



# SONOMA COUNTY FOOD RESOURCES

**If you have been affected by the government shutdown and need food assistance, please see the Food Banks & Pantries listings below.**

## CALFRESH PROGRAMS

### H.R. 1 (One Big Beautiful Bill Act) & CalFresh: Frequently Asked Questions CalFresh Program

**Website:** <https://www.cdss.ca.gov/benefits-services/food-nutrition-services/calfresh/frequently-asked-questions>

Last Verified On: 04/03/2026

### CalFresh

Benefits include: helping people buy healthy food, help families to afford healthy foods, and most stores accept Electronic Benefit Transfer (EBT) cards, issued by CalFresh.

**Petaluma:** 5350 Old Redwood Highway, Ste. 100

Petaluma, CA 94954

**Santa Rosa:** 2550 Paulin Drive, Santa Rosa, CA 95403

**Contact:** (877) 699-6868

**Website:**

<https://sonomacounty.ca.gov/Human-Services/Economic-Assistance/Food-and-Nutrition/Apply-for-CalFresh/>

Last Verified On: 04/03/2026



### California CalFresh Program

“CalFresh is for people with low-income who meet federal income eligibility rules and want to add to their budget to put healthy and nutritious food on the table.”

**Application & Chat:**

<https://www.getcalfresh.org/?source=cdss>

**Application:** <https://benefitscal.com/>

**Website:** <https://www.cdss.ca.gov/calfresh>

Last Verified On: 04/03/2026

## COUNTY FOOD RESOURCES

### 211

“Simply call 211 to speak to someone now, or search by location for online resources and more contact information.”

**Contact:** 211

**Website:** <https://www.211.org/about-us/your-local-211>

Last Verified On: 04/03/2026

### County Social Services Office Search

“Description of resource pulled straight from the resource’s website, with quotations.”

**Website:** <https://www.cdss.ca.gov/county-offices#s>

Last Verified On: 04/03/2026

# SONOMA COUNTY FOOD RESOURCES

## COUNTY FOOD RESOURCES, Continued

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## CONGREGATE MEALS

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### St. Vincent de Paul Free Dining Room

“Serves more than 75,000 hot, fresh, friendly and free meals annually.”

**Location:** 5671 Redwood Drive,  
Rohnert Park, CA 94928

**Contact:** (707) 584-1579

**Website:** <https://www.svdv-sonoma.org/our-services>

Last Verified On: 04/03/2026

### COTS – Mary’s Table

“Serve three hot meals each day to our shelter residents and lunch is currently open to any person struggling to make ends meet.”

**Location:** 900 Hopper Street  
Petaluma, CA 94953

**Contact:** (707) 765-6530

**Website:** <https://cots.org/marys-table/>

Last Verified On: 04/03/2026

# SONOMA COUNTY FOOD RESOURCES

## FOOD BANKS & PANTRIES

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### Find Food Banks in California

“Food Banks throughout California provide United States Department of Agriculture (USDA) commodities for distribution to eligible individuals and households within their respective service areas. In order to be eligible for USDA commodities, an individual or household must reside in the geographical area being served and meet established income guidelines.”

**Website:** <https://www.cdss.ca.gov/food-banks>

Last Verified On: 04/03/2026

### California Association of Food Banks – Find Food

“Here are three ways to get groceries: call 211, talk to a food bank, apply for CalFresh.”

**Website:** <https://www.cafoodbanks.org/find-food/>

Last Verified On: 04/03/2026

### Redwood Empire Food Bank – Food Connections Resource Center

“At our Food Connections Office, we can help you apply for CalFresh.”

**Location:** 3990 Brickway Blvd.  
Santa Rosa, CA 95403

**Contact:** (707) 523-7903

**Website:** <https://refb.org/our-work/programs/get-food/calfresh/>

Last Verified On: 04/03/2026

### Text FOOD

“Text message based tool that will give you an immediate response, connecting you to information about where to get food near you.”

**English:** Text FOOD to (707) 523-3882

**Spanish:** Text COMIDA to (707) 523-3882

**Website:** <https://www.sonomacity.org/free-local-food-is-one-text-away/#:~:text=Text%20the%20word%20FOOD%20or,free%20food%20options%20close%20b>

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Last Verified On: 04/03/2026

### FISH of Sonoma Valley

“Food is available to anyone who calls in that day before noon. Nutritious groceries include enough for 3-5 days of meals and geared to accommodate the size of each family.”

**Contact:** (707) 996-0111

**Website:** <https://fishsonoma.org/get-help/food/>

Last Verified On: 04/03/2026

### Catholic Charities of Santa Rosa – Food Distribution

**Contact:** (707) 528-8712

**Website:** <https://ccnwc.org/what-we-do/health.html>

Last Verified On: 04/03/2026

### FISH of Santa Rosa

“Oldest and largest emergency food pantry in Sonoma County. Gives wholesome groceries to anyone needing a helping hand – struggling families, seniors, disabled, homeless, students, unemployed and working people.”

**Location:** 1710 Sebastopol Road  
Santa Rosa, CA 95407

**Contact:** (707) 527-5151

**Website:** <https://fish-of-santa-rosa.org/>

Last Verified On: 04/03/2026

# SONOMA COUNTY FOOD RESOURCES

## FOOD PROGRAMS

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### Home Delivered Meals – Ceres Community Project

“Home delivered prepared meals for people with medical conditions who require tailored nutrition. Program serves low-income people lacking family and care-giver support and is free for Partnership members. Program provides up to 24 weeks of meals for all family members.”

