



Hawai'i Foodbank, Inc. Food Assistance Handout

Updated 3/13/2025 @3:00 p.m.

This list is constantly changing and is updated on our website: www.hawaiifoodbank.org/help/

Hawai'i Foodbank stores mass quantities of food in our warehouses so that it can be distributed through our 501(c)(3) non-profit agency partners. Please see below for a list of organizations that are able to help you through this difficult time **(please note that days and times may change without notice.)** For access to additional services, please call Aloha United Way at 2-1-1.

The organizations listed below as participating in The Emergency Food Assistance Program (TEFAP) and Temporary Assistance for Needy Families (TANF) programs distribute USDA foods to eligible individuals. When visiting one of these organizations, you will be screened for eligibility based on income and household size. For those who do not meet eligibility requirements, non-government foods are still accessible to all.

As part of a new initiative by Hawai'i Foodbank, all of our non-profit agency partners will be transitioning to Neighbor Connector—a secure intake tool and database developed by Feeding America, the national network of food banks. This transition will take place over the next 3 to 5 years. Once registered in Neighbor Connector, you'll be able to check in seamlessly at any agency using the platform, without having to provide your information again. For more information, please visit <http://hawaiifoodbank.org/connector/>.

Please remember to bring your own bags if possible. Carts are especially helpful when you attend the 'Ohana Produce Plus Program Distributions.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER Food Pantry

Location Name	Location	Phone #	Area	Days of Operation	Hours of Operation	TEFAP	TANF	Accepts Hawai'i Foodbank Card (Neighbor Connector)
Aiea 7th Day Adventist Church	99-005 Moanalua Rd. Aiea, HI 96701	(808) 488-9855	Central Oahu	Saturdays or by appt	8:00am - 9:00am call (808) 488-9855	✓		
Armed Services YMCA (JBPHH)	100 McChord Street Joint Base Pearl Harbor- Hickam, 96853	808-448-1972	Central Oahu	Monday - Friday	8:00am - 3:00pm (Military installation access required)	✓		
Armed Services YMCA (Wheeler)	1262 Santos Dumont Ave Bldg. 122 Wahiawa, 96786	(808) 624-5645	Central Oahu	Monday - Friday	8:00am - 3:00pm (Military installation access required)	✓		
Brethren of Christ International	94-133 Pahu St. Waipahu HI 96797	(808) 676-4673	Central Oahu	Sundays	12:00pm - 1:00pm	✓		
Calvary Chapel Pearl Harbor	94-1044 Waipio Uka St. Waipahu, HI 96797	(808) 372-6753 or (808) 295-1669	Central Oahu	1st Saturday	8:00am - 10:00am	✓		
First Assembly of God Red Hill	3400 Moanalua Rd. Honolulu, HI 96819	(808) 836-2300	Central Oahu	Tuesday - Friday (on-call) or by appt	4:30pm call (808) 836-2300	✓		

Location Name	Location	Phone #	Area	Days of Operation	Hours of Operation	TEFAP	TANF	Accepts Hawai'i Foodbank Card (Neighbor Connector)
Jesus Reigns Ministries	94-325 Mokuola St. Waipahu, HI 96797		Central Oahu	1st Saturday	9:00am - 11:00am	✓		
New Hope Kapolei Ministry Center	94-199 Leonui St. Waipahu, HI 96797	(808) 680-9669	Central Oahu	3rd Saturday Emergency Pantry on call Tuesday-Saturday	8:00am - 10:00am	✓		
New Life Body of Christ Christian Church	74 S. Kamehameha Hwy. Wahiawa, HI 96786	(808) 622-6650	Central Oahu	Tuesdays & Thursdays	9:00am - 12:00pm	✓		✓
Our Lady of Sorrows	1403 California Ave. Wahiawa, HI 96786	(808) 621-5109	Central Oahu	Last Saturday	9:00am - 11:00am	✓	✓	
St. Timothy's Episcopal Church	98-939 Moanalua Rd. Aiea, HI 96701	(808) 488-5747	Central Oahu	Tuesdays	4:30pm - 6:30pm	✓		
St. Elizabeth Catholic Church	99-312 Moanalua Rd. Aiea, HI 96701	(808) 487-2414	Central Oahu	Thursdays	4:30pm - 6:00pm (Games 4:30pm - 5:00pm)			
St. Joseph Church	94-675 Farrington Highway Waipahu, HI 96797	(808) 676-3493	Central Oahu	2nd Tuesday or by appt	2:30pm - 5pm call (808) 676-3493	✓		
First Assembly of God Wahiawa	300 Wilikina Drive Wahiawa HI 96786	(808) 836-2300	Central Oahu	Sundays	12:00pm-12:30pm	✓	✓	
Surfing the Nation	64 Ohai St. Wahiawa, HI 96786		Central Oahu	Thursday, Friday & Saturday	1:00pm - 3:00pm	✓		✓
Voice of God Ministries	233 Akamainui St. Mililani, HI 96789	(808) 622-2635	Central Oahu	Wednesdays & Fridays	BY APPOINTMENT ONLY Leave your name and number and they will return your call 11:00am - 1:00pm	✓	✓	
Wahiawa 7th Day Adventist Church	1313 California Ave. Wahiawa, HI 96786	(808) 622-3440	Central Oahu	Last Sunday	9:00am - 11:00am	✓		
Waipahu Seventh-Day Adventist	94-902 Awane'i St. Waipahu, HI 96797		Central Oahu	3rd Sunday	1:00pm - 3:00pm	✓		
Angel Network Charities https://www.angelnetworkcharities.org/	5339 Kalaniana'ole Hwy. Honolulu, HI 96821	(808) 377-1841	East Honolulu	2nd, 4th & 5th Fridays Closed Month of July 2025	10:00am - 12:00pm	✓		
Kapiolani Community College - Pohukaina Food Pantry ONLINE REGISTRATION ONLY @ http://go.hawaii.edu/3Ss	4303 Diamond Head Rd. `iliahi 231 Honolulu, HI 96816 (Parking available in lower Lot B.)		East Honolulu	Thursdays	2:00pm - 5:00pm	✓		
Waikiki Community Center	310 Paoakalani Ave. Honolulu, HI 96816	(808) 923-1802	East Honolulu	Tuesdays	1:00pm - 2:00pm	✓		
Abundant Grace Church	702 Puuhale Rd. Honolulu, HI 96819	(808) 200-1177	Honolulu	Wednesdays	10:00am - 12:00pm	✓		
Cedar Assembly of God	620 Waipa Lane Honolulu, HI 96817	(808) 379-0257	Honolulu	2nd & 3rd Tuesdays	8:00am - 9:00am	✓		

