

Berkeley Food Access Information

Below are some organizations that aim to serve food-insecure families in the local community. Please feel free to share this sheet with anyone who might find these resources useful.

- Berkeley Food Pantry | 510-525-2280 | 1600 Sacramento Street Berkeley, CA 94702
 - Emergency groceries to all individuals who work, reside, or attend school in Albany and Berkeley
 - Information in English, Spanish and Chinese: <https://www.berkeleyfoodpantry.org/>
 - Public Transportation: You can reach us on public transportation via AC Transit line 52, which stops right outside our building on Sacramento Street.
- Berkeley Food Network | 510-616-5383
 - Distribution Sites:
 - <https://berkeleyfoodnetwork.org/who-we-are/hours/>
 - Pantry Hours:
 - Monday-Thursday 10am-2pm; Monday & Wednesday 5pm - 7pm; Saturday 10am - 12pm
- Covenant House for the Youth | 510-235-9732
 - Location: 200 Harrison Street Oakland, CA, 94607
 - Food and shelter for youth experiencing homelessness
 - Ages 18-24; shelter, food, education, and clothes
- Richmond Emergency Food Pantry | 510-235-9732
 - Location: 2369 Barrett Avenue Richmond, CA 94804
 - To receive food: <http://www.refp.org/food.html>
 - Hours: 10:00 am to 1:30 pm on Tuesdays and Fridays
 - Pick up food packages once a month
- The Daily Bread Berkeley - Food Distribution Center
 - Location: 2447 Prince St. Berkeley, CA, 94705
 - Phone: 510-848-3522
 - Check social media for food distribution information
 - Instagram: @dailybreadberkeley
 - Facebook: <https://www.facebook.com/dailybreadberkeley/>

Home Delivered Meals

- Berkeley Food Pantry
 - Application for home delivery services:
 - <https://docs.google.com/forms/d/e/1FAIpQLSdivuLBVUBPpr1a-lg4vjN7vggM3LhYFI11-luWNIeABgHQ/viewform>



Hours:

- Mondays Wednesdays Fridays 2:00-4:00 pm for walk-ups and appointments
- Mondays, Wednesdays, and Fridays 1:00-3:00 pm home deliveries
- Tuesdays 10:00 am-12:30 pm home deliveries

The pantry will be closed on the following days during the calendar year:

- Martin Luther King Jr. Day, Monday, January 17, 2022
- Memorial Day, Monday, May 30, 2022
- Pantry Closure Day, Friday, June 24, 2022
- Independence Day, Monday, July 4, 2022
- Labor Day, Monday, September 5, 2022
- Closed for Updates and Maintenance, September 12-16, 2022
- Indigenous People's Day, Monday, October 10, 2022
- Thanksgiving Holiday, Friday, November 25, 2022
- Christmas Holiday, Monday, December 26, 2022
- New Year's Holiday, Monday, January 2, 2023



Apply for SNAP:

- Supplemental Nutrition Assistance Program (SNAP): a SNAP debit card at farmer's markets in Davis/West Sacramento can get you double dollars! (ie: \$20 worth of groceries for \$10)
 - www.fns.usda.gov/snap/supplemental-nutrition-assistance-program
 - Application sessions to assist with filling out the application: <https://basicneeds.berkeley.edu/calfresh>



Ways to help increase food accessibility

For volunteers:

- Richmond Emergency Food Pantry - Volunteers are needed on Tuesdays and Fridays between 7:00 am and 2:00 pm. Contact for more information: (510) 235-9732. Visit: <http://www.refp.org/volunteers.html>
- Daily Bread Berkeley - Volunteers needed for food distribution. Contact via Instagram or Facebook.

For businesses and nonprofits:

