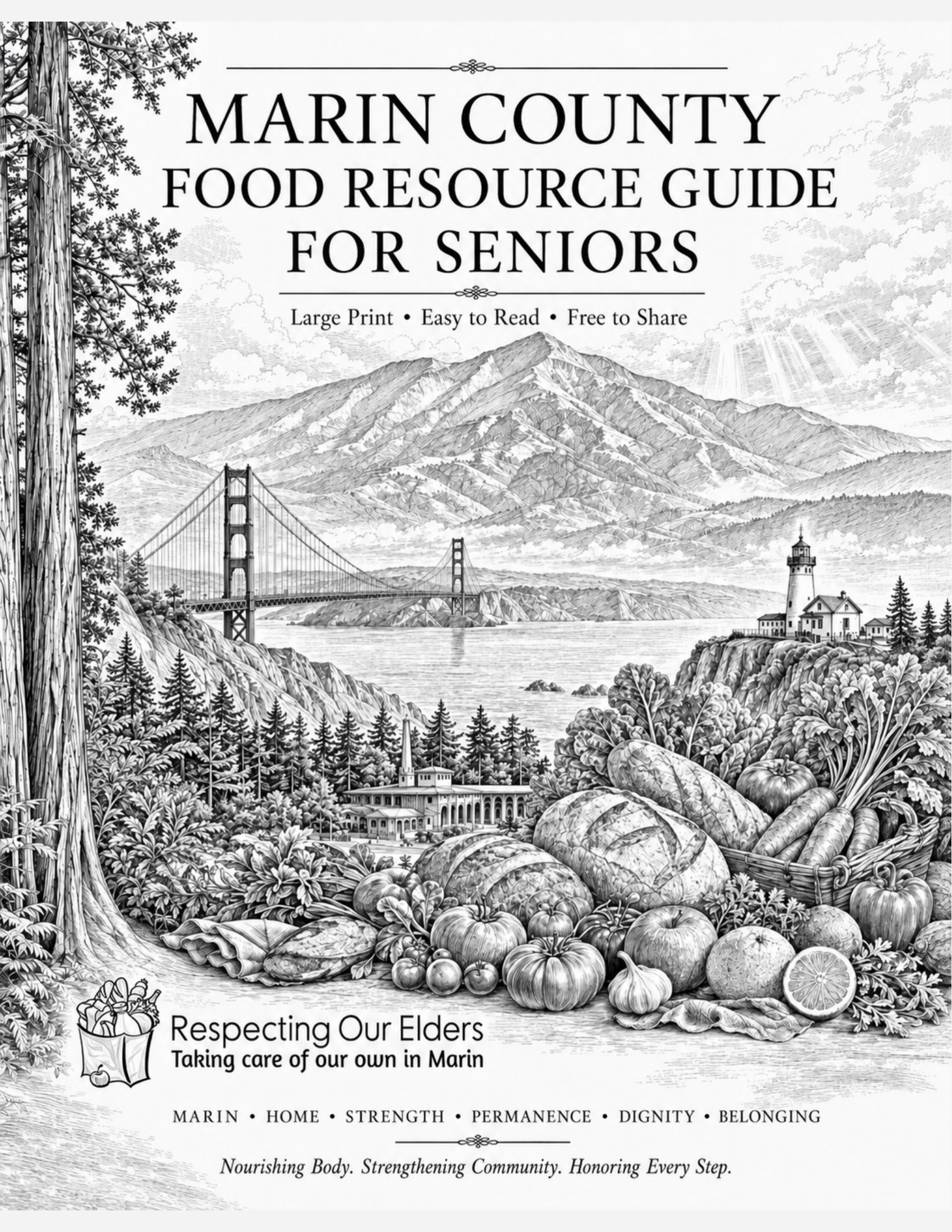




MARIN COUNTY FOOD RESOURCE GUIDE FOR SENIORS

Large Print • Easy to Read • Free to Share



Respecting Our Elders
Taking care of our own in Marin

MARIN • HOME • STRENGTH • PERMANENCE • DIGNITY • BELONGING

Nourishing Body. Strengthening Community. Honoring Every Step.

How This Guide Came to Be

It started in a hospital room.

