



Food Access Resources in Alameda County (updated 1/11/2022)

- [*Alameda Meals on Wheels \(AMOW\)*](#): AMOW delivers nutritionally balanced meals to Alameda residents of all ages that need our assistance - whether due to recent surgery or hospitalization, because they aren't able to get out to grocery shop, or because they can't cook their own meals. Call AMOW at **510.865.6131** during office hours: 9:00 AM to Noon (M-F) for more information.
- [*Alameda County Community Food Bank \(ACCFB\)*](#): Call the helpline at **1-800-870-FOOD (3663)** or **1-510-635-3663**. The helpline is available in multiple languages and operates Monday-Friday, 9 AM-4 PM. An online directory of food distribution sites is available on FoodNow.net.
- *Dig Deep Farms (DDF) Food Hub food distribution*: The DDF Food Hub is distributing food **every Friday** from **1 PM-2 PM** at **2700 Fairmont Drive in San Leandro**. Food delivery is also available for families in need. If you need food delivered, please fill out the Deputy Sheriff's Activities League (DSAL) [sign-up form](#).
- *School Meals*: Visit the Alameda County Office of Education's "[Student Meal Services in Alameda County](#)" page for more information on your child's school district.
- [*SOS Meals on Wheels \(MOW\)*](#): SOS MOW delivers nutritionally balanced meals to individuals aged 60 and older, individuals who are unable to shop for food or prepare meals for themselves, and do not have a caregiver. SOS MOW's serves individuals in Castro Valley, San Leandro, San Lorenzo, Hayward, and Oakland.
 - For meal delivery service in Castro Valley, Hayward, San Leandro, or San Lorenzo, call **Deborah Kuehner** at **510-582-1263, ext. 114**.
 - For meal delivery service in Oakland, call **Kathy Gonzales** at **510-582-1263, ext. 101**.
- *Trybe food and COVID-19 relief supplies distribution*: Trybe is providing food and other basic supplies to low-income Oakland residents and families in need during the COVID-19 pandemic. Food delivery is also available: [sign up online](#) for food delivery.