



# FREE GROCERIES IN HEALDSBURG

These free programs are provided by Redwood Empire Food Bank and local partners. They are open to all ages; some are for senior citizens only. Programs have income guidelines and residency requirements. Council on Aging programs require advanced enrollment by calling (707)525-0143. For more information, contact Redwood Empire Food Bank at (707)523-7900.

<b>Corazon Healdsburg</b> 1157 Healdsburg Ave on the blacktop behind The Community Center	Groceries To Go	Every Tues.	10AM-11AM	Redwood Empire Food Bank. USDA food open to all.
	Senior Basket	4 <sup>th</sup> Tues.	10AM-11AM	Box of staple food items for low income Seniors 60 or older.
<b>Healdsburg Food Pantry</b> Healdsburg Shared Ministries 1505 Healdsburg Ave.	Pantry Distribution	Every Tues.	3PM-4:30PM	Can attend every week. Proof of HBG. Or Geyserville residency required.
	Pantry Distribution	Every Wed.	3PM-5PM	
	Pantry Distribution	Every Thur.	12PM-1PM	
	Pantry Distribution	Every Fri.	3PM-4:30PM	
	Groceries To Go	2 <sup>nd</sup> Sat.	10AM-11AM	USDA food including staple goods, open to all.
<b>Healdsburg Senior Center</b> and 133 Matheson St. <i>Seniors Age 60+ Only</i>	Groceries To Go	1 <sup>st</sup> & 3 <sup>rd</sup> Wed.	9:30AM-10AM	USDA food, open to all seniors their caregivers.
	Senior Basket	3 <sup>rd</sup> Wed.	9:30AM-10AM	Box of staple food items for low income Seniors 60 or older.
<b>Council on Aging</b> 133 Matheson St. <i>Seniors Age 60+ only</i>	Senior 5 Day Frozen Pack	Every Wed.	9:30AM-10AM	Call (707)525-0143 to enroll with COA.
<b>Trinity Baptist Church</b> 515 Powell St. <i>All ages welcome</i>	Groceries To Go	1 <sup>st</sup> & 3 <sup>rd</sup> Sat.	7:30AM-9:30AM	Redwood Empire Food Bank. USDA food open to all.
	Pantry Distribution	2 <sup>nd</sup> & 4 <sup>th</sup> Sat.	7AM-9:30AM	Grocery items.
	Senior Basket	3 <sup>rd</sup> Sat.	7:30AM-9:30AM	Redwood Empire Food Bank. Box of staple food items.

If you cannot pick up for yourself, you may send a proxy. Your proxy must have your name, home address, the # of people living in household and your telephone number. This information is provided by the Healdsburg Senior Center and is available online at REFB.org.

**You can text 707-353-6333 for information about free food.**