I was about to undergo emergency open-heart surgery - a triple bypass - when Dr. Amir Sarkeshik, one of my cardiothoracic surgeons, came by on his pre-surgery rounds. After asking about me, and my interests, he had questions, but not the ones I expected. He wanted to hear about the books my wife and I write, and about the food-rescue volunteer work we do with Respecting Our Elders. He stayed. He listened.

At my final checkup, he brought up our volunteer food rescue work again — only this time he told us he had senior patients who were in need of the services of Respecting Our Elders. Could we talk with them? We told him yes: have them call us, and we will help however we can.

That could have been the end of it — one phone number, quietly passed along. But here was a surgeon who had just repaired my heart, concerned about whether his other patients had food on the table. Compassion like that asks something of you.

So we made this guide for the seniors in need here in Marin County, and as Ruth Schwartz and Curt Kinkead stated in 2005, when they founded Respecting Our Elders, “Our neighbors should never have to make a choice between buying their medicine or their food.”

Download it, print it, pass it on. No permission needed.

With gratitude to Dr. Amir Sarkeshik, whose care for his patients did not end at the operating room door — and to every agency, donor, business, store, vendor, volunteer, driver, packer, and neighbor in Marin who makes the pages that follow possible.

If this guide helps one person eat better this week, it has done its work.

— Donald and Cheryl Lynne Rubbo

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There is food here for you.

Marin is full of neighbors who cook, pack, drive, and deliver so that no older person in this county has to go without a good meal.

Some of them will bring groceries to your door. Some will save you a warm seat at a table. Some ask no questions at all.

You do not need to be in a crisis to accept help. You do not need to prove anything. These programs were built for you, and the people who run them are glad when you call.

If you take only one step today, make it this one:

Call (415) 473-4636

Marin Aging & Adult Services • Monday–Friday

The Numbers That Open Every Door

Keep this page where you can see it.
One of these calls will get you to the rest.

Marin Aging & Adult Services Meals on Wheels, group meals, and referrals. Start here.	(415) 473-4636
SF-Marín Food Bank Help Line Call or text. Finds your nearest pantry or home delivery.	(415) 824-3663
Respecting Our Elders All-volunteer. Fresh food delivered and given away, no questions asked.	(415) 935-6132
Vivalon Brown Bag pantry, Nourish meals, and rides.	(415) 456-9062
West Marin Senior Services For Point Reyes, Bolinas, Inverness, and the coast.	(415) 663-8148
Food Bank Main Office (Marin) 2550 Kerner Blvd, San Rafael	(415) 282-1900
CalFresh (food stamps) Monthly money for groceries. Many seniors qualify.	(877) 410-8817
211 Bay Area Any kind of help, any hour, free and confidential.	Dial 211

One small thing that makes a big difference: call ahead.

Hours shift, pantries fill up, and volunteers come and go.

1. Start Here — Four Simple Steps

You do not have to figure all of this out at once. Take them one at a time.

Step 1 — Make the first call

Dial (415) 473-4636 for Aging & Adult Services. Tell them what your days look like: whether you can get out, whether you cook, whether money is tight. They will connect you to Meals on Wheels, pantries, and programs you may not know exist.

Step 2 — Reach the Food Bank

Call or text (415) 824-3663. Ask for the pantry closest to you, and ask whether groceries can come to your home instead. Texting is fine if that is easier for you than talking.

Step 3 — Look at the map

The online Food Locator at foodlocator.sfmfoodbank.org shows every site in the county. If a screen is not your friend, a grandchild, a neighbor, or your local librarian will gladly pull it up for you.

Step 4 — Apply for CalFresh

CalFresh (food stamps) puts money on a card you use at the grocery store like any other customer. Call (877) 410-8817. More seniors qualify than expect to, and the people at Aging Services or the Food Bank will help you fill out the form.

Say this on the phone:

“I am a senior in Marin, I am having trouble getting enough food, and I would like to know what is available to me.”

That single sentence is all anyone needs to hear to start helping you.

2. Food That Comes to Your Door

If leaving the house is hard — because of stairs, a walker, a bad hip, no car, or a long winter of not feeling steady — say so plainly when you call. Marin has real, established programs that bring food to you.