**Location:** 1237 Apollo Way,  
Santa Rosa, CA 95407

**Contact:** (707) 829-5833 ext. 201

**Website:** <https://www.ceresproject.org/get-meals/for-myself-or-loved-one>

Last Verified On: 04/03/2026

### FISH of Sonoma Valley – Grocery Delivery

“FISH volunteers provide supplemental food deliveries for home-bound seniors. Any senior without transportation to pick up food at the FISH Food Closet may request to be added to these home delivery programs.”

**Contact:** (707) 996-0111

**Website:** <https://fishsonoma.org/get-help/food/>

Last Verified On: 04/03/2026

### California Food is Medicine Coalition

“CalFIMC coordinates agencies that provide nutrition services, focusing on medically tailored meals, that benefit vulnerable people. The Coalition serves as a resource for health plan partners, healthcare providers and policymakers. We believe MTM should be a covered health benefit.”

**Website:** <https://www.calfimc.org/mtm-statepilot-program>

Last Verified On: 04/03/2026

## SENIOR FOOD PROGRAMS

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### California Department of Aging: Find Services in My County

“The California Department of Aging contracts with and provides leadership and direction to 33 Area Agencies on Aging (AAA) that coordinate a wide array of services to seniors and adults with disabilities at the community level and serve as the focal point for local aging concerns.”

**Website:**

[https://aging.ca.gov/Find\\_Services\\_in\\_My\\_County/](https://aging.ca.gov/Find_Services_in_My_County/)

Last Verified On: 04/03/2026

### Meals on Wheel America

Meals on Wheels providers deliver nutritionally balanced, age-appropriate meals designed to meet seniors’ needs. The meals are often the primary source of nutrition a Meals on Wheels client will receive.”

**Contact:** (888) 998-6325

**Website:**

<https://www.mealsonwheelsamerica.org/find-meals-and-services/>

Last Verified On: 04/03/2026

# SONOMA COUNTY FOOD RESOURCES

## SENIOR FOOD PROGRAMS, Continued

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### **Petaluma People Service Center – Home Delivered Meals**

“Hot, nutritious meals delivered to homebound seniors, aged 60+ yrs. and older, who have no means of preparing meals for themselves. Routes in Petaluma, Penngrove and west to Two Rock.”

**Location:** 1500 Petaluma Blvd., S  
Petaluma, CA 94952

**Contact:** (707) 765-8488

**Website:**

<http://petalumapeople.org/seniors/meals-on-wheels/>

Last Verified On: 04/03/2026

### **Council on Aging – Meals on Wheels**

“Helps seniors stay in their homes, maintaining their independence and happiness...also receive access to other programs operated by Council on Aging including Social Services, Financial Services, Legal Services, Care & Case Management, Senior Peer Support, and Adult Day Social Programs.”

**Location:** 30 Kawana Springs Road  
Santa Rosa, CA 95404

**Contact:** (707) 525-0143

**Website:**

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

Last Verified On: 04/03/2026

## WOMEN, INFANTS & CHILDREN (WIC)

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“WIC services include: Practical nutrition information and everyday healthy living tips for you and your family. Nutrition experts who specialize in nutrition for mothers and their children. Support and information about breastfeeding your baby, including access to breastfeeding experts. Help in finding health care and other valuable community services. Benefits to buy healthy foods, such as fruits and vegetables, whole grains, milk, eggs, bread, cereal, juice, peanut butter, soy milk, tofu and more!”

**Contact:** (800) 852-5770

**Website:** <https://myfamily.wic.ca.gov/>

Last Verified On: 04/03/2026

### **Healdsburg**

**Location:** 1381 University St.  
Healdsburg, CA 95448

**Contact:** (707) 431-0831

**Website:** <https://www.wicprograms.org/co/ca-sonoma>

Last Verified On: 04/03/2026

### **Guerneville**

**Location:** 16390 Main Street  
Guerneville, CA 95446

**Contact:** (707) 565-6590

**Toll Free:** (800) 816-3663

**Website:**

<http://sonomacounty.ca.gov/Health/Public-Health/Woman-Infants-Children/>

Last Verified On: 04/03/2026

### **Santa Rosa**

**Location:** 1450 Guerneville Road  
Santa Rosa, CA 95401

**Contact:** (707) 565-6590

**Toll Free:** (800) 816-3663

**Website:**

<http://sonomacounty.ca.gov/Health/Public-Health/Woman-Infants-Children/>

Last Verified On: 04/03/2026

### **Windsor**

**Location:** 8465 Old Redwood Hwy, Suite 310,  
Windsor CA, 95492

**Contact:** (707) 431-0831

**Website:** <https://www.wicprograms.org/co/ca-sonoma>

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# SONOMA COUNTY FOOD RESOURCES

## WOMEN, INFANTS & CHILDREN (WIC), Continued

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### **Petaluma**

**Location:** 1179 North McDowell Boulevard  
Petaluma, CA 94954

**Contact:** (707) 565-6590

**Toll Free:** (800) 816-3663

**Website:**

<http://sonomacounty.ca.gov/Health/Public-Health/Woman-Infants-Children/>

Last Verified On: 04/03/2026

### **Sonoma**

**Location:** 19080 Lomita Ave  
Sonoma, CA 95476

**Contact:** (707) 565-6590

**Toll Free:** (800) 816-3663

**Website:**

<http://sonomacounty.ca.gov/Health/Public-Health/Woman-Infants-Children/>

Last Verified On: 04/03/2026