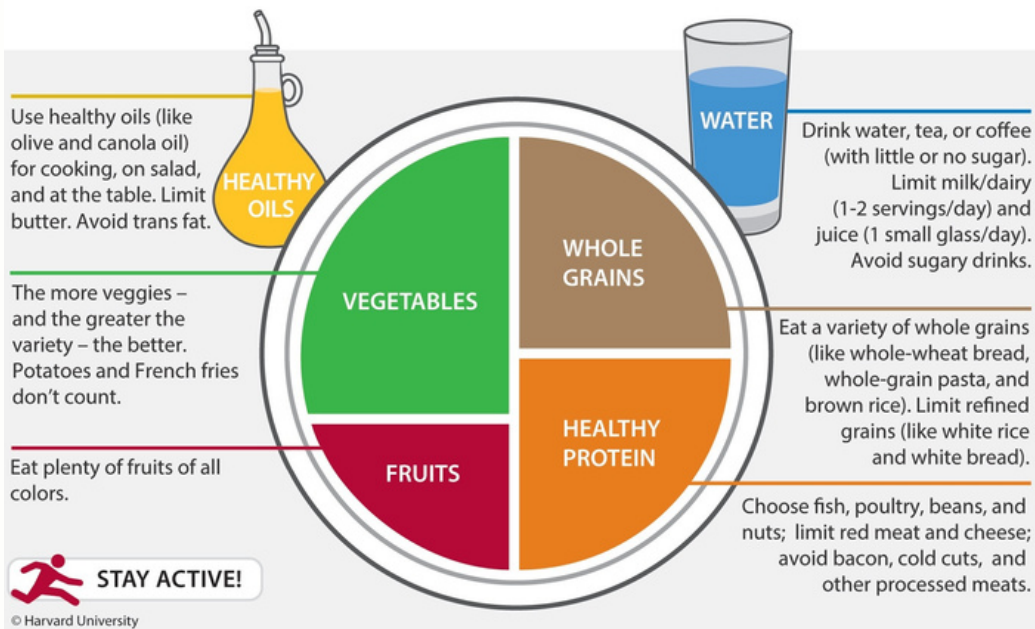
Community Food Projects Competitive Grant Program fights food insecurity through developing community food projects that help promote self-sufficiency of low-income communities: <https://www.nifa.usda.gov/grants/programs/hunger-food-security-programs/community-food-projects-competitive-grant-program-cfpcgp>



How to eat healthy at no extra cost

Visit www.hsph.harvard.edu/nutritionsource/healthy-eating-plate for up-to-date information on nutrition.

HEALTHY EATING PLATE



Did you know you can get plenty of protein from plants? AND it's generally more cost effective than buying animal products. Here are some great plant protein sources to try and home: lentils, tofu, nuts, chickpeas (all beans!), broccoli, seeds, sprouts, edamame, quinoa, and dark leafy greens.



Try to consume added sugars in moderation. The [American Heart Association](#) recommends limiting added sugars to no more than 6% of calories each day (about 6-9 tsp/day for women/men). For children, the recommendation is to limit sugar intake to a maximum 5 tsp/day.



Americans eat on average about 3,400 mg of sodium/day. However, the [Dietary Guidelines for Americans](#) recommends that adults limit intake to less than 2,300 mg/day (equal to about 1 teaspoon of table salt). For children, it's even less!



To manage salt and sugar intake, a good rule-of-thumb is to limit processed and fried foods.



For local resources on how to practice plant-forward eating: www.rootedsantabarbara.org

For tips & tricks on how to navigate healthy and affordable food at the grocery store: www.kidsinnutrition.org/tips-tricks

For healthy child-friendly recipes: <https://www.kidsinnutrition.org/recipes>



Información de Acceso a Alimentos de Berkeley

A continuación se presentan algunas organizaciones que tienen como objetivo servir a las familias con inseguridad alimentaria en la comunidad local. No dude en compartir esta hoja con cualquiera que pueda encontrar útiles estos recursos.

- Despensa de alimentos de Berkeley | 510-525-2280 | 1600 Sacramento Street Berkeley, CA 94702
 - Comestibles de emergencia para todas las personas que trabajan, residen o asisten a la escuela en Albany y Berkeley
 - Información en Inglés, Español y Chino:
 - <https://www.berkeleyfoodpantry.org/>
 - Transporte público: puede comunicarse con nosotros en transporte público a través de la línea 52 de AC Transit, que para justo afuera de nuestro edificio en Sacramento Street.
- Red de alimentos de Berkeley | 510-616-5383
 - Sitios de distribución:
 - <https://berkeleyfoodnetwork.org/who-we-are/hours/>
 - Horario de despensa:
 - Lunes-Jueves 10am-2pm; Lunes y Miércoles 5pm - 7pm; Sábado 10am - 12pm
- Casa de Alianza para la Juventud | 510-235-9732
 - Ubicación: 200 Harrison Street Oakland, CA, 94607
 - Alimentos y refugio para jóvenes sin hogar
 - Edades 18-24; vivienda, comida, educación y ropa
- Despensa de alimentos de emergencia de Richmond | 510-235-9732
 - Ubicación: 2369 Barrett Avenue Richmond, CA 94804
 - Para recibir alimentos: <http://www.refp.org/food.html>
 - Horario: 10:00 am a 1:30 pm los martes y viernes
 - Recoger paquetes de comida una vez al mes
- The Daily Bread Berkeley - Centro de distribución de alimentos
 - Ubicación: 2447 Prince St. Berkeley, CA, 94705
 - Teléfono: 510-848-3522
 - Consulte las redes sociales para obtener información sobre la distribución de alimentos.
 - Instagram: @dailybreadberkeley
 - Facebook: <https://www.facebook.com/dailybreadberkeley/>



