



# FREE FOOD DISTRIBUTIONS IN OAKLAND

Updated: December 1<sup>st</sup>, 2025

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## WEST OAKLAND

**Third Eye x HOPE Collaborative  
Harvest Market**

**@ Sparc it Place (3427 San Pablo Ave)**

1st, 3rd, and sometimes 2nd Sundays from 2:30pm to 5pm

**Manos Morena's Cultural Center  
x Third Eye Harvest Market**

**@ 664 30th St**

4th Sundays at 2:30-5pm

**The Grocery Program  
from Peoples Programs**

Bi-monthly grocery delivery service.  
Email [info@peoplesprograms.com](mailto:info@peoplesprograms.com).

**West Oakland Punks with Lunch**

**@ 35th and Peralta**

Sundays at 3:30-5:30pm

**Communities United for Restorative Youth Justice (CURYJ)**

**@ 1600 7th St**

Tuesdays at 11am-1pm



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## EAST OAKLAND

### Hot Meals from The Village

@ East 12th St & 50th Ave  
Mondays 11am-1pm  
and @East 12th & 19th  
Ave  
Tuesdays at 12-5pm

### Free Food from CURYJ

@ 3545 International  
Blvd  
Thursdays at  
11am-1pm

### Hot Meals from Unity Council

@ Fruitvale Transit  
Village  
(3301 East 12th St)  
Wednesdays at 10am

### Free Food from East Oakland Collective @ 7800 MacArthur Blvd

Tuesdays and Thursdays at 10:30am-1:30pm. Clients will need to bring their Alameda County Community Food bank membership card OR register onsite once.

### Grocery Giveaway @ Rainbow Recreation Center (5800 International Blvd.)

Tuesdays, Thursdays, and Saturdays from 11:00am to 1:30pm, first come first served

### FREEdom Store from Homies Empowerment @ 7637 MacArthur Blvd

Tuesdays and Wednesdays from 10am to 2:45pm  
(\*must register by calling 510-729-2072 on Mondays & Tuesdays from 10am-3pm\*)



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## UPTOWN + DOWNTOWN

**Free Dining Room from  
St. Vincent de Paul**

**@ 2272 San Pablo Avenue**

Lunch is served at the front gate from 10:45am to 11:40am & 12pm to 12:45pm

**Community Kitchens  
Meal Programs**

**@ 2270 Telegraph St**

Sunday to Thursday from 11am to 2pm

**Chinatown Grocery Program from Community Liberation Programs**

Serving elders in the Chinatown community through grocery delivery.

Email [communityliberationprograms@protonmail.com](mailto:communityliberationprograms@protonmail.com)

**Free Dining Room from St. Vincent de Paul**

**@ 2272 San Pablo Avenue**

Lunch is served Tuesday to Saturday at the front gate from 10:45 am to 11:40 am & 12pm to 12:45pm

**Project Open Hand Wellness Programs**

Meals are distributed to Seniors facing illness. To apply please visit

<https://www.openhand.org/get-meals/how-apply>



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## NORTH OAKLAND

### **Telegraph Community Ministry Center** **@ 5316 Telegraph Ave**

Wednesdays from 9:30 am to 1:30 pm, Fridays from 9:30 am to 1:30 pm, and Wednesday evenings from 5 pm to 7 pm

### **Mercy Brown Bag Program** **@5714 Martin Luther King Jr Way**

2nd and 4th Thursdays from 9am to 10am. For Seniors whose income is under the poverty line.

### **St. Mary's Center** **@ 925 Brockhurst St**

Monday-Friday breakfast is served at 9:30am. Sunday breakfast is served at 11am. Closed Saturdays.

## OTHER RESOURCES

### **FoodNow.net**

to find food pantries near you, visit [www.foodnow.net](http://www.foodnow.net)  
or call the Emergency Food Helpline Monday through Friday 9am-4pm  
at (510) 635-3663



# FREE FOOD DISTRIBUTIONS IN OAKLAND

## Access our County Food Distribution List

Visit [www.hopecollaborative.net/food-resources.html](http://www.hopecollaborative.net/food-resources.html) to access a spreadsheet of known food distributions within Alameda County. We are still building this list so if you are an organizer of a food distribution please fill out our form to populate more resources to our list! **Link to our form and website can be found in our bio.**

### FEATURED RESOURCE: FREE FOOD DISTRIBUTION IN OAKLAND

Food resources? HOPE  
a list of various free  
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e check the notes  
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ch as families, children,  
  
nded to be a  
the Alameda County  
ood Bank's  
resource, which lists  
ghout the county. If  
rganizer of a distribution

PLEASE READ				
Food Distributions				
Views   Grid view   Hide fields   Filter   Group   Sort				
	Organization	Location (City)	Address	Contact
1	Spectrum Community Ser...	Livermore Pleasanton		(510) 8
2	Cornerstone Fellowship C...	Livermore	348 N. Canyons Pkwy, Liv...	(925) 4
3	St. Matthew's Baptist Ch...	Livermore	1886 College Ave, Liverm...	(925) 4
4	Discovery Church of the ...	Livermore	5862 Las Positas Rd, Live...	(925) 4
5	The Well Church	Livermore	2333 Nissen Dr, Livermore	(925) 4
6	Las Positas College	Livermore	3000 Campus Hill Dr, Liv...	(925) 4
7	Community Kitchens	Oakland	2270 Telegraph Ave	
8	Community Liberation Pr...	Oakland		commu
9	CURYJ	Oakland	1600 7th St.	