Meals on Wheels — a hot meal, brought to your kitchen

Prepared, nutritious meals delivered right to your home for seniors 60 and older who are homebound, isolated, or frail. There are no income limits, and a vegetarian option is available.

Suggested donation of \$3.50 per meal — voluntary, and no one is turned away

Choose 3, 5, or 7 days a week, based on what you need

Delivered Monday, Wednesday, and Friday, roughly 9 am to 4 pm

You will need to be home to receive your meal

To sign up: Call (415) 473-4636. There is a short phone screening, and sometimes a waitlist, so call sooner rather than later. In West Marin, call West Marin Senior Services at (415) 663-8148.

SF-Marin Food Bank — groceries at your doorstep



Every week, a bag of fresh groceries — produce, protein, dairy, and grains — is delivered to low-income seniors and adults with disabilities who cannot easily get to a pantry. Real ingredients, for a real kitchen.

To sign up: Call or text (415) 824-3663, or email hdg@sfmfoodbank.org. Aging Services can also refer you.

Marin distribution center: 2550 Kerner Boulevard, San Rafael, CA 94901.

Vivalon Nourish — meals for chronic health conditions

Home-delivered meals designed for people living with chronic illness, at any age. Suggested contribution of \$3.50, with the same open hand as every other program in this guide. **Contact:** (415) 456-9062, extension 176

Respecting Our Elders — the Saturday bag

Volunteers pack bags of rescued fresh food and carry them to people who are shut in or cannot reach any other distribution. They also deliver to senior housing complexes across the county, week after week, year after year.

Contact: (415) 935-6132 or ruth@respectingourelders.org



Respecting Our Elders
Taking care of our own in Marin

3. A Closer Look: Respecting Our Elders

“No questions asked.”

Respecting Our Elders is an all-volunteer nonprofit that has been feeding people in Marin since 2005. There is no staff drawing a salary, no waiting room, and no complicated application. Volunteers rescue fresh food every day from grocery stores and farmers markets — good produce, bread, and staples that would otherwise be thrown out — and put it straight into the hands of seniors who need it. What that means for you is simple: if you show up on an open food day, you take what you need and go home. Nobody asks you to prove your income. Nobody asks you to explain yourself. You are treated as a neighbor, because that is what you are.

What they do

- ♦ Rescue fresh food daily from grocery stores and farmers markets
- ♦ Distribute it free to seniors and others in need throughout Marin
- ♦ Deliver weekly to multiple low-income senior housing complexes
- ♦ Hold open food days in San Rafael and Bolinas — no questions asked
 - ♦ Run a Saturday bag program for people who are homebound

How to reach Respecting Our Elders

Phone: (415) 935-6132

Email: ruth@respectingourelders.org

Website: respectingourelders.org

Mail: PO Box 244, Novato, CA 94948

If you live in low-income senior housing, ask your building manager whether Respecting Our Elders already delivers there. Many complexes receive food every week and residents simply do not know to come down. For open food days or a Saturday bag delivery, call or email directly.

If you are able to give rather than receive:

Because there is no paid staff, every dollar and every hour goes straight into the food itself. Three things help most:

- ♦ **Volunteer** — food gets rescued, sorted, packed, and driven by neighbors. If you have a car and a free morning, that is the whole job description.
- ♦ **Tell someone** — pass along the phone number to a senior who would never ask for help on their own. That single act feeds people.
- ♦ **Give** — one time or monthly, by card, checking account, Apple Pay, Google Pay, PayPal, or Venmo at respectingourelders.org. Checks go to Respecting Our Elders, Inc., PO Box 244, Novato, CA 94948.

4. The People Behind the Food

These are the organizations that keep Marin's shelves and refrigerators full. Knowing their names makes it easier to ask for what you need.

San Francisco–Marin Food Bank

The largest food [bank](#) serving Marin, and the hub that most other programs connect to. They run neighborhood pantries stocked with fresh produce, protein, and shelf-stable goods; monthly supplemental food boxes for seniors 60 and older; emergency food; and home-delivered groceries.

Marin office: 2550 Kerner Blvd, San Rafael, CA 94901, Phone: (415) 282-1900

Pantry and home delivery help: (415) 824-3663 (call or text)

Website: sfmfoodbank.org • Locator: foodlocator.sfmfoodbank.org

Email: info@sfmfoodbank.org or help@sfmfoodbank.org

Bring a photo ID and proof of address in case they are needed. Many pantries ask you to sign up in advance and some keep waitlists — the help line will steer you to one with room.