								Accepts Hawai'i Foodbank Card (Neighbor Connector)
Location Name	Location	Phone #	Area	Days of Operation	Hours of Operation	TEFAP	TANF	
Church of Christ at Pearl Harbor	515 Main Street Honolulu, 96818	(808) 422-7033	Honolulu	3rd Saturday or by appt	9:00am - 11:30am call (808) 422-7033	✓		
Church of God Prophecy @ Stevenson Rec Center	1202 Prospect Street Honolulu, HI 96813	(808) 741-0745	Honolulu	2nd Sunday & 3rd Saturday	10:00am - **While Supplies Last**	✓		
Co-Cathedral of St Theresa	712 N School St. Honolulu, HI 96817	(808) 521-1700	Honolulu	Last Friday or Monday - Friday	3:00pm - 5:00pm 8:00am - 12:00pm, 2:00pm - 4:00pm	✓		
First United Methodist Church	1020 S. Beretania Street Honolulu, HI 96814	(808) 522-9555	Honolulu	Mondays	2:00pm - 4:00pm	✓		
Full Gospel of Oahu	1680 Kapiolani Blvd Honolulu, HI 96814	(808) 942-0854	Honolulu	Sundays	8:30am - 1:00pm	✓		
Grace Bible Church	901 Hausten St. Honolulu HI 96826	(808)343-7606	Honolulu	2nd & 4th Saturdays	10:00am-12:00pm	✓		
Hawaii Cedar Church	1545 Kamehameha IV Rd. Honolulu HI 96819		Honolulu	Sundays Wednesdays	11:00am - 12:00pm 7:00am - 9:00am	✓		
Hawaiian Humane Society (FOR PET FOOD ONLY)	2700 Waiialae Ave. Honolulu, HI 96826	(808) 356-2222	Honolulu	See website for current days of operations	https://hawaiianhumane.org/pet-food-bank/			
Honolulu Fil-am S.D.A Church	2232 Kanealii Ave. Honolulu, HI 96813		Honolulu	1st & 3rd Sunday	9:00am - 1:00pm	✓	✓	
Kaumakapili Church	766 N King St. Honolulu, HI 96817	(808) 845-0908	Honolulu	Wednesdays	9:00am - 11:00am	✓		
New Hope International Ministries @ Pacific Rim Christian University	2223 Hoonee Street Honolulu, HI 96819	(808) 842-4242 ext. 327	Honolulu	3rd Saturday or by appt	8:00am - 10:00am call (808) 842-4242 ext. 327 during <i>Business Hours Only</i>	✓		
Olivet Baptist Church	1775 S Beretania St. Honolulu, HI 96826	(808) 946-6505 (808) 306-6611	Honolulu	Last Saturday (Closed April. 26 2025) or by appt	9:00am - 11:00am call (808) 946-6505 or (808) 306-6611	✓		
Palama Settlement	810 N. Vineyard Blvd. Honolulu, HI 96817	(808) 848-2529	Honolulu	Monday, Tuesday, Thursday, Friday by appt only	9:00am - 2:00pm call (808) 848-2529	✓		
Parents And Children Together-KPT Family Center	1485 Linapuni St. Suite 103 Honolulu, HI 96819	(808) 841-6177	Honolulu	Monday, Wednesday, Friday	8:30am - 4:00pm			

