



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
**SOCIAL SERVICES**

Promoting and protecting health, well-being, self-sufficiency, and safety of all in Marin County.



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## Food Resources Available for Vulnerable Populations

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Public Assistance Branch  
120 North Redwood Drive  
PO Box 4160  
San Rafael, CA 94913  
877 410 8817 T  
415 473 3556 F  
415 473 3344 TDD  
marinhhs.org/public-assistance

As the county and country continue to face the public health threat and restrictions of COVID-19, [Marin County Health and Human Services](#) is collaborating with several local agencies to expand safe access to healthy food for those in need and to increase community awareness and access of existing food resources.

To identify a variety of food resources, people can find the most comprehensive and up-to-date food resources in their local area by visiting: <https://foodlocator.sfmfoodbank.org/>

Information on food resources and other services and assistance specifically for older adults (age 60 and over) and persons with disabilities, email [457-INFO@marincounty.org](mailto:457-INFO@marincounty.org) or call 415-457-INFO.

If seniors or individuals with a disability do feel comfortable continue to visit their local grocery store, some stores are holding special hours to shop:

- Costco (Novato): Tuesday and Thursday – 8 a.m. to 9 a.m
- Nugget Markets (Novato, Corte Madera and Tiburon): 7 a.m daily
- Safeway: Tuesday and Thursday – 7 a.m. to 9 a.m.
- Target: Wednesday – 8 a.m
- Whole Foods: 8 a.m – 9 a.m daily

For some, loss of income is the largest barrier to meeting their food needs. If this applies to you, please consider reaching out to the County's various Public Assistance Programs including:

- [CalWORKS](#): Cash aid for individuals with children under age 18
- [CalFresh](#): Cash assistance for food purchases for families and individuals
- [Medi-Cal](#): medical care through Medi-Cal and [County Medical Services Program](#)
- [General Relief](#): Cash Assistance for individuals over 18 with no children and with no or limited resources

- [Women, Infants and Children \(WIC\)](#): supplemental food and nutrition program low-income pregnant, breastfeeding, and postpartum women and children under age five who have a nutritional risk

To apply for Medi-Cal, CalWORKS and CalFresh, you can:

- Call 1-877-410-8817;
- Apply online at [c4yourself.com](http://c4yourself.com); or
- Pick up a paper application in person outside at 120 N. Redwood Dr. San Rafael, CA and at the Marin County Health and Wellness Center, 3240 Kerner Blvd. San Rafael, CA 94901. Spanish and English copies are both available

For WIC, please call 415-473-6889 and for General Relief, please pick up a paper application at addresses above or call 415-473-3350.

For those who already enrolled in CalFresh, you can review the list of local retailers who accept EBT cards:

<https://www.ebt.ca.gov/locator/index.html#/locator.page> and

For those who are unable to access any of these resources above and have no other safe means to access food, please call 415-473-7191 Monday through Friday from 9:30 a.m. - noon or 1 p.m. – 5 p.m. to speak to a live person regarding a possible prepared meal or grocery bag delivery to your home. Staff answering 415-473-7191 will also be able to direct to a variety of other food resources in the community. A limited supply of grocery bag deliveries will be available starting on Thursday morning, April 5. These supplies are for those who have no other options to access food and are only available while supplies last.