PLTS CARES emphasizes a holistic, intersectional approach to care of the seminary and individual students through a network of support, advocacy, and referral services. Through collaboration and coordination of resources, we seek to foster a vibrant and equitable community focused on the academic and personal success of students preparing for leadership in ministry settings.

We encourage and assist students to develop and sustain habits of self-care from the outset of their program and to continue these habits in their future ministry settings. These habits include, among others, arranging in advance a professional network to provide medical supports, mental health supports, spiritual direction and pastoral counseling, physical activity and movement, and academic and other accommodations.

Office of Student Affairs
Pacific Lutheran Theological Seminary
2000 Center St. Ste. 200
Berkeley, CA 94704

Please note that the resources listed are not endorsed by PLTS or Cal Lutheran but are provided as a starting point for one’s own research to find a fit for your needs.
**Berkeley Food Pantry**  
Mon, Wed, Fri: 2PM-4PM  
Address: 1600 Sacramento Street  
Telephone: (510) 525-2280  
Website: [www.berkeleyfoodpantry.org](http://www.berkeleyfoodpantry.org)

**Lutheran Church of the Cross**  
Free dinner every Wednesday: 5PM  
Address: 1744 University Avenue  
Telephone: (510) 848-1424

**Food Not Bombs People’s Park**  
Mon-Fri: 3PM Soup  
Address: 2556 Haste St.  
Website: [www.ebfnb.org](http://www.ebfnb.org)

**Night on the Streets Catholic Worker**  
Sun: 7:30AM breakfast at People’s Park; at 8:10AM, the meal moves to Center Street between Milvia and MLK  
Telephone: (510) 684-1892

**Women’s Daytime Drop-in Center**  
Mon-Fri: 8AM-4PM (closed 1st Friday/mo)  
Meals Daily: 8AM-10AM & 12PM-1:30PM  
Address: 2218 Acton (& Bancroft)  
Telephone: (510) 548-2884

**Trinity United Methodist Church**  
Mon-Wed: 3:45PM-4:30PM meal & Thu-Fri: 3:30PM-4PM brown bag. Vegetarian available.  
Address: 2362 Bancroft Way  
Telephone: (510) 649-4976

**St. Mark’s Episcopal Church**  
Mon: 6PM-9PM. Dinner provided.  
3rd Sat/mo, 5PM  
Address: 2300 Bancroft, 2nd Floor  
Telephone: (510) 423-3303/(510) 848-5107

**Newman Hall - Loaves and Fishes**  
1st Sat/mo: 4PM-7PM Meals to-go at 4:45PM  
Address: 2700 Dwight Way (& College)  
Telephone: (510) 848-7812

**Dorothy Day Breakfast**  
Mon-Sat at 7AM-8AM  
Address: 2138 Cedar Street - Christ Church

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**PLTS Living Bread Food Pantry**  
Healthy non-perishable foods are regularly purchased and made available on the shelves near La SALA (Student Association Lounge Area). Additional food donations are made by community members. The guidelines for the pantry are simple:

*Take what you need when you need it*  
*Bring something to share as you are able*

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**GROCERY CARDS**  
For fresh foods and additional food support, $25 grocery cards are available to PLTS students from Student Affairs: (510) 559-2713 or studentinformation@plts.edu. If you need assistance, please do not hesitate to contact Student Affairs. Your food needs request will be handled in a caring, sensitive, and private manner.

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**PET FOOD PANTRY**  
Berkeley Humane’s Pet Food Pantry program provides free pet food to low-income pet guardians in Alameda & Contra Costa Counties.  
Website: [www.berkeleyhumane.org/Pet-Food-Pantry](http://www.berkeleyhumane.org/Pet-Food-Pantry)