Extra Food



ExtraFood collects surplus fresh food — produce, prepared meals, dairy — from businesses across Marin and delivers it the same day to nonprofit partners, including senior housing and senior programs. They also run the SOUPer Food Kitchen, making soups and stews specifically for seniors.

Address: 907 Sir Francis Drake Blvd, Kentfield, CA—Phone: (415) 997-9830 •

Email: contact@extrafood.org Website: extrafood.org

Individuals receive ExtraFood through partner sites — ask your senior center, your housing manager, or use the Food Bank locator.

Nonprofits that would like to become partners can call the number above.

Marin Community Fridges

Free refrigerators, stocked by neighbors, open every hour of every day. Take what you need. Leave what you can. Nobody watches, nobody signs anything, and nobody asks a single question.

Where to find them:

Christ Presbyterian Church

620 Del Ganado Rd, San Rafael (side of the building, drive-up accessible)

First Presbyterian Church

72 Kensington Road, San Anselmo (fridge plus pantry shelving)

Email: marincommunityfridges@gmail.com

Website: marincommunityfridges.info

What goes in: fresh produce, bread, non-perishables, and hygiene items.

What does not: meat, alcohol, or anything past its date.

5. A Warm Seat and a Hot Meal

Group meals for seniors 60 and older, served in community centers around the county. The food is hot and nutritious — but the reason people keep coming back is the table itself, and the conversation across it.

Spouses and adults with disabilities may also qualify.

Where	When	Reservations
San Geronimo Valley Comm Center 6350 Sir Francis Drake Blvd, San Geronimo	Mondays 12:00 pm	(415) 488-8888
Margaret Todd Senior Center 1560 Hill Road, Novato	Tuesdays & Thursdays	(415) 473-4636
Albert J. Boro Community Center 50 Canal Street, San Rafael	Wednesdays 11:30 am	(415) 473-4636
Goldenaires — San Rafael Community Center 618 B Street, San Rafael	Wednesdays 11:00 am (except the 3rd	(415) 473-4636
Corte Madera Community Center 498 Tamalpais Drive, Corte Madera	Thursdays 12:00 pm	(415) 473-4636
The Hilarita 100 Ned's Way, Tiburon	Fridays 12:00 pm	(415) 435-1122
The Dance Palace — West Marin 503 B Street, Point Reyes Station	1st Thursday of the month, 12:00 pm	Email david@wmss.org by Monday, 11 am

Before your first meal: call (415) 473-4636, Monday through Friday, 9 am to 4:30 pm. You will complete a short annual intake, then reserve your seat each week by the Thursday before. The suggested contribution is \$3.00, and it is voluntary.

6. Vivalon Brown Bag Pantry

Every Friday morning, Marin residents 60 and older can pick up a free bag of fresh produce, meat, and staples supplied by the SF-Marin Food Bank. It is a friendly, familiar routine — and for many people, the anchor of the week's groceries.

Where: Vivalon Healthy Aging Campus, 999 3rd Street, San Rafael, CA 94901

When: Every Friday. Tickets are handed out starting at 10:00 am; distribution runs 10:45 to 11:35 am.

Sign up right at the pantry — they will ask for your name, address, and household size.

Please note: as of December 2025 the Brown Bag pantry was at capacity, and new participants are added to a waitlist. Put your name down anyway — spots open up — and in the meantime call the Food Bank at (415) 824-3663 for a pantry that can serve you this week.

7. Pantries Near You

A sampling of pantries around the county.

Schedules change often, and many ask you to sign up ahead or keep a waitlist — so call the Food Bank help line at (415) 824-3663, or check the online locator, before you set out.

