **Marguerita Johnson Senior Center** - Tuesdays from 1:30pm – 2:30pm.  

**CONGREGATE MEALS** (DINE-OUT FOR SENIORS) (Currently not operational at regular locations as of Friday, March 13, 2020, UNTIL further notice.)

Congregate Meals in Marin: $3.00/meal donation, 60+ years old.  
Register seven days in advance in person at the site or by calling (415) 457-4636.
FOOD RESOURCE LIST  (updated 4/21/2020)

https://www.marinhhs.org/nutrition-services-older-adults

**HOT MEALS (TRANSITIONED: TO-GO-STYLE BAG TAKE-OUT)**
Saint Vincent de Paul Dining Hall – (415) 454-3303
820 B. Street in downtown San Rafael, between 2nd and 3rd Streets.
COVID-19 Crisis Hours: To-Go-Style Bags: Breakfast is available 6:30AM-8:00 AM; Lunch is available 11 AM-1PM; Regular Operating Hours: The Free Dining Room is open every day of the year from 6:30 am – 1:00 pm. Breakfast is served until 10:00 when it is cleared to make way a hot midday meal from 11 a.m.-1p.m. One may request “seconds” or request a “to go” meal.
https://www.vinnies.org/need-help/hungry/

**Whistlestop’s Jackson Café** – (415) 456-9062 (Beginning Monday, March 16, 2020 they will be doing TO-GO orders only. No Sit-Down Service)
Fresh, Nutritious, takeout meals for $6 from the Jackson Café. Fresh meals are being prepared daily and are being sold through our front door at the Active Aging Center M-F 11:30am – 1:00pm. Click here to view the menu. We are also currently looking into the possibility of using our drivers to deliver these meals to folks who want to purchase them but are unable to leave their homes to pick them up. Call 415-456-9062 with questions.

**HOME-DELIVERED MEALS**

**Meals on Wheels** – (415) 457-4636
60+, disabled (unable to complete two or more activities of daily living), homebound, not driving: $3.50/meal contribution
https://www.marinhhs.org/nutrition-services-older-adults

**Meals of Marin** – (415) 578-2961
Delivering Delicious, Nourishing Meals to People battling Life-Threatening Illnesses
https://mealsofmarin.org/contact-us/

**Whistlestop Nourish** – (415) 456-9062, ext. 176
The Whistlestop Nourish Program delivers food to those suffering from life threatening illnesses, three days a week, with the help of dedicated volunteer drivers. The program delivers fresh or frozen food, to those needing extra help getting the daily nutrition they need and with a ready-made meal.
https://whistlestop.org/nutrition/whistlestop-nourish/
Ceres Community Project (SONOMA AND MARIN COUNTIES)

CERES Healing Meals Program (Sliding-Scale) – (707) 829-5833 Ext. 201

- [http://www.ceresproject.org/ClientPages/HealingMeals.html](http://www.ceresproject.org/ClientPages/HealingMeals.html)Living in Sonoma or Marin counties
- In treatment for cancer, hepatitis C or another acute health challenge
- Not receiving hospice care
  - [http://www.ceresproject.org/ClientPages/HealingMeals.html](http://www.ceresproject.org/ClientPages/HealingMeals.html)

CERES Meals for Health Program (Cost) – (707) 829-5833 Ext. 201

- Live in Sonoma or Marin Counties
- Experiencing a chronic (non-acute) health challenge
- New baby in your family
- Currently receiving hospice care
- Senior needing assistance with nourishing meals
  - [http://www.ceresproject.org/ClientPages/MealsForHealth.html](http://www.ceresproject.org/ClientPages/MealsForHealth.html)

(For ALL Online Meal or Grocery Delivery Options below, please refer to the individual store’s websites for current program delivery options)

ONLINE MEAL DELIVERIES

Mom’s Meals Nourish Care (Online Delivery) – (877) 508-6667

- Over 65, disabled, require assistance with grocery shopping and/or preparing meals?
- Are you on Medicaid/Medicare or a member of a Health Insurance Plan that offers a paid meal benefit?

Schwan’s Home Delivery (Online Delivery) – (888) SCHWANS/(888) 724-9267

(Low-Cost or Free Delivery for orders over a certain amount)
  - [https://www.schwans.com/secure/customer-service/contact-us](https://www.schwans.com/secure/customer-service/contact-us)

Home Delivered Groceries

COVIA’s Home Delivered Grocery Program – (415) 899-8290

(Program Closed Until Further Notice)

HOME-DELIVERED GROCERIES FOR NOVATO AND SAN RAFAEL RESIDENTS
FOOD RESOURCE LIST (updated 4/21/2020)

For seniors 60+ who need shopping assistance.

