

Food and Information Referral Resources in San Mateo County



Updated: 05/20/2016

FOOD CONNECTION AT SECOND HARVEST FOOD BANK:

(800) 984-3663

Phone referral hotline for people seeking food assistance

Monday – Friday, 8:00 a.m. – 5:00 p.m.



COMMUNITY NUTRITION & MEAL PROGRAMS:

Meals on Wheels – Applicants must be age 18 or older and unable to prepare their own meals or go out to eat, and have little or no assistance to obtain adequate meals.

- Daly City to San Mateo call (800) 675-8437
- Belmont to East Palo Alto call (650) 323-2022
- Coastside call (650) 726-9056
- Pacifica call (650) 738-7350

W.I.C. (Women, Infants and Children) – Provides pregnant and breastfeeding women and parents raising infants and children under age 5 with food vouchers, nutrition counseling and referrals to health care. Call: (650) 573-2168

Senior Nutrition – High quality nutritious group meals for older adults (60+) at locations throughout the community. Call: (800) 675-8437

COMMUNITY INFORMATION:

United Way Helpline, 2-1-1 – Provides referrals for a variety of non-profit organizations. Call: 2-1-1



PREPARED MEAL PROGRAMS

NORTH COUNTY

Agency Name	Days of Week	Meal Times	Address	Phone
North Peninsula Food Pantry & Dining Center of Daly City	Monday, Tuesday & Thursday	5:00 PM-6:00 PM	31 Bepler St. Daly City, CA 94014	(650) 994-5150
St. Vincent de Paul SSF Homeless Help Center – Café St. Vincent	Monday - Friday Saturday	10:00 AM-12:00 PM 10:00 AM-11:00 AM	344 Grand Ave. South San Francisco, CA 94080	(650) 589-9039
Catholic Worker Hospitality House	Monday – Friday	6:30 AM-9:00 AM	555 West San Bruno Ave. San Bruno, CA 94066	(650) 827-0706

CENTRAL COUNTY / COASTSIDE

Agency Name	Days of Week	Meal Times	Address	Phone
St. Vincent de Paul San Mateo Homeless Help Center	Monday – Friday	9:45 AM-11:45 AM	50 B St. San Mateo, CA 94401	(650) 343-4403
No Strings Attached	Saturday	9:00 AM-10:00 AM	620 Correas St. Half Moon Bay, CA 94019	(650) 726-9056
Samaritan House	Saturday – Sunday	12:00 PM-1:00 PM	4031 Pacific Blvd. San Mateo, CA 94403	(650) 347-3648
Half Moon Bay Library	Saturday Monday - Friday	1:00 PM-2:00 PM 3:15 PM - 4:15 PM	925 Main St. Half Moon Bay, CA 94019	(650) 726-2316

SOUTH COUNTY

Agency Name	Days of Week	Meal Times	Address	Phone
Street Life Ministries	Monday & Wednesday	7:15 PM-9:15 PM	1304 Middlefield Rd. Redwood City, CA 94063	Streetlifeministries.org
Pan de Vida	Saturday	11:00 AM-3:00 PM	1662 Broadway Ave. Redwood City, CA 94063	(650) 369-8707
Sandwiches on Sunday	Sunday	7:45 AM-9:00 AM	2600 Middlefield Rd. Redwood City, CA 94061	(408) 667-8313
St. Anthony's Padua Dining Room	Monday - Saturday	11:00 AM-1:00 PM	3500 Middlefield Rd. Menlo Park, CA 94025	(650) 365-9665
Street Life Ministries	Tuesday & Thursday	7:15 PM-9:15 PM	1120 Merrill St. Menlo Park, CA 94025	Streetlifeministries.org
East Palo Alto Senior Center	Monday-Friday Senior only	8:00 AM-10:00 AM 12:00 PM-1:00 PM	560 Bell St. East Palo Alto, CA 94303	(650)329-5900
St. Francis of Assisi Church	Wednesday	5:00 PM-6:00 PM	1425 Bay Rd. East Palo Alto, CA 94303	(650) 322-2152

Recursos de Alimentos e Información Sobre Otros Servicios en el Condado de San Mateo



Updated: 05/02/2016

FOOD CONNECTION DE SECOND HARVEST FOOD BANK:

(800) 984-3663

Número de teléfono al cual las personas pueden llamar para asistencia de comida

Lunes a Viernes, 8:00 a.m. – 5:00 p.m.



