

## PLTS

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### Share Shelf

Healthy non-perishable foods are regularly purchased and made available on the Share Shelf in La SALA (Student Association Lounge Area). Additional food donations are made by community members. The guidelines for the Share Shelf are simple:

- Take what you need when you need it;
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- Bring something to share as you are able.

### Food Cards

For fresh foods and additional food support, \$25 Safeway food cards are available from Christopher Evans in Student Life: 510-559-2737 or [cevens@plts.edu](mailto:cevens@plts.edu). If you need assistance, please do not hesitate to contact Christopher. Your food needs request will be handled in a caring, sensitive, and private manner.



**Food Resources  
for the East Bay  
(Berkeley/Oakland)**

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**PLTS Student Life**

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## Berkeley

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### Berkeley Food Pantry (at Berkeley Friends Church)

Mon, Wed, Fri: 2-4pm  
1600 Sacramento Street, Berkeley, CA 94702  
510-525-2280

### Lutheran Church of the Cross

Free spaghetti dinners every Wednesday: 5pm  
1744 University Avenue, Berkeley, CA 94703  
510-848-1424

### Food Not Bombs People's Park

Mon-Fri: 3pm vegan/vegetarian meal  
Haste & Telegraph, Berkeley  
<http://ebfnb.org/>

### Night on the Streets Catholic Worker at People's Park

Sun: 7:30am breakfast. At 8:10, the meal moves to Center Street between Milvia and Martin Luther King streets downtown  
Haste Street & Telegraph Avenue  
510-684-1892

### Women's Daytime Drop-in Center

Open Mon-Fri: 8am-4pm (closed 1st Friday of each month)  
Daily: 8am to 10am breakfast  
Daily: Noon to 12:30pm lunch  
2218 Acton (& Bancroft)  
510-548-2884

### Trinity United Methodist Church

Mon-Wed: 3:45pm-4:30pm sit-down meal  
Thu-Fri: 3:30pm-4 pm "take-out" brown bag hot meal with vegetarian option available.  
2362 Bancroft Way (& Dana)  
510-649-4976

### St. Mark's Episcopal Church

Mon: 6pm-9pm. Dinner provided.  
3rd Sat of the month, 5pm  
2300 Bancroft (& Ellsworth), 2nd Floor  
510-423-3303 or 510-848-5107

### Newman Hall - Loaves and Fishes

1st Sat of the month: Lottery at 2pm for limited meal.  
4pm meal. Meals "to go" at 4:45pm.  
2700 Dwight Way (& College)  
510-848-7812

### Dorothy Day Breakfast

Mon-Sat at 7am  
2138 Cedar Street, Berkeley - Christ Church

### McGee Avenue Baptist Church

Mon, Wed, Fri: Noon  
1640 Stuart at McGee  
510-843-1774

### St. Paul AME Church

Tues: 11:30am  
2024 Ashby at Adeline  
848-2050

### South Berkeley Community Church

Thurs: Noon  
1802 Fairview at Ellis  
652-1040

### Church by the Side of the Road

Second Sun of the month: 1pm  
2108 Russell at Lorina

### Berkeley Food and Housing Project - Quarter Meal

Mon-Wed: 4:15pm  
Thurs-Fri: 3:30pm  
2362 Bancroft Way - Trinity Church  
649-4976

### Newman Hall

First Sat of the month. 4pm  
2700 Dwight Way at College  
848-7812

### First Presbyterian Church

Second and last Sat of the month: 5pm  
2407 Dana at Haste  
848-6242

### St. Mary Magdalen Church

First and Fourth Sun of the month: 3 pm  
2005 Berryman at Henry  
526-4811

### All Souls Episcopal Parish

Second Sun of the month: 4pm  
2220 Cedar at Spruce  
848-1755

### Congregation Beth El

Third Sun of the month: 5pm  
1301 Oxford at Rose  
848-3988

## Oakland

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### Alameda County Community Food Bank

Mon-Fri: 9am-5pm  
7900 Edgewater Drive, Oakland, CA 94621  
510-635-FOOD (3663)  
[info@acafb.org](mailto:info@acafb.org)

### Feed My Sheep

Box and bag lunches every third Sat of the month: Noon to 2 pm  
8825 MacArthur Boulevard, Oakland, CA 94605,  
510-384-8604

### Lake Merritt United Methodist Church

Food bank distributes second and fourth Sat of each month: Noon to 2:30pm  
1330 Lakeshore Avenue, Oakland, CA 94606  
510-465-4793

## Food stamps (SNAP)

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California's food assistance program, CalFresh, is the state's version of the federal Supplemental Nutritional Assistance Program (SNAP), formerly known as food stamps. U.S. citizens and most documented permanent residents are eligible based on income.

Applications can be completed online at [www.mybenefitscalwin.org](http://www.mybenefitscalwin.org) or in person, with assistance available, at the Alameda County Social Services Agency North County Multi-Service Center, 2000 San Pablo Ave, Oakland, CA 94612. The office can be reached by phone at 510-891-0700.

Monthly income limits and maximum benefits by household are as follows:

Single	\$1,962	\$194
Couple	\$2,656	\$357

Family limits and benefit amounts and more information is available at [http://www.alamedasocialservices.org/public/services/food\\_assistance/index.cfm](http://www.alamedasocialservices.org/public/services/food_assistance/index.cfm)