

 **INFO SUMMARY**

OHA has extracted this section of content from Freedom Community Clinic's (FCC) **Community Resource Guide** for the convenience of our residents. You may click [here](#) to access links and the full document, which is updated in real-time by FCC.

Families, Children, and Youth (0-17)

Emergency Funds

- **Oakland:** [East Oakland DREAMer](#) emergency fund (up to \$250, applicants must be migrant youth 15-30 years old or migrant guardian of youth aged 0-20) <https://tinyurl.com/COVIDMigrantYouthRelief>
- **Students, Parents of Students, Graduates:** [Scholly](#) is providing \$200 in cash assistance. We aim to provide essential financial help to buy groceries, health supplies, and other necessities to those in need. If you're a student, parent of a student, or graduate, we encourage you to apply today.

Health

- **San Francisco:** Free counseling service for parents of children from pregnancy to 3 years old Parentline University of San Francisco. Info can be found [here](#).
- **Oakland:** Dream Youth Clinic (583 5th St) continues to be open during shelter in place. Services are for youth ages 12-24 and include medical evaluations, HIV/STD testing, birth control, and immunizations. Call 510-839-0929 ext.3 to make an appointment. Walk-ins welcome. Hours: Mon and Wed 1-5pm, Thurs 2-6pm: <https://www.instagram.com/p/B916c1RFuU4/>

Food

- **All:** [Safeway](#), [Whole Foods](#), [Target](#) and several other markets and retail stores are setting aside hours just for "at-risk" shoppers, including senior citizens, pregnant people and other people with vulnerable immune systems. [Safeway](#) invites "at-risk" shoppers from 7-9 a.m. Tuesday and Thursday; [Whole Foods](#) invites customers 60 and older to stores one hour before opening to the public; [Target](#) reserves the first hour on Wednesdays to "vulnerable guests;" [Dollar General](#) reserves the first hour of every business day to senior shoppers.
- **SF & Oakland:** MIXT is offering sliding scale discount codes for pick-up orders. Codes: [wegoty25](#) for 25% off, [wegoty50](#) for 50% off, [wegoty100](#) for a free meal. Use codes at [mixt.com](#) or on MIXT app for pick up orders.
- **Overview for all Bay Area free lunch distribution centers:**
 - <https://www.mercurynews.com/2020/03/20/map-where-in-the-bay-area-to-get-free-school-lunches-during-coronavirus-closures/>
 - <https://www.sfgate.com/coronavirus/article/kids-students-free-lunches-coronavirus-covid-15134702.php>
- **San Francisco:** Beginning March 17, SFUSD will provide free breakfast and lunch to all children 18 and younger at 14 pick-up sites Monday-Friday. No identification or proof of school enrollment is required, but a child must be present. Breakfast, lunch, fresh fruit,

vegetables, and milk will be provided to take home. Shelf-stable meals will also be available. Families will not need to enter the school building for pick-up.

- <https://www.sfusd.edu/services/health-wellness/nutrition-school-meals>
- **San Francisco:** if you are pregnant and/or parenting a child under 18 and in need of support, please call 415-546-6756 and leave a message. We'll return your call as soon as possible. ([Homeless Prenatal Program](#))
- **Berkeley:** The Berkeley Unified School District Nutrition Department is serving FREE BREAKFAST AND LUNCH as take-away meals for school-age children 18 and younger. <https://www.berkeleyschools.net/2020/03/while-school-is-closed-food-is-available-mientras-que-la-escuela-esta-cerrada-hay-alimentos-disponibles/>
 - Monday-Friday, March 16-27
 - 8:00 am – 9:30 am for Breakfast and 11:00 am – 1:00 pm for Lunch
 - There will be a tent set up outside our central kitchen at King Middle School
 - 1781 Rose St, (enter behind the school at Grant/Rose, through gate