Location Name	Location	Phone #	Area	Days of Operation	Hours of Operation	TEFAP	TANF	Accepts Hawai'i Foodbank Card (Neighbor Connector)
The Parish of St. Clement	1515 Wilder Ave. Honolulu, HI 96822		Honolulu	Wednesdays	10:00am - 12:00pm	✓		
River of Life Mission	101 N. Pauahi St. Honolulu, HI 96817		Honolulu	2nd & 4th Friday	10:30am - 3:00pm	✓		
The Salvation Army Family Services Office	296 N Vineyard Blvd. Honolulu, HI 96817	(808) 521-6551	Honolulu	Mondays & Wednesdays	12:30pm - 2:30pm	✓		
St. Elizabeth's Episcopal Church	720 North King St. Honolulu, HI 96817		Honolulu	Monday - Friday	8:00am - 12:00pm	✓	✓	
St. John the Baptist Catholic Church	2340 Omilo Ln. Honolulu, HI 96819	(808) 845-0984	Honolulu	4th Wednesday	10:30am - 12:30pm	✓		
St. Pius X Parish	2821 Lowrey Ave. Honolulu, HI 96822	(808) 988-3308	Honolulu	Tuesdays & Fridays	10:00am - 11:30am	✓	✓	
Su Gran Alabanza	701 N King St. Honolulu, HI 96817	(808) 843-8082	Honolulu	1st & 3rd Wednesdays	10:30am - 12:00pm			
Susannah Wesley Community Center	1117 Kaili St. Honolulu, HI 96819	(808) 847-1535	Honolulu	Tuesdays & Thursdays	12:00pm - 2:00pm	✓	✓	✓
The Pantry by Feeding Hawaii Together	2522 Rose St. Honolulu, HI 96819	(808) 888-0778	Honolulu	By appointment only. Register and shop online at thepantry.org	Pre-order at thepantry.org and receive a confirmation email with pick up date/times.	✓	✓	
City of Refuge Church	94-897 Waipahu St. Waipahu, HI 96797	(808) 677-5677	Leeward Coast	1st & 3rd Friday	3:00pm - **While Supplies Last**	✓		✓
Elepaio Social Services	Learning Center @ Maili 87-790 Kulauka St. Waianae, HI 96792	(808) 697-3526	Leeward Coast	Mondays	10:00am - 12:00pm	✓	✓	
Elepaio Social Services	Waianae Elementary 85-220 McArthur St. Waianae, HI 96792	(808) 697-3526	Leeward Coast	Wednesdays	10:00am - 12:00pm	✓	✓	
Elepaio Social Services	Hoa Aina O Makaha 87-766 Lahaina St. Waianae, HI 96792	(808) 697-3526	Leeward Coast	Thursdays	10:00am - 12:00pm	✓	✓	
Elepaio Social Services	QLT Nanakuli 87-1876 Farrington Hwy. Waianae, HI 96792	(808) 697-3526	Leeward Coast	Fridays	10:00am - 12:00pm	✓	✓	
Hawaiian Humane Society (FOR PET FOOD ONLY)	91-1945 Fort Weaver Rd. Ewa Beach, HI 96706	(808) 356-2222	Leeward Coast	See website for current days of operations	https://hawaiianhumane.org/pet-food-bank/			
Immaculate Conception Church	91-1298 Renton Rd. Ewa Beach, HI 96706	(808) 681-3701	Leeward Coast	Fridays (Except 1st Friday is Ohana Distribution)	Closed Apr. 18,2025 & May 30 2025 4:00pm - 6:00pm	✓		✓
Inspire Church	94-877 Lumiaina Street, Bldg 12 Waipahu, HI 96797	(808) 677-8844	Leeward Coast	Thursday Saturday Sunday by appt only	Thr - 9:30am-4:30pm Sat - 4:45pm-6:15pm Sun - 8:00am-1:15pm call (808) 677-8844	✓		