Home Delivered Grocery Program – Volunteers shop for and deliver groceries to homebound elderly Novato and San Rafael residents who are unable to shop for themselves. Shopping and delivery are free. Participants only pay for the cost of the groceries. CalFresh accepted. To register, please call 415-899-8290.

COVID-19 EMERGENCY GROCERY DELIVERY ASSISTANCE PROGRAMS

Marin County Grocery Delivery Program Eligibility Requirements (TEMPORARY PROGRAM)
Call Whistlestop at (415) 454-0964 or 457-INFO(4636) to enroll (See Eligibility Requirements Below):

- This is a temporary County program to provide weekly pre-filled grocery bags to individuals over age 60 or those living with disabilities or chronic health conditions that are keeping them isolated;
- It is only for those who can cook but are concerned about grocery shopping at this time and are not being served by other food programs, such as Meals on Wheels, Nourish or the Food Bank, and do not have family, friends, neighbors, churches or other organizations helping them with groceries or meals;
- The program will run until funding is completed so the number of weeks is unknown at this time;
- The food is not customizable for special diets or wishes.

JEWISH FAMILY AND CHILDREN’S SERVICES - Adults 60+ - Call 415-449-3777
San Francisco, The Peninsula, Marin and Sonoma Counties
https://www.jfcs.org/about/corona-virus-update-from-dr-anita-friedman/covid-19/

ONLINE GROCERY DELIVERIES/GROCERY-DELIVERY RELATED ARTICLES (SAMPLE LIST)

Marin Grocery Delivery – The Complete List (Mix of On-Line/Curb-Side Pick-Up)
https://www.thomashenthorne.com/marin-grocery-delivery/

CSA or Organic Grocery Delivery in Marin
https://www.marinmommies.com/let-farm-come-you-csa-or-organic-grocery-delivery-marin

Safeway (Available in various areas of Marin)
FOOD RESOURCE LIST (updated 4/21/2020)

- www.safeway.com
- Amazon Fresh
  https://us.amazon.com/alm/category?almBrandId=QW1hem9uIEZyZXNo&node=16310101
- INSTACART
  https://www.instacart.com/
- United Markets
  https://www.unitedtogo.com/shop
- Good Eggs
  https://www.goodeggs.com/sfbay/welcome/step/zip
- Smart and Final
  https://shop.smartandfinal.com/
- Whole Foods
  http://www.wholefoodsmarket.com/online-ordering
- Molly Stones
  https://delivery.molliestones.com/
- Costco
  https://sameday.costco.com/
- Andronico’s
  https://delivery.andronicos.com/
- Petco
  https://www.petco.com/repeat-delivery

Restaurant Food Delivery Services
- Grub Hub
  https://www.grubhub.com/
- DoorDash
  https://www.doordash.com/
- UberEats
  https://about.ubereats.com/

ONLINE DELIVERY OF MEAL KITS
- https://www.everyplate.com/plans?
gclid=EAIaIQobChMIuai708Tj5wIVcyCtBh2KTwzqEAAYASAAEgJcx_D_BwE
- https://dinnerly.com/
- https://www.blueapron.com/
- https://www.hellofresh.com/
- https://www.chefsplate.com/
- https://silver.bistromd.com/
FOOD RESOURCE LIST (updated 4/21/2020)

https://www.freshnlean.com/

Gluten and Dairy Free
https://www.thistle.co/?gclid=EAIaIQobChMIqcLYl8mh5AIV1BZ9Ch0vzg3CEAAYASAAEgJpBvD_BwE

Vegan
https://www.peta.org/living/food/vegan-meal-delivery-services/

REGIONAL ASSISTANCE
Marin City Information Line - COVID-19 and Stay In Place Order – (415) 359-3135 or visit www.marinhhs.org: Leave a message that will be returned within 24 hours
Daily updates for Marin City; Food Distribution Locations for Marin City; Important County Contact Information; Public Health; Public Assistance; Older Adults, Persons with Disabilities and Family Caregivers; CalFresh, Medi-Cal, CalWORKs.

Extra Food
Call (415) 997-9830 or email contact@ExtraFood.org - https://extrafood.org/
Are you a Marin business or school with fresh food to donate?
https://extrafood.org/join-us/donate-food/
Are you a Marin non-profit? Get free food.
https://extrafood.org/join-us/receive-food/