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Comidas a domicilio

- Despensa de alimentos de Berkeley
 - Solicitud de servicios de entrega a domicilio:
 - <https://docs.google.com/forms/d/e/1FAIpQLSdivuLBVUBPpr1a-Ig4vjN7vggM3LhYFI11--luWNIeABgHQ/viewform>

Solicitar SNAP:

- Programa de Asistencia Nutricional Suplementaria (SNAP): ¡una tarjeta de débito SNAP en los mercados de agricultores en Davis/West Sacramento puede obtener el doble de dólares! (es decir: \$20 en comestibles por \$10)
 - www.fns.usda.gov/snap/supplemental-nutrition-assistance-program
 - Sesiones de solicitud para ayudar a completar la solicitud: <https://basicneeds.berkeley.edu/calfresh>



Maneras para Aumentar Accesibilidad a Comida

For volunteers:

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Maneras para comer saludable sin costo adicional

Visita www.hsph.harvard.edu/nutritionsource/healthy-eating-plate para mas informacion actualizada sobre nutricion

EL PLATO PARA COMER SALUDABLE

ACEITES SALUDABLES
Use aceites saludables (como aceite de oliva o canola) para cocinar, en ensaladas, y en la mesa. Limite la margarina (mantequilla). Evite las grasas trans.

AGUA
Tome agua, té, o café (con poco o nada de azúcar). Limite la leche y lácteos (1-2 porciones al día) y el jugo (1 vaso pequeño al día). Evite las bebidas azucaradas.

VEGETALES
Mientras más vegetales y mayor variedad, mejor. Las patatas (papas) y las patatas fritas (papas fritas/papitas) no cuentan.

GRANOS INTEGRALES
Come una variedad de granos (cereales) integrales (como pan de trigo integral, pasta de granos integrales, y arroz integral). Limite los granos refinados (como arroz blanco y pan blanco).

FRUTAS
Come muchas frutas, de todos los colores.

PROTEINA SALUDABLE
Escoja pescados, aves, legumbres (habichuelas/leguminosas/frijoles), y nueces; limite las carnes rojas y el queso; evite la tocineta ("bacon"), carnes frías (fiambres), y otras carnes procesadas.

¡MANTÉNGASE ACTIVO!
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?Sabias que puedes obtener mucha proteina de las plantas? Y normalmente es mas rentable que comprar productos de animales. Aqui hay unas buenas fuentes de proteina vegetal para probar y hacer en casa: tofu, nuezes, lentejas, garbanzos(todos typos de frijoles!), brocoli, semillas, edamame, quinoa, y verduras de hojas verdes oscuras.



Trata de consumir azucares añadidos con moderacion. La American Heart Association recomienda limitar las azucares agregadas a no mas del 6% de las calorías al día (alrededor de 6-9 cucharaditas para mujer/hombre). Para niños recomiendan limitar la cantidad de azucar que consumen a lo maximo 5 cucharaditas al día.

Los Americanos promedio comen sobre 3.400 miligramos de sodio por día. Sin embargo los Dietary Guidelines for Americans recomiendan que adultos limiten la cantidad por lo menos a 2.300 miligramos por día (igual a una cucharilla de sal). !Para niños, es mucho menos!

Para administrar el consumo de sal y azucar, una buena regla de oro es limitar el consumo de las comidas fritas y procesadas.

Para fuentes locales en como practicar alimentacion con plantas mas adelante: www.rootedsantabarbara.org

Para mas consejos y trucos en como navegar comida saludable y accesible en las tiendas de compra: www.kidsinnutrition.org/tips-tricks

Para mas recetas saludables para niños: <https://www.kidsinnutrition.org/recipes>

