

## **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  
Wednesday 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  
Mondays 1:30 PM-3:00 PM and Wednesdays 1:30 PM-3:00 PM  
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 2<sup>nd</sup> Street            707-678-9424  
Call to schedule a home visit

- **Rio Vista:** Rio Vista Ministry  
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

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. 707-553-8192

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. 707-553-1896

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  
Call and leave message. Bags are delivered to homes

- **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, 2006 to September 30, 2007

Household	Gross Monthly
1	\$1,062
2	\$1,430
3	\$1,799
4	\$2,167
5	\$2,535
6	\$2,906
+1	+\$369

**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 May 1, 2008 – June 30, 2009

Family Size	Annual	Monthly	Weekly	Hourly
1	19,240	1,604	370	9.25
2	25,900	2,159	499	12.46
3	32,560	2,714	627	15.66
4	39,220	3,269	755	18.86
5	45,880	3,824	883	22.06
6	52,540	4,379	1,011	25.26
7	59,200	4,934	1,139	28.47
8	65,860	5,489	1,267	31.67
8+	+6,660	+555	+129	+3.21

## 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	1,476	17,705
2	1,978	23,736
3	2,481	29,767
4	2,984	35,798

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

- **Fairfield:** St. Mark's Lutheran Church  
1600 Union Ave.      3<sup>rd</sup> Friday      11:00 AM-1:00 PM
- **Vacaville:** Primera Iglesia Bautista  
213 Brown St.      2<sup>nd</sup> Thursday      11:00 AM-1:00 PM
- **Vallejo:** Napa Solano Headstart  
1328 Virginia St.      3<sup>rd</sup> Wednesday      10:00 AM-12:00 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	1,276	15,315	6	3,451	41,415
2	1,711	20,535	7	3,886	46,635
3	2,146	25,755	8	4,321	51,855
4	2,581	30,975	9	4,756	57,075
5	3,016	36,195	10	5,191	62,295

For each additional person in the household, add: \$435 monthly or \$5,220 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 \$1,152 for one person or \$2,161 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. & Sonoma Blvd.
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 8 AM-12 PM	May-November	Main St. & Dobbins
Dixon	Thursday 4-8 PM	May-October	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.