

For the most up-to-date information including holidays, income guidelines, and other resources visit foodbankccs.org/getfood or call 855-309-FOOD (3663).

Community Produce Program

We provide 15-20 pounds of **FREE** fresh produce to low-income families and individuals twice a month. Please bring two bags with handles. Choose *ONE* location.

- **Martinez Health Center**, 2500 Alhambra Blvd, **Martinez**, 2nd & 4th Monday, 12:00-1:00pm
- **Boys & Girls Club Martinez**, 1301 Alhambra Ave, **Martinez**, 2nd & 4th Friday, 12:00-1:00pm
- **Pleasant Hill Seventh Day Adventist**, 800 Grayson Rd, **Pleasant Hill**, 2nd & 4th Friday, 2:00-3:00pm
- **Las Juntas Elementary**, 4105 Pacheco Blvd, **Martinez**, 2nd & 4th Friday, 4:00-5:00pm

Food Assistance Program

FREE groceries once a month for low-income individuals and families. Bring a picture ID and proof of address (PG&E bill, for example), if you have it.

- **Boys & Girls Club Martinez**, 1301 Alhambra Ave, **Martinez**, 1st Monday, 10:00am-12:00pm

Food for Children

Boxes of **FREE** healthy food every month for children ages 4-6 years old. Bring a picture ID and proof of address (PG&E bill, for example), as well as proof of child's birthday.

- **Church of the Nazarene**, 1650 Ashbury Dr, **Concord**, 4th Monday, 10:00am-12:00pm

Senior Food Program

FREE groceries twice a month to low-income individuals aged 55 or older. Only one senior per household can receive food. Bring a picture ID and proof of address (PG&E bill, for example).

- **Teamsters Local 315 Hall**, 2727 Alhambra Ave, **Martinez**, 1st & 3rd Thursday, 9:00-10:00am

Call the Food Bank to learn about other available food resources

- CalFresh (the Food Bank can help you apply for this government program)
- Our partner pantries and soup kitchens (for emergency food)
- WIC (for pregnant women and mothers with children 0-5 years old)

Para la información más actual, incluyendo horarios para los días festivos, guías de ingresos, y otros recursos, visite foodbankccs.org/getfood o llame al 855-309-3663.

Programa de Frutas y Verduras

Proveemos 15-20 libras de frutas y verduras frescas **GRATIS** a familias e individuos de bajos ingresos dos veces al mes. Por favor traiga dos bolsas con agarraderas. Escoja *UN SOLO* lugar:

- **Martinez Health Center**, 2500 Alhambra Blvd, **Martinez**, 2.^{do} y 4.^{to} Lunes, 12:00-1:00pm
- **Boys & Girls Club Martinez**, 1301 Alhambra Ave, **Martinez**, 2.^{do} y 4.^{to} Viernes, 12:00-1:00pm
- **Pleasant Hill Seventh Day Adventist**, 800 Grayson Rd, **Pleasant Hill**, 2.^{do} y 4.^{to} Viernes, 2:00-3:00pm
- **Las Juntas Elementary**, 4105 Pacheco Blvd, **Martinez**, 2.^{do} y 4.^{to} Viernes, 4:00-5:00pm

Programa de Asistencia de Comida

Tenemos comida **GRATIS** una vez al mes para familias e individuos de bajos ingresos. Traiga cualquier tipo de identificación y comprobante de domicilio (Una factura de PG&E, por ejemplo), si lo tiene.

- **Boys & Girls Club Martinez**, 1301 Alhambra Ave, **Martinez**, 1.^{er} Lunes, 10:00am-12:00pm

Comida Para Niños

Cajas de comida saludable **GRATIS** cada mes para niños de 4-6 años de edad. Traiga cualquier tipo de identificación y comprobante de domicilio (Una factura de PG&E, por ejemplo), y comprobante de la edad del niño.

- **Church of the Nazarene**, 1650 Ashbury Dr, **Concord**, 4.^{to} Lunes, 10:00am-12:00pm

Comida Para Adultos Mayores

Tenemos comida **GRATIS** dos veces al mes para individuos de bajos ingresos que tienen 55 años o más. Solo un adulto mayor por hogar puede recibir comida. Traiga cualquier tipo de identificación y comprobante de domicilio (Una factura de PG&E, por ejemplo).

- **Teamsters Local 315 Hall**, 2727 Alhambra Ave, **Martinez**, 1.^{er} y 3.^{er} Jueves, 9:00-10:00am

Llame al Banco de Comida para aprender sobre otros recursos de comida.

- CalFresh (el Banco de Comida le puede ayudar a aplicar para este programe del gobierno)
- Nuestros almacenes y comedores
- WIC (para mujeres embarazadas y madres con niños de 0-5 años de edad)



Mount Diablo Unified School District
announces

Free Community Meals

- “Grab N Go” curbside meals •
- Serving all children 18 years and younger •
- No identification required •

Sites	Addresses	Cities
Cambridge Elem	1135 Lacey Lane	Concord
Meadow Homes Elem	1371 Detroit Ave.	Concord
El Dorado Middle	1750 West Street	Concord
Foothill Middle	2775 Cedro Lane	Walnut Creek
Riverview Middle	205 Pacifica Ave.	Bay Point
Valley View Middle	181 Viking Drive	Pleasant Hill
Mt. Diablo High	2450 Grant St.	Concord
Ygnacio Valley High	755 Oak Grove Rd.	Concord



Starting Wednesday, March 18
Monday through Friday
11:00AM – 12:30PM

proudly presented by
our Food and Nutrition Department staff



Mount Diablo Unified School District
anuncia

Comidas Comunitarias Gratuitas

- Comidas para llevar •
- Servir a todos los niños de 18 años o menos •
- No se requiere identificación •

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Cambridge Elem	1135 Lacey Lane	Concord
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A partir el 18 de marzo
lunes a viernes
11:00AM – 12:30PM

presentado con orgullo por
el departamento de Food and Nutrition

EMERGENCY FOOD DISTRIBUTION COVID-19 (in light of new, health and safety shelter in place restrictions for Contra Costa County) – Updated March 17, 2020 1pm

Here is the latest update from **MONUMENT CRISIS CENTER** that I hope you can share with all our partners, residents, businesses and community leaders. Thank you all for reaching out to one another and being so responsive to our community's needs and the dire situation that many, some who never faced this kind of need before, will now be facing with those who struggle daily.

Monument Crisis Center, a *family resource center*, located in and serving Concord and Contra Costa County, is going to provide groceries on a week-by-week Emergency Food Distribution Schedule.

Monument Crisis Center will be distributing emergency groceries for anyone in need of emergency food for themselves and their families on the following dates:

Friday, March 20, 2020	9am -12noon
Monday, March 23, 2020	9am -12noon
Tuesday, March 24, 2020	9am -12noon

1 bag per each adult

Additional info:

- Next dates will be posted after re-evaluation of services and the current health & safety situation.
- Food & monetary donations will gladly be accepted at those times or please "text to donate" TEXT MCC to 41444
- or donate online at our website through Mobile Cause or PayPal. www.monumentcrisiscenter.org