

Food Resources in Solano County

Where to Get Food In Solano County

Soup Kitchens

Soup kitchens provide free meals to anyone who comes in during meal hours. Menus vary, although each soup kitchen tries to offer balanced meals.

Fairfield:

First Baptist Church of Fairfield
1121 Clay Street 707-422-2500 Sundays 2:30 PM

Vallejo:

First Baptist Church of Vallejo
2025 Sonoma Blvd. 707-644-4064 Call for information on meal times

The Salvation Army of Vallejo
630-632 Tuolumne St. 707-643-8621 Wednesdays 11:30 AM - 12:30 PM

Benicia:

St. Paul's Episcopal Church
120 East J St. 707-745-0307 Wednesdays 4:30 PM - 6:00 PM

Food Pantries

Pantries provide food to the general public on an ongoing basis. Pantries may limit the number of times they serve the same person in a given time period. The days and times change a lot, so call to find out when the food pantries are open and what you need to bring.

Dixon:

Dixon Family Services
155 North Second St. 707-678-0442
To better serve you, we ask that you please bring in Pay stubs, PG&E bill, Picture Identification, and any documentation that helps verify your situation

St. Peter's Church 105 South 2nd Street 707-678-9424 Call to schedule a home visit

Rio Vista:

Rio Vista Community Services
230 Sacramento St. 707-374-2033
For emergency food, call 707-374-5579

Fairfield Suisun:

Fairfield Seventh Day Adventist Community Services
1101 East Tabor Ave. 707-426-6720

Fairfield/Suisun Community Action Council
714 Madison St. 707-427-1148

First Assembly of God
2207 Union Ave. 707-425-3612

Life Changing Reality and World Outreach Church
1425 N. Texas St. 707-421-3139

Lighthouse Christian Center
743 E. Tabor Ave. 707-426-2172

Life Changing Reality and World Outreach Church
1425 N. Texas St. 707-421-3139

Mount Calvary Baptist Church
601 Whispering Bay 707-425-1849

Rockville Presbyterian Fellowship at Mission Solano
740 Travis Blvd.
Walk-in only Mondays and Wednesdays 12:30-1:30 PM

Salvation Army
1216 Missouri St. 707-426-6244

St. Mark's Lutheran Church
1600 Union Ave. 707-422-4741

St. Timothy's Orthodox Church
4593 Central Way, Cordelia 707-864-6236

True Love Baptist Church
1956 Pennsylvania Ave. 707-426-2776

Vacaville:

First Baptist Church of Vacaville
1127 Davis St. 707-448-6209

St. Mary's Catholic Church Food Locker
350 Stinson Ave. 707-448-2390

St. Paul's Outreach
101 West St. 707-448-5154

VACA Fish
1102 Alamo Dr. 707-447-5482

Vacaville Storehouse
132 Peabody Rd. 707-454-0268
Monday, Wednesday and Saturday 9:00 AM – 12:00 PM

Vallejo:

Brea Seventh Day Adventist 833 Louisiana St.	707-644-3015
Calvary Community Church 585 Mini Dr.	707-642-6585
Catholic Social Services 125 Corporate Place, Ste. A	707-644-8909
Christian Help Center 2166 Sacramento St.	707-5538192
Church of the Nazarene 929 Amador St.	707-648-1986
First Baptist Church of Vallejo 2025 Sonoma Blvd.	707-644-4064
Friendship Missionary Baptist Church 1905 Florida St.	707-648-2005, ext. 22
Good Samaritan Missionary Baptist 407 Capitol St.	707-5531896
North Bay Foursquare Church 330 Avian Dr.	707-554-8232
Salvation Army 630 Tuolumne St.	707-643-8621
Second Baptist Church 1170 Benicia Rd.	707-643-6496
Seventh Day Adventist Community Services 1130 Alabama.	707-643-6181
St. Vincent de Paul Society (St. Basil's Parish) 1225 Tuolumne St.	707-644-0376

Benicia:

St. Dominic's Conference Call for appointment	707-746-1773
St. Vincent's de Paul Society (St. Dominic's) 475 I St.	707-746-1773
Benicia Community Action Council 480 Military East	707-745-0900

Food Assistance Programs

Food Stamp Program

- **Vallejo:** 355 Tuolumne St. 707-553-5681
- **Fairfield/Suisun:** 275 Beck Ave. 707-784-8051
- **Vacaville:** 354 Parker St. 707-469-4500

The Food Stamp Program provides Food Stamps to low-income families. Someone can be eligible even if they own a home, have no children, are working, own a vehicle, or have no permanent address. To find out if you can get food stamps, call 1-800-400-6001 or visit your Food Stamp office today.