Location Name	Location	Phone #	Area	Days of Operation	Hours of Operation	TEFAP	TANF	Accepts Hawai'i Foodbank Card (Neighbor Connector)
Ka Hana O Ke Akua UCC	86-311 Lualualei Homestead Rd. Waianae, HI 96792	(808) 696-5652	Leeward Coast	Monday - Wednesday by appt only	9:00am - 2:00pm call (808) 696-5652	✓		
Kapolei Samoa - Tonga SDA Church	91-1037 Lexington St. Kapolei, HI 96707	(808) 590-1846	Leeward Coast	Sundays	2:00 pm-4:00 pm	✓		
Nanaikapono Protestant Church	89-235 Pua Ave. Waianae, HI 96792	(808) 668-1184	Leeward Coast	3rd Monday or by appt	8:00am - 10:00am call (808) 668-1184	✓		
Our Lady of Kea'au	Kea'au Hmstds. Rd. Waianae, HI 96792	(808) 696-7255	Leeward Coast	3rd Friday	10:00am - 2:00pm	✓		
Our Lady of Perpetual Help	91-1004 North Rd. Ewa Beach, HI 96706	(808) 689-8681	Leeward Coast	Last Saturday	9:00am - 11:00am	✓		✓
Paradise Chapel	87-125 Maipalaoa Rd. Waianae, HI 96792	(808) 668-1588	Leeward Coast	Wednesdays	7:00am - 9:00am	✓		
St. Jude Catholic Church	92-455 Makakilo Dr. Kapolei, HI 96707	(808) 672-8669	Leeward Coast	Tuesdays and Thursdays	New clients 2:30pm - 3:30pm to register 3:30pm - **While Supplies Last**	✓	✓	
St. Rita's Church	89-318 Farrington Highway Waianae, HI 96792	(808) 668-7833	Leeward Coast	Monday & Wednesday	9:30am - 11am	✓		
Waianae Baptist Church	85-131 Ala Hema St. Waianae, HI 96792		Leeward Coast	Wednesdays	9:00am - 12:00pm	✓	✓	
Waianae Wags (FOR PET FOOD ONLY)	85-786 Farrington Highway Waianae HI 9679	(808) 754-7187	Leeward Coast	2nd & 4th Saturdays or by appt only	10:00am - 12:00pm call (808) 754-7187			
Jesus Is Alive Fellowship	66-405 Waialua Beach Rd. Haleiwa, HI 96712	(808) 754-5949	North Shore	Sundays	12:30pm-1:30pm	✓		
Private Sector Hawaii	P. O. Box 1109 Haleiwa, HI 96712	(808) 638-9627	North Shore	Monday Delivery by appt only	1:00pm - 5:00pm call (808) 638-9627	✓		
St. Michael Parish Outreach	67-340 Haona St. Waialua, HI 96791	(808) 637-4040	North Shore	2nd & 4th Mondays or by appt	8:30am - 10:30am call (808) 637-4040	✓		✓
Sunset Beach Christian Church	59-578 Kamehameha Highway Haleiwa, HI 96712	(808) 638-0019	North Shore	Tuesdays	12:00pm - 1:30pm	✓		✓
Armed Services YMCA (MCBH)	455 Bingham Way Kailua, HI 96734	(808) 254-4719	Windward Coast	Monday - Friday	8:00am - 3:00pm (Military installation access required)	✓		

Location Name	Location	Phone #	Area	Days of Operation	Hours of Operation	TEFAP	TANF	Accepts Hawai'i Foodbank Card (Neighbor Connector)
Central Union Church Windward	38 Kaneohe Bay Dr. Kailua, HI 96734		Windward Coast	Wednesdays	9:00am - 10:00am	✓		
First Assembly of God Windward	47-323 Ahuimanu Rd. Kaneohe, HI 96744		Windward Coast	Sundays	9:30am - 12:30pm	✓		
Giving Hope Hawaii	46-158 Kahuhipa Street Kaneohe, HI 96744	(808) 620-2537	Windward Coast	Monday - Friday by appt only	call or go online to schedule an appointment: https://www.givinghopehawaii.org/food-assistance	✓		
Hui Mahiai Aina	41-902 OluOlu St. Waimanalo, HI 96795		Windward Coast	Tuesdays	9:00am - 12:00pm	✓		
Hui O Hau'ula	54-010 Kukuna Road Hauula, HI 96717		Windward Coast	Monday, Wednesday, Friday (1st Monday closed)	9:00am - 12:00pm	✓	✓	✓
KEY Project	47-200 Waihee Rd. Kaneohe, HI 96744	(808) 239-5777	Windward Coast	Monday - Friday	8:00am - 4:00pm	✓		✓
Our Lady of Mount Carmel Church	48-422 Kamehameha Hwy. Kaneohe, HI 96744	(808) 239-9269	Windward Coast	Wednesdays	10:00am - 12:00pm	✓		✓
Residential Youth Services and Empowerment (RYSE)	42-470 Kalaniana'ole Hwy Bldg 6, Kailua, HI 96734	(808) 498-5180	Windward Coast	7 days a week	8:00am - 8:00pm	✓		✓
St. Ann's Church	46-129 Haiku Rd. Kaneohe, HI 96744	(808) 247-3092 ext. 123	Windward Coast	Monday - Friday by appt only	1:00pm call (808) 247-3092 ext. 123			
St. Anthony's Outreach	114 Makawao Street Kailua, HI 96734	(808) 266-2227	Windward Coast	Tuesdays & Thursdays	9:00am - 12:00pm	✓		
St. Mark Lutheran Church	45-725 Kamehameha Hwy. Kaneohe, HI 96744	(808) 247-4565	Windward Coast	Saturdays	8:00am - 10:00am	✓		
The Salvation Army Kaneohe	45-175 Waikalua Rd. Kaneohe, HI 96744	(808) 235-1408	Windward Coast	Tuesdays	9:00am - 12:00pm	✓		

Prepared Meals - Soup Kitchens

Location Name	Location	Phone #	Area	Days of Operation	Hours of Operation	TEFAP
St. Elizabeth Catholic Church	99-312 Moanalua Rd. Aiea, HI 96701	(808) 487-2414	Central Oahu	Thursdays	5:00pm - 6:00pm	
St. Timothy's Episcopal Church	98-939 Moanalua Rd. Aiea, HI 96701	(808) 488-5747	Central Oahu	2nd & 4th Tuesday	4:30pm - 6:00pm	✓
First Assembly of God Red Hill	3400 Moanalua Rd Honolulu, HI 96819		Honolulu	Sundays	After first service 10:00am - 10:30am After second service 12:00pm - 12:30pm	✓
First United Methodist Church	1020 S. Beretania Street Honolulu, HI 96814	(808) 522-9555	Honolulu	Sundays	8:30am - 9:30am	✓
Institute for Human Services	350 Sumner St. Honolulu, HI 96817	(808) 447-2800	Honolulu	Daily	Lunch 12:00pm - 1:00pm	✓
River of Life Mission	101 N Pauahi St. Honolulu, HI 96817		Honolulu	Monday - Friday	Breakfast 8:00am - 10:30am Lunch 12:30pm - 2:30pm Dinner 7:00pm - 8:00pm	✓
The Salvation Army Camp Homelani @ Kauluwela Corps	296 N Vineyard Blvd. Honolulu, HI 96817		Honolulu	Sundays	CLOSED June - August 7:30pm	✓
St. Elizabeth's Episcopal Church	720 N King St. Honolulu, HI 96817		Honolulu	Saturdays	7:00am - 8:00am	✓
Cedar Assembly of God	620 Waipa Lane Honolulu, HI 96817	(808) 379-0257	Honolulu	Tuesdays	8:00am - 9:00am	✓
Brethren of Christ International	94-133 Pahu St. Waipahu HI 96797	(808) 676-4673	Leeward Coast	Sundays	12:00pm - 1:00pm	✓

Mass Distributions - 'Ohana Produce Plus Program
(Bolded dates have been adjusted due to Holidays/Closures)

Distribution Site Name	Distribution Address	Area	Phone #	Sign In	Type of Distribution	TEFAP	Accepts Hawai'i Foodbank Card (Neighbor Connector)	Distribution Time	Distribution Date	March	April	May
										2025	2025	2025
Armed Services YMCA JBPHH (Military installation access required)	100 McChord St., Bldg. 1859 Pearl Harbor, HI 96853	Central Oahu	(808) 473-3399	Pre-registration available at https://hawaii.aSYMCA.org/event/s/	Walk Up	✓		1:00pm - 3:00pm	Fourth Wednesday	27	23	28
Armed Services YMCA Schofield/Wheeler (Military installation access required)	790 McCornack Rd. Schofield Barracks, HI 96857	Central Oahu	(808) 433-8410	Pre-registration available at https://hawaii.aSYMCA.org/event/s/	Walk Up	✓		12:30pm - 2:30pm	4th Monday	24	28	19
Calvary Chapel Pearl Harbor @ Manana Community Park	1310 Waimano Home Rd. Pearl City, HI 96782	Central Oahu			Drive Thru & Walk Up	✓		7:00am	Last Saturday	29	26	31
First Assembly of God Wahiawa	300 Wilikina Dr. Wahiawa, HI 96786	Central Oahu	(808) 836-2300		Walk Up	✓		7:00am-9:00am	4th Saturday	29	26	24
Inspire Church @ Patsy T Mink Central Oahu Regional Park ONLINE REGISTRATION ONLY @ https://www.eventbrite.com/o/inspire-church-44520083263	94-801 Kamehameha Hwy. Waipahu, HI 96797	Central Oahu		Follow the Organization on Eventbrite to find out when Registration Opens	Drive Thru & Walk Up	✓		9:00am - 11:00am	1st Tuesday	4	1	6
Leeward Community Church ONLINE REGISTRATION ONLY @ http://komomaics.org/food	1860 Komo Mai Dr. Pearl City, HI 96782	Central Oahu	(808) 456-1340	Registration opens Monday prior	Drive Thru & Walk Up			See Registration	2nd Saturday	8	None	17
Lighthouse Outreach Center	94-230 Leokane St. Waipahu, HI 96797	Central Oahu			Walk Up	✓		9:00am - 11:00am	Fridays	7, None, None, 28	4, 11, None, 25	2, 9, 16, 23, None
Pearlside Church ONLINE REGISTRATION ONLY @ https://pearlside.org/cares	98-751 Kuahao Place Aiea, HI 96701	Central Oahu	(808) 484-0061	Registration opens Monday prior	Drive Thru & Walk Up			10:30am - 12:00pm	1st Saturday	1	5	3
St. Stephen Episcopal Church @ Wahiawa United Methodist Church	1445 California Ave. Wahiawa, HI 96786	Central Oahu			Drive Thru & Walk Up	✓		10:00am	2nd & 4th Wednesday	12, None	9, 23	14, 28
St. Stephen Episcopal Church @ Whitmore Community Center	1259 Whitmore Ave. Wahiawa, HI 96786	Central Oahu			Drive Thru & Walk Up	✓		10:00am	2nd Monday	10	14	None
Surfing the Nations	64 Ohai St. Wahiawa, HI 96786	Central Oahu		1:00pm - 2:30pm	Walk Up		✓	When Truck Arrives	Thursdays	6, 13, 20, 27	3, 10, 17, 24	1, 8, 15, 22, 29
Angel Network Charities	5339 Kalaniana'ole Hwy. Honolulu, HI 96821	East Honolulu			Walk Up	✓		1:00pm - 3:00pm	1st & 3rd Thursday	6, 20	3, 17	1, 15
King's Cathedral Oahu	5740 Kalaniana'ole Hwy. Honolulu, HI 96821	East Honolulu	(808) 466-3273		Drive Thru & Walk Up	✓		11:00pm - 1:00pm	2nd & 4th Thursdays	13, 27	10, 24	8, 22
Mutual Housing Association of Hawaii - Palolo Homes	2170 Ahe St Honolulu, HI 96816	East Honolulu			Walk Up			11:30am - 1:30pm	1st Tuesday	4	1	6
Waikiki Community Center @ Kapiolani Community College ONLINE REGISTRATION ONLY @ http://go.hawaii.edu/7PP	4303 Diamond Head Rd. Honolulu, HI 96816	East Honolulu			Drive Thru & Walk Up			See Registration	2nd Friday	None	11	None
Calvary Assembly of God	961 Io Ln. Honolulu, HI 96817	Honolulu		9:00am - 1:00pm	Walk Up			3:00pm	3rd Friday	21	17	16
Central Union Church	1660 S Beretania St. Honolulu, HI 96826	Honolulu	(808) 941-0957		Drive Thru & Walk Up			Walk-Up: 11:00am - 12:00pm Drive-Thru: 12:00pm - 1:00pm	Every Wednesday	5, 12, 19, None	2, 9, 16, 23, 30	7, 14, 21, 28