PROGRAMAS DE COMIDA Y NUTRICION PARA LA COMUNIDAD:

Meals on Wheels– Los solicitantes deben tener 18 años o más y no poder preparar sus propias comidas o salir a comer afuera, y tener poco o nada de ayuda para obtener alimentos apropiados.

- Daly City a San Mateo, llame (800) 675-8437
- Belmont a East Palo Alto, llame (650) 323-2022
- La Costa, llame (650) 726-9056
- Pacifica, llame (650) 738-7350

W.I.C. (Mujeres, Bebés, y Niños)– Proporciona a mujeres embarazadas y que están dando pecho y a padres que están criando a niños menores de 5 años con cupones para comida, clases de nutrición y referencias para atención médica. Llame: (650) 573-2168

Senior Nutrition (Nutrición para Personas Mayores)– Comidas nutritivas para personas de 60 años o más en lugares por toda la comunidad. Llame: (800) 675-8437

INFORMACION PARA LA COMUNIDAD:

United Way Helpline, 2-1-1– Provee referencias a una variedad de organizaciones sin fines de lucro. Llame: 2-1-1



PROGRAMAS DE COMIDAS PREPARADAS

NORTE DEL CONDADO

Nombre de Agencia	Días	Horas	Domicilio	Teléfono
North Peninsula Food Pantry & Dining Center of Daly City	Lunes, Martes y Jueves	5:00 PM-6:00 PM	31 Bepler St. Daly City, CA 94014	(650) 994-5150
St. Vincent de Paul SSF Homeless Help Center – Café St. Vincent	Lunes a Viernes Sábado	10:00 AM-12:00 PM 10:00 AM-11:00 AM	344 Grand Ave. South San Francisco, CA 94080	(650) 589-9039
Catholic Worker Hospitality House	Lunes a Viernes	6:30 AM-9:00 AM	555 West San Bruno Ave. San Bruno, CA 94066	(650) 827-0706

PARTE CENTRAL DEL CONDADO Y LA COSTA

Nombre de Agencia	Días	Horas	Domicilio	Teléfono
St. Vincent de Pual San Mateo Homelss Help Center	Lunes a Viernes	9:45 AM-11:45 AM	50 B St. San Mateo, CA 94401	(650) 343-4403
No Strings Attached	Sábado	9:00 AM-10:00 AM	925 Main St. Half Moon Bay, CA 94019	(650) 726-9056
Samaritan House	Sábado y Domingo	12:00 PM-1:00 PM	4031 Pacific Blvd. San Mateo, CA 94403	(650) 347-3648
Half Moon Bay Library	Sábado Lunes a Viernes	1:00 PM-2:00 PM 3:15 PM - 4:15 PM	620 Correas St. Half Moon Bay, CA 94019	(650) 726-2316

SUR DEL CONDADO

Nombre de Agencia	Días	Horas	Domicilio	Teléfono
Street Life Ministries	Lunes y Miércoles	7:15 PM-9:15PM	1304 Middlefield Rd. Redwood City, CA 94063	Streetlifeministries.org
Pan de Vida	Sábado	11:00 AM-3:00 PM	1662 Broadway Ave. Redwood City, CA 94063	(650) 369-8707
Sandwiches on Sunday	Domingo	7:45 AM-9:00 AM	2600 Middlefield Rd. Redwood City, CA 94061	(408)667-8313
St. Anthony's Padua Dining Room	Lunes a Sábado	11:00 AM-1:00 PM	3500 Middlefield Rd. Menlo Park, CA 94025	(650) 365-9665
Street Life Ministries	Martes y Miércoles	7:15 PM-9:15 PM	1120 Merrill St. Menlo Park, CA 94025	Streetlifeministries.org
East Palo Alto Senior Center	Lunes a Viernes Para peronas mayores	8:00 AM-10:00 AM 12:00 PM-1:00 PM	560 Bell St. East Palo Alto, CA 94303	(650) 329-5900
St. Francis of Assisi Church	Miércoles	5:00 PM-6:00 PM	1425 Bay Rd. East Palo Alto, CA 94303	(650) 322-2152