Food Stamp Guidelines

October 1, 2011 to September 30, 2012

Household	Gross Monthly	Net Monthly
1	\$1,180	\$ 908
2	\$1,594	\$1,226
3	\$2,008	\$1,545
4	\$2,422	\$1,863
5	\$2,836	\$2,181
6	\$3,249	\$2,500
7	\$3,663	\$2,818
8	\$4,077	\$3,136
+1	+\$414	+\$319

Women, Infants, and Children Program (WIC)

Low income pregnant women, postpartum women, infants and children up to the age of five can receive WIC food checks to buy specific nutritious foods. Call the office in your area:

- **Vallejo/Benicia:** Health and Social Services
355 Tuolumne St. 707-553-5381
- **Fairfield/Suisun, Travis AFB and Rio Vista:** Health and Social Services
2101 Courage Dr. 707-784-2200
- **Vacaville:** Health and Social Services
233 Dobbins St. 707-446-6346
- **Dixon:** Dixon Family Services
155 N. Second St. 707-678-0717

WIC Income Guidelines

Effective July 1, 2011 – June 30, 2012

Family Size	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	20,147	1,679	840	775	388
2	27,214	2,268	1,134	1,047	524
3	34,281	2,857	1,429	1,319	660
4	41,348	3,446	1,723	1,591	796
5	48,415	4,035	2,018	1,863	932
6	55,482	4,624	2,312	2,134	1,067
7	62,549	5,213	2,607	2,406	1,203
8	69,616	5,802	2,901	2,678	1,339
+1	+7,067	+589	+295	+272	+136

Food Bank Programs

Food For Children

Food for Children is a Food Bank program that provides a box of food once a month for children between the ages of 4 and 5 years referred by WIC or other community organizations. Parents or guardians can self-refer by bringing proof of the child's birth date and documentation of family income to the distribution site in the community in which they live or work. Parents can also call the WIC Program for a referral.

Household Size	Monthly	Annually
1	1,361	16,335
2	1,839	22,065
3	2,316	27,795
4	2,794	33,525
5	3,271	39,255
6	3,749	44,985
7	4,226	50,715
8	4,704	56,445
9	5,181	62,175
10	5,659	67,905

For each additional person in the household, add: \$503 monthly or \$6,031 annually.

- **Fairfield:** St. Mark's Lutheran Church
1600 Union Ave. 3rd Friday 11:00 AM-1:00 PM
- **Vacaville:** Primera Iglesia Bautista
213 Brown St. 2nd Thursday 11:00 AM-1:00 PM

USDA Commodities Food Assistance Program

The Food Assistance Program is a Food Bank program that provides a bag of nonperishable food once a month to households with incomes less than 150% of poverty (see below). Participants bring picture identification, proof of residency and proof of income (i.e. pay stubs or printed information regarding government benefits) to one of 10 distributing sites throughout the county.

For information regarding locations and times, call 421-9777. Households may only go to one site per month.

Household Size	Monthly	Annually	Household Size	Monthly	Annually
1	1,361	16,335	6	3,749	44,985
2	1,839	22,065	7	4,226	50,715
3	2,316	27,795	8	4,704	56,445
4	2,794	33,525	9	5,181	62,175
5	3,271	39,255	10	5,659	67,905

For each additional person in the household, add: \$478 monthly or \$5,730 annually.

Brown Bag

Brown Bag is a Food Bank program that provides groceries to seniors. Brown Bag members must be 55 years of age or older, have household gross monthly incomes under \$1,170 for one person or \$2,190 for two people, and be able to come to one of 10 distribution sites, twice a month, to pick up their bag of food. For information regarding locations and times or to receive an application, call 421-9777.

Helpful Hints to Eat Fruits and Vegetables and Ways to Save

- Farmer's Market in Solano County
- Creative Ways to Eat More Fruits and Vegetables
- Ways to Save Food Dollars

Farmer's Markets in Solano County

Market	When	Months Open	Location
Vallejo	Wednesday 4-8 PM	June-September	100-400 block of Georgia St.
Vallejo	Saturday 9AM-1PM	Year Round	Georgia St. & Marin Street
Vallejo	Friday 10AM-2PM	Year Round	Kaiser Hospital 975 Sereno Drive (walkway between Medical Office Building and Parking)
Benicia	Thursday 4-8 PM	April-October	Downtown – First St. between B & D Streets
Fairfield	Thursday 4-8 PM	May-October	Solano County Gov't Plaza Jefferson and Texas St
Suisun	Friday 5-9 PM	June-September	Harbor Plaza Main and Solano St
Vacaville	Saturday 8AM-12 PM	May-October	Main St.& Dobbins
Dixon	Saturday 9AM-1 PM	May-September	Women's Improvement Park

Creative Ways to Eat More Fruits and Vegetables

- Buy fresh, frozen, canned, and dried fruits and vegetables when you go to the store.
- Grab an apple, orange, banana, pear, or other piece of portable fruit to eat on-the-go.
- Snack on raw vegetables like baby carrots, pepper strips, broccoli, and celery.
- Pick up ready-made salads from the produce shelf for a quick salad anytime.
- Pile spinach leaves, tomatoes, peppers, and onions on your pizza.
- Add strawberries, blueberries, bananas and other brightly colored fruits (fresh, frozen, or canned) to your waffles, pancakes, or toast.
- Stash bags of dried fruit in your car and at your desk for a convenient snack.
- Stir fresh or frozen vegetables into your pasta, noodles, or omelet.
- Whip up smoothies made from fresh or frozen berries, ice, and yogurt.
- Jazz up your soups or sauces with a can of kidney beans, peas, corn, or green beans.

Ways to Save Food Dollars

Your family's grocery bill is a big part of the family budget. To make these dollars stretch further, here are some practical shopping tips that can help you save money.

1. **Make a Shopping List and Stick to It**
This helps you from buying extra items you do not need.
2. **Never Shop When You Are Hungry**
You may buy things you do not need.
3. **Buy Fruits and Vegetables in Season**
They are cheaper and taste better
4. **Purchase Store or Generic Brands**
These products taste good and are made from the same ingredients as name brands and cost less money.
5. **Use coupons on items you were planning to buy anyway**
Coupons are a great way to save only if the item was something you wanted or needed.