Distribution Site Name	Distribution Address	Area	Phone #	Sign In	Type of Distribution	TEFAP	Accepts Hawai'i Foodbank Card (Neighbor Connector)	Distribution Time	Distribution Date	March 2025	April 2025	May 2025
Co-Cathedral of St Theresa ONLINE REGISTRATION ONLY @ https://www.cocathedral.org/	712 N School St. Honolulu, HI 96817	Honolulu		Registration opens one week prior.	Drive Thru & Walk Up	✓		9:00am - 11:00am	4th Saturday	22	26	24
First Assembly of God Red Hill	3400 Moanalua Rd. Honolulu, HI 96819	Honolulu	(808) 836-2300		Drive Thru & Walk Up	✓		7:30am - 9:30am	4th Saturday	29	26	24
Gregory House Programs @ First Baptist Church	1313 Pensacola St. Honolulu, HI 96814	Honolulu	(808) 592-9048		Walk Up	✓		10am - **While Supplies Last**	2nd Tuesdays	11	8	13
Hawaii Health & Harm Reduction Center @ Na Kapuna Makamae Community Center	653 Ala Moana Blvd. Honolulu, HI 96813	Honolulu	(808) 521-2437		Walk Up	✓			Fourth Wednesday	19	23	28
Institute For Human Services	350 Sumner St. Honolulu, HI 96817	Honolulu	(808) 447-2800		Walk Up	✓		1:00pm	Last Thursday	27	24	29
Institute For Human Services @ Kahauiki Village	2475 N Nimitz Hwy. Honolulu, HI 96819	Honolulu	(808) 447-2800		Walk Up	✓		1:00pm - 3:00pm	Last Tuesday	25	29	27
Kalihi Union Church	2214 North King St. Honolulu, HI 96819	Honolulu	(808) 841-7022		Walk Up			9:00am - 11:00am	Thursdays	6, 13, 20, 27	3, 10, 17, 24	1, 8, 15, 22, 29
Korean Seventh Day Adventist Church	2142 Algaroba St. Honolulu, HI 96826	Honolulu	(808) 955-3339		Walk Up			11:00am	Last Monday	24	28	19
Life Christian Church ONLINE REGISTRATION ONLY @ www.lifechristianhawaii.org/events	Various school locations, please see online registration for information.	Honolulu	(808) 201-4482	Check facebook or their website to see when registration opens before an event	Drive Thru & Walk Up			See Registration	1st Saturday	1	5	3
PACT KPT Family Center	1485 Linapuni St # 103, Honolulu, HI 96819	Honolulu	(808) 841-6177		Walk Up				3rd Monday	18	15	20
Palama Settlement @ Kaahumanu Homes	760 McNeill St., Bldg. 16 Honolulu HI 96819	Honolulu	(808) 845-3945		Walk Up	✓		12:00pm - 2:00pm	1st Friday	7	4	2
Palama Settlement @ Mayor Wrights	521 N Kukui Street Honolulu, HI 96817	Honolulu	(808) 845-3945		Walk Up	✓		12:00pm - 2:00pm	3rd Friday	21	11	16
Reality Church @ Ke'elikolani Middle School	1302 Queen Emma St Honolulu HI 96813	Honolulu			Drive Thru & Walk Up			11:00am - 2:00pm	1st Saturday	1	5	3
Sts. Peter and Paul Church	800 Kaheka St. Honolulu, HI 96814	Honolulu	(808) 941-0675		Drive Thru & Walk Up			10:00am - 11:00am	3rd Saturday	15	12	17
Trinity Missionary Baptist Church	3950 Paine Circle Honolulu, HI 96818	Honolulu	(808) 422-8622		Walk Up			9:00am	4th Tuesday	25	22	27

Distribution Site Name	Distribution Address	Area	Phone #	Sign In	Type of Distribution	TEFAP	Accepts Hawai'i Foodbank Card (Neighbor Connector)		Distribution Time	Distribution Date	March 2025	April 2025	May 2025
Armed Services YMCA @ Daniel K Akaka VA Clinic	91-1051 Franklin D Roosevelt Ave. Kapolei, HI 96707	Leeward Coast	(808) 254-4719		Walk Up				10:00am - 12:00pm	2nd Friday	14	11	9
Boys & Girls Club Ewa Beach	91-884 Fort Weaver Rd. Ewa Beach, HI 96706	Leeward Coast	(808) 689-4182		Drive Thru & Walk Up				3:30pm - 5:30pm	4th Friday Every other month	28	None	23
City of Joy Assembly of God	87-2070 Farrington Hwy. Waianae, HI 96792	Leeward Coast	(808) 256-3596		Walk Up				8:00am - 10:00am	1st Saturday	1	5	3
Community People Ministries @ Pokai Bay Beach Park	960 Bayview St. #85 Waianae, HI 96792	Leeward Coast		10:30am	Drive Thru & Walk Up	✓	✓		11:30am - 12:30pm	1st Friday	7	4	2
Community Pepole Ministires @ Puuloa District Park	91-970 Kaileolea Dr. Ewa Beach, HI 96706	Leeward Coast		9:30am	Drive Thru & Walk Up	✓	✓		10:30am - 11:30am	Last Tuesday	25	29	27
Hawaii Cedar Church Waianae Farm	85-596 Waianae Valley Rd. Waianae, HI 96792	Leeward Coast		10:00am	Walk Up	✓			12:00pm - 3:00pm	4th Tuesday	25	22	27
Immaculate Conception Church	91-1298 Renton Rd. Ewa Beach, HI 96706	Leeward Coast	(808) 681-3701		Walk Up	✓	✓		3:00pm - 5:00pm	1st Friday	7	4	2
Message of Peace Ministry @ Asing Community Park	91-1450 Renton Rd. Ewa Beach, HI 96706	Leeward Coast			Drive Thru & Walk Up	✓			7:00am until supplies last	3rd Saturday	15	19	17
Project Nehemiah @ Kapolei High School	91-5007 Kapolei Pkwy. Kapolei, HI 96707	Leeward Coast			Drive Thru & Walk Up	✓			7:00am until supplies last	2nd Saturday	8	12	22
Nanaikapono Protestant Church	89-235 Pua Ave. Waianae, HI 96792	Leeward Coast	(808) 668-1184	8:30am	Walk Up	✓			10:00am	4th Saturday	22	26	24
Hope Chapel Kahuku @ Kahuku Medical Center - Trailers	56-117 Pualalea St. Kahuku, HI 96731	North Shore			Drive Thru & Walk Up				2:30pm	4th Monday	24	28	19
Hui O Hauula @ Hauula Beach Park	54-135 Kamehameha Hwy. Hauula, HI 96717	North Shore			Drive Thru & Walk Up		✓		10:00am - 12:00pm	1st Monday	3	7	5
Key Project @ Kahuku Community Association	56-576 Kamehameha Hwy. Kahuku, HI 96731	North Shore	(808) 239-5777		Drive Thru & Walk Up	✓	✓		12:00pm - 2:00pm	3rd Thursday	27	17	15
Once A Month Church @ Kaiaka Bay Beach Park	66-449 Haleiwa Rd. Haleiwa, HI 96712	North Shore	(808) 780-8037		Drive Thru & Walk Up	✓	✓		12:00am - 2:00pm	3rd Wednesday	19	16	21
Armed Services YMCA MCBH @ MCBH Chapel (Military installation access required)	2702 Cushman Ave. Kailua, HI 96734	Windward Coast	(808) 254-4719	Pre-registration available at https://hawaii.aymca.org/events/	Walk Up	✓			12:00pm - 2:00pm	2nd Monday	10	14	13
Dynamic Compassion In Action @ Waimanalo District Park	41-415 Hihimanu St. Waimanalo, HI 96795	Windward Coast	(808) 754-6260		Drive Thru & Walk Up	✓			1:30pm	1st & 3rd Monday	3, 17	7, 21	5, 19
Hui Mahiai Aina @ Waimanalo District Park	41-415 Hihimanu St. Waimanalo, HI 96795	Windward Coast			Drive Thru & Walk Up	✓			12:30pm	1st Thursday	6	3	1
Key Project	47-200 Waihee Rd. Kaneohe, HI 96744	Windward Coast	(808) 239-5777	Registration opens on the last Tuesday of the month	Walk Up	✓	✓		1:00pm - 4:00pm	1st Tuesday	4	1	6

OAHU HOMELESS HELP CARD

Information provided by Partners In Care O'ahu
Produced as a service of the City & County of Honolulu

GENERAL HELP

Access to Independence (For Those with a Disability)
808-369-9521

Aloha United Way (auw211.org) 211
Hui O Hau'ula (Social Svs. Ko'olaupaa Residents Only)
808-888-0045

CRISIS (24 HOURS)

Hawai'i CARES (mental health, substance use crisis and support services) 808-832-3100
Domestic Violence Crisis Line 808-266-7233

ABUSE (CHILD/SPOUSE/ADULT)

Adult Protective Services (weekdays) 808-832-5115
Child Protective Services (24 hour) 808-832-5300
Domestic Violence Action Center 808-531-3771
Toll-Free (all islands) 800-690-6200
Text (24 hour) 605-956-5680
24/7 Chat Available
www.domesticviolenceactioncenter.org

Domestic Violence Hotlines:

Town/Leeward (CFS) 808-841-0822
Ho'ola Na Pua Sex Trafficking Assistance and Prevention 808-445-3131

Windward (PACT) Hotline/Crisis Counseling 808-526-2200
EPIC – 'Ohana Conferencing (Child Abuse & Neglect) 808-838-7752
Family Peace Center (PACT) 808-832-0855
Sex Abuse Treatment Center 808-524-7273

DISPUTE RESOLUTION

The Mediation Center of the Pacific 808-521-6767

DOMESTIC VIOLENCE SHELTERS

Child & Family Services 808-841-0822
PACT 'Ohia' Shelter 808-526-2200
PACT Trafficking Victim Assistance Program 808-721-9614
Sex Abuse Treatment Services 808-543-8494

LANGUAGE NEEDS

Bilingual Access Line (Interpreter Services) 808-526-9724

ALCOHOL/DRUG

Alcoholics Anonymous 808-946-1438
Champ Clinic 808-426-4515
Hawai'i Health and Harm Reduction Center (HHHRC) 808-521-2437
Kū Aloha Ola Mau 808-538-0704
Habilitat, Inc. 808-872-2525
Hale Na'au Pono 808-696-4211
Hawai'i CARES 808-832-3100

Hina Mauka Kāne'ohē 808-236-2600
Hina Mauka Waipahu (outpatient) 808-671-6900
Ho'omau Ke Ola 808-696-4266
Hope Treatment Services 808-638-4440, 808-638-4555
Narcotics Anonymous 808-734-4357
Po'aiani 808-263-3500
Salvation Army Detox (ATS) 808-595-5819
Salvation Army Family/Women (FIS) 808-732-2802
Salvation Army Adult Males (ATS) 808-595-6371
Salvation Army (ARC) 808-522-8400
Sand Island Treatment Center 808-841-3915
Women In Need (Intensive Outpatient Program for Women & Men) 808-486-1996

STATE DHS BENEFITS: APPLICATION UNITS

Hawai'i Public Housing Authority Applications Office 808-832-5961

TANF, GA, Medicaid & SNAP

Kapolei Processing Center 808-692-8384
Ko'olau Processing Center (Luluku) 808-233-5325
Ko'olau Processing Center (Waikalua) 808-233-3621
KPT Processing Center 808-832-3822
OR&L Processing Center 808-586-8047
Pohulani Processing Center 808-587-5283
Wahiawā Processing Center 808-622-6315
Wai'anae Processing Center 808-697-7881
Waipahu Processing Center 808-675-0052

Poi Dogs & Pōpōki (Wellness checks, Immunizations, Microchipping, Spay/Neuter Services) 808-551-7915

RENTAL ASSISTANCE

Catholic Charities Hawai'i 808-521-4357
Institute for Human Services (IHS) 808-447-2819, 808-447-2862
Landlord Engagement Program 808-543-2212
Rent to Work 808-768-5727
Salvation Army (Community Asst. Ctr.) 808-841-5565

SHELTER: EMERGENCY

Family Promise (families) 808-548-7478
Hale Kipa (youth <18) 808-754-9844
HONU 808-768-4668
IHS (men) 808-447-2900
IHS (women and families) 808-447-2800
IHS Hale Mauiola Sand Island Navigation Center (Pet Friendly) 808-744-4492
Keaouhou Emergency Shelter (Waikiki Health) (Single males, females and couples) 808-537-8330
Kealahou West O'ahu – Onelau'ena 808-782-4342
Pai'olu Kaiāulu, U.S. Vets Wai'anae Civ. Center (Pet Friendly) 808-462-0280
RYSE (Youth ages 18-24) 808-498-5180
Shelter of Wisdom (Men) 808-383-9498

EDUCATION

HawaiianHope.org (Inexpensive & Free Computers / Tech) 808-352-8800
Homeless Concerns Office, DOE (toll free) 1-866-927-7095

EMPLOYMENT

Alu Like – Dept. of Employment and Training 808-535-6750
American Job Center (Dillingham) 808-768-5701
Catholic Charities Hawai'i Homeless Veterans Reintegration Program 808-527-4986
Division of Vocational Rehabilitation 808-586-5164
Economic Development Center (PACT) 808-842-7093
Family Promise – WA'A (Working, Attaining, Achieving) 808-548-7478
Goodwill Industries of Hawai'i 808-483-7172
HCAP-Na Lima Hana 808-521-4531
HCAP Senior Employment 808-521-4531
HI Disability Rights Center (Ticket to Work) 808-949-2922
HI State Unemployment Office 808-586-8970
IHS Hele2Work 808-447-2912
Network Enterprises, Inc. 808-521-7774
U.S. VETS (Employment Assistance/Veteran Services) 808-342-7493

FOOD

Helping Hands Hawai'i, Community Clearinghouse

(One Time/Emergency Needs) 808-440-3800
Hau'ula (Food Pantry, Ko'olaupaa Residents Only) 808-888-0045
River of Life Mission 808-524-7656
Salvation Army Kauluwela Corps 808-521-6551
Call 211, check w/ outreach agencies or churches