 - 9:00 – 9:30 am for Breakfast and 12:00 – 12:30 pm for Lunch
 - Students can also go to any one of these convenient locations:
 - Berkeley Arts Magnet Elementary, 2015 Virginia Street
 - Rosa Parks Elementary, 920 Allston Way
 - Longfellow Middle School, 1500 Derby Street
 - Willard Middle School, 2425 Stuart Street
 - Berkeley High School, 1980 Allston Way
- **Oakland:** During the COVID-19 closure, the OUSD Nutrition Services Department will open twelve schools throughout the city where “Grab and Go” breakfast and lunch meals will be available for all OUSD students or families and any Oakland child under 18. To ensure the least amount of contact, students do not need to be present to pick up food. The sites listed below will be open on Mondays and Thursdays from 8:00am to 12:00pm. Multiple days worth of food can be picked up to take home.
 - Northwest/West Oakland: Sankofa Elementary, West Oakland Middle School and Hoover Elementary
 - Central Oakland: Oakland High School and Garfield Elementary
 - East Oakland: Bret Harte Middle School, Life Academy/United for Success, Coliseum College Preparatory Academy, Madison Park Upper, Fremont High School, Castlemont High School and Elmhurst United Middle School
- **Oakland:** Points of Light will be delivering groceries to families with youth & children who do not have any means of transportation between the hours of 8am-12pm. Please call the designated youth director in your district
 - District 1: (850) 532-2376
 - District 2: (510) 789-9240
 - District 3: (909) 800-2245
 - District 4: (909) 800-2245
 - District 5: (650) 720-1171
 - District 6: (510) 384-9032 or (626) 272-4477
 - District 7: (786) 474-5600 or (415) 283-9173

ADULTS

Food

- **All:** As of 3/16/2020, [Uber is waiving delivery fees for over 100K restaurants](#)

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- **SF & Oakland:** MIXT is offering sliding scale discount codes for pick-up orders. Codes: [wegotyou25](#) for 25% off, [wegotyou50](#) for 50% off, [wegotyou100](#) for a free meal. Use codes at [mixt.com](#) or on MIXT app for pick up orders.
- **San Francisco:** [Clarity Burke](#), a social science teacher at John O’Connell, started a free delivery volunteer service for the immunosuppressed. She has several volunteers ready to work. To receive help: tinyurl.com/deliveryneeded
- **Berkeley & Albany:** Berkeley Food Network On-Site Food Pantry; 1925 Ninth St.
 - Hours: Monday – Thursday 10am – 2pm; Monday and Wednesday 5 – 7pm; First and third Saturdays 10am – 12pm
 - Hours may change, so check back for updates. You can also call 510.616.5383 for updated hours information.
 - The Berkeley Food Network’s on-site pantry will remain open during this period of COVID-19 containment as long as we are able to source food. Anyone in need of free food is welcome to visit. BFN’s food distributions are open to Berkeley and Albany residents only.
 - <https://berkeleyfoodnetwork.org/bfn-on-site-pantry-remains-open-during-covid-19-containment-period/>
- **Most Farmers Markets Stay Open** <https://sfist.com/2020/03/16/most-sf-farmers-markets-to-remain-open-as-essential-services/>
 - SF Ferry Plaza: Tues & Thurs (10a-2p), Sat 8a-2p
 - Heart of the City at UN Civic Center Plaza: Wed, Fri, Sun 7-4:30/5p
 - South Berkeley (Adeline & 63rd): Tuesdays, : 2-6:30p
 - North Berkeley (Shattuck & Vine); Thursdays 3-7p
 - Downtown Berkeley (MLK & Center): Saturdays, 10-3p
 - Montclair Village: Sundays, 9a-1p

Elderly (65+)

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- **Oakland:** East Oakland Collective is offering supplies and food for seniors, unhoused folks, people with compromised immune systems. Please contact EOC for availability of supplies and food at 510-990-0775 or info@eastoaklandcollective.com <https://www.instagram.com/p/B9zMHKrhAgn/>

- **San Francisco and Oakland:** Project Open Hand still serving and delivering meals
<https://www.openhand.org/>
- **San Francisco:** [Clarity Burke](#), a social science teacher at John O'Connell, started a free delivery volunteer service for the immunosuppressed. She has several volunteers ready to work. To receive help: tinyurl.com/deliveryneeded
- **San Francisco:** Meals on Wheels will continue operation
<https://www.mowsf.org/coronavirus>
- **North Berkeley Senior Center Lunch Pick-Up Service:** 1900 Sixth St. M-F 11a-12p
- **South Berkeley Senior Center Lunch Pick-Up Service:** 2939 Ellis St. M-F 11a-12p
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