Pantry	When	Phone
Bolinas Community Inc. 14 Wharf Rd, Bolinas	Thursdays 11 am – 1 pm	(415) 868-2128
Friends of Volunteers 2398 Sir Francis Drake Blvd, Fairfax	Saturdays 8 – 10 am	(415) 824-3663
San Geronimo Valley Comm Center 6350 Sir Francis Drake Blvd 5800 Sir Francis Drake Blvd San Geronimo	Mon 12 pm Thu 11 am – 2 pm	(415) 488-8888
West Marin Community Services 11431 State Route One #10, Point Reyes Station	Various weekday hours	(415) 663-8361
Canal Alliance 91 Larkspur St, San Rafael	Tuesdays 8 – 10 am	(415) 824-3663
North Marin Community Services 1907 Novato Blvd, Novato	Tuesdays 1 – 3 pm	(415) 897-4147
Loaves and Fishes 1000 Cambridge St, Novato	Mondays 3 – 4 pm	(415) 883-2177

*There are more pantries in Mill Valley, Tiburon, Tomales, and elsewhere.
Call (415) 824-3663 with your ZIP code and they will name the closest one.*

Pantry	When	Phone
St. Andrew Presbyterian Church 101 Donahue St, Sausalito	Mondays 10:30 pm– 12 pm	(415) 332-1011
Cornerstone Comm Church 626 Drake Ave, Sausalito	Saturdays 8 – 9 am	(415) 332-4295
People’s Inner City Church 639 Drake Ave, Sausalito	Thursdays 1:00 to 3:00 pm	(415) 488-8888
Marin Community Dry Pantry 215 Shoreline Hwy, Mill Valley	Walk-In 24 hours Sundays - Saturdays	(415) 663-8361
Mt. Tam Food Pantry 410 Sycamore Ave, Mill Valley	Tuesdays 10:00 – 11:30 am	(415) 824-3663
Holy Innocents - Food Dist. 2 Tamalpais Dr, Corte Madera	Thursdays 4:00 – 6 pm	(415) 924-4393
Tomales Town Hall 27150 Shoreline Hwy, Tomales	Thursdays 1:30 pm	(707) 878-2006

There are more pantries in Marin County,

visit **[Food Pantries in California](https://directory.plentiful.org/california/)**

(**<https://directory.plentiful.org/california/>**)

to find your town or city.

Or call **(415) 824-3663** with your ZIP code
and they will name the closest one.

8. More Help Worth Knowing About

CalFresh — money for groceries

CalFresh puts monthly benefits on an EBT card that you use at the checkout like any other shopper. Many seniors qualify and never apply, often because they assume they earn too much. Find out for certain: call (877) 410-8817, or ask Aging Services or the Food Bank to walk you through it.

A hot meal, open to anyone

St. Vincent de Paul Dining Room serves free hot meals every day at 820 B Street, San Rafael. No age requirement, no paperwork. Phone: (415) 454-3303.

Getting there

If the food is available but the ride is the problem, these numbers solve that:
Vivalon CarePool and volunteer drivers (65+ or with a disability):
(415) 456-9062

Marin Access / Marin Transit: (415) 454-0902
Dial 511 and say “Marin Transit”

When you are not sure who to ask

Aging & Adult Services Information Line: (415) 473-4636
211 Bay Area: dial 211, or visit 211bayarea.org
findhelp.org — search “food” plus the name of your town

9. Small Things That Make It Easier

- ♦ Call ahead every time. Confirm the hours, ask what to bring, and ask whether you need to sign up first.
- ♦ Bring your own bags if you can — your arms will thank you on the walk back.
- ♦ If you cannot leave home, say so in your first sentence and ask specifically about delivery.
- ♦ Ask about waitlists and how long they usually run. “Full” often means a few weeks, not forever.
- ♦ If one pantry is full, call the Food Bank help line and ask for another. There is almost always another.
- ♦ Pass this guide along — to a friend, a neighbor, a senior center, a housing manager, a church.

And the promise underneath all of it: these programs are free or donation-based, and you will never be turned away simply because you cannot pay.

About This Guide

This guide was compiled from publicly available information provided by the SF-Marin Food Bank, Respecting Our Elders, ExtraFood, Marin Community Fridges, Marin County Health & Human Services / Aging & Adult Services, Vivalon, West Marin Senior Services, and other community sources.

Information is current as of August 2026.
Programs, hours, and phone numbers change — always verify by phone before you travel.

If any part of this guide is hard to read or hard to use, ask a family member, a friend, or your local librarian — or call (415) 473-4636 and a person will help you.
That is what they are there for.

You are not a burden.
You are a valued neighbor.

Please make a call today.