

Community Food Resources

Meals for seniors (home-delivered or pick-up options)

Sonoma Co. - Council on Aging/Meals on Wheels 707.525.0143 ext. 115

<https://www.councilonaging.com/meals-on-wheels>

Marin Co. – Council on Aging/Meals on Wheels 415.457.4636

<http://www.marinhhs.org/nutrition-services-older-adults>

[Whistlestop](http://www.whistlestop.org/brown-bag-pantry/) 415.456.9062 <https://whistlestop.org/brown-bag-pantry/>

Food Banks and Pantries

Redwood Empire Food Bank

For the most up-to-date information on distributions at food banks, partner locations and schools, visit the Food Finder page at <https://getfood.refb.org/> or call 707.523.7903

San Francisco - Marin Food Bank

Pick up free, weekly groceries at many locations in San Francisco and Marin. Items include fresh produce, protein, and shelf stable items. Please be prepared to bring your photo ID and a proof of address if the address on your ID is not current. Go to foodlocator.sfmfoodbank.org to find your local site.

Website: <http://foodlocator.sfmfoodbank.org>

Food for Thought

[Food For Thought](http://www.foodforthought.org) offers comprehensive nutritional services to 800 individuals affected by HIV and other serious illnesses in Sonoma County.

For more information, or to apply for services, contact Rachel Gardner, Client Services Manager, at RachelG@FFTfoodbank.org or (707) 887-1647 x 104.

Grocery Stores in Marin and Sonoma Counties with special hours for vulnerable people and seniors, if available. Also noted is whether pick-up and delivery is available.

Store	Hours	Senior Hours	Order/Delivery
Andronico's	7am-9pm	From open-9am	Check online; call
Andy's Produce Mkt	8am-7:30pm		
Community Market	10am-6pm	9am-10am	
Costco Rohnert Park, Novato	M-F 10am-8:30pm Sa 9:30am -7pm Su 10am-7pm	Tu, Th 8-9am	Check online
Costco Santa Rosa	M-F 9am-8:30pm Sa, Su 9am-7pm	Tu, Th, 8-9am	Check online
Fircrest	M-Sa 8am-9pm Su 9am-8pm		

FoodMaxx	Vary, 6am-midnight/1am	Tu, Th 6-9am	Check online; call
Glenn Ellen Village Market	6am-8pm		Check online; call
Lucky	6am-10pm	Tu, Th, 6-9am	Check online; call
Mollie Stone's	8am-8pm	Tu,Th, Sa 7-8am	Check online; call
Nugget Market	7am-9pm	Tu, Th 7-8am	
Oliver's	7am-8pm	6-7am, plus 10% discount	
Pacific Market	Vary, M-Sa 7/8am-8pm Su 8am-8pm		
Penngrove Market	M-F 7:30am-9pm Sa 8am-9m, Su 8am-8pm		
Petaluma Market	7am-8pm	6-7am	
Raley's	6am-11pm		Check online;call
Safeway	Vary, 6 /7am to 9/10pm	From open -9am	Check online; call
Sonoma Market	6am-9:30pm	Tu, Th 6-8am	Check online; call
Sprouts	7am-8pm		Check online; call
Target	8am-9pm Marin City 7am-9pm	Wed, 8-9am Wed, 7-8am	Check online; call
Trader Joe's	9am-7pm	9-10am expedited entrance	
United Markets	M-F 7:30am-9pm Sa-Su 7:30am-8pm	7:30-8:30am	Check online; call
Walgreens	Wed-Mon 8am-9pm Tu 8am-9pm	Tu, 8-9am	Check online; call
Walmart	7am-8:30pm	Tu, 6-7am	Check online;call
Whole Foods	9am-8pm	8-9am	Check online; call
Woodlands Market	7am-9pm		

Ordering groceries/ food online for pick-up or delivery

- Lucky's – 707-996-1271 Order groceries online via Instacart (iPhone/Android App or Instacart.com)
- Glen Ellen Market – 707-996-6728 Order groceries online via Instacart (iPhone/Android App or Instacart.com)
- [Raley's](#)
- Safeway –Order groceries online via Safeway.com (some orders may be delayed)
- Whole Foods/Amazon - offers free two-hour delivery of Whole Foods Market items with a Prime membership. Whole Foods Market delivery is available by invitation only at this time. Please visit www.amazon.com/wholefoods to request an invitation.
- [Walmart](#) – also a subscription service with an annual fee and limited at this time.

- Target uses [Shipt](#) to deliver groceries and prescriptions. Sign up for services from Target, Safeway and CVS
- [INSTACART](#): Instacart is a company that has part-time workers who do your shopping for you at local markets and bring your groceries to your home. In Marin County, Instacart currently provides items from [Mollie Stone's](#), [Smart & Final](#), [Sprouts](#), [Costco](#), [CVS Pharmacy](#), [Safeway](#), [Petco](#) and [BevMo](#). Prices are the same as in store except for Costco and Safeway, where a premium is added.
- United Market: Visit [UnitedToGo.com](#) to order for delivery or pickup

Neighborhood Assistance

If you're unable or uncomfortable about going out in public to get food or medicine, get the word out. People want to help. Nextdoor is a free social networking site that connects local neighbors for the purpose of sharing information, goods and services. If you already belong, click on [Using-Nextdoor-to-support-your-neighborhood-during-this-crisis](#) to get assistance, or to offer help. If you're not a member, the same link will direct you on how to quickly join in your local area.

Healthy meal delivery services that are fee based:

- [Veeastro](#) lets you choose from 100% vegan plant-based organic breakfasts, lunches or dinners. These fully cooked, chef-crafted meals are made fresh and delivered frozen to your door — all you have to do is heat them up.
Pricing: Depending on your plan, you have to order 10 to 20 meals, and they range from \$10 to \$12 per meal. Shipping cost varies depending on how much you order and is free for orders over \$199. There's also a discount for auto-delivery.
- [Daily Harvest](#) has a wide variety of fruit- and vegetable-filled smoothies, soups, harvest bowls, chia bowls, oat bowls and lattes. Everything is delivered frozen to lock in all of the vitamins and antioxidants of produce during peak season. All you need to do is reheat or add water and blend, depending on the meal.
Pricing: Pick between nine-, 12- and 24-serving plans starting at \$7.75/cup to \$6.99/cup
- [Fresh Direct](#) delivers same-day chef-prepared dinners and offers vegetarian and under 500 calorie options, while allowing you to filter meals by sodium, cholesterol, sugars and more.
Pricing: Entrees, snacks and sides range from \$2.99 to \$15.99.
- [Factor 75](#) makes fresh meals using lean proteins, low glycemic carbs and healthy fats to optimize the mind and body. They also offer a selection of meals that accommodate paleo, keto and dairy-free diets. Meals are delivered fresh to your door.
Pricing: Choose a four-, six-, eight-, 12- or 18-meal plan starting at \$60/week (\$15/serving) to \$198/week (\$11/serving).

- [Learn more about Freshly fully prepared, fresh meals](#) delivered to your door that can be kept in the fridge and heated up when you're ready. All the meals are made with natural ingredients, packed with protein and gluten-free.
Plans: Four to 12 servings
Price Range: \$9 to \$13 a meal

Healthy meal kit services that are fee based and require some preparation:

- The [Home Chef meal kit delivery service](#) allows you to choose a wide variety of meals as far as a month in advance based on your specialized dietary needs, including low-calorie and low-carb.
Plans: Two to six servings, two to six times a week
Price: \$10 per serving, with free shipping for orders over \$45
Home Chef Coupon Code: Use Code **HUFFPOST100** for \$100 Off! That's \$25 Off Your First 4 Boxes!
- [Learn more about Hello Fresh pre-portioned fresh ingredients and seasonings](#) to create delicious, creative meals at home. Choose from a wide variety of cuisines and meal types including "Gourmet", "Hall of Fame", "Dinner 2 Lunch", and 20-minute meals.
Plans: Two servings, two to four times a week; or four servings, two to four times a week
Price: \$7 to \$10 per meal with either \$6 to \$8 shipping, depending on delivery frequency
- [Blue Apron's meal kit delivery service](#) sends you all of the pre-portioned ingredients and seasonings to create delicious, creative meals at home. Choose from a wide variety of cuisines with the Signature, Vegetarian, or WW approved meals.
Plans: Two servings, two to three times a week; or four servings, two to four times a week
Price Range: \$8-\$10 per meal with free shipping depending on delivery frequency
- [Learn more about Sun Basket](#) This meal kit delivery service offers [a variety of dietary meal plans](#) including paleo, gluten-free, vegetarian, Mediterranean, vegan, pescatarian, diabetes-friendly and more. Sun Basket features organic produce and clean, responsibly-sourced meats and seafood, with the option to swap out certain ingredients for each meal.
Plans: Two to four servings, two to four times a week
Price: \$11 to \$12

Pet Supplies that deliver:

- Pet Food Express - 935-0777 Order online via petfoodexpress.com.
- Sonoma Pet Center - (415) 609-5421 Local delivery offered temporarily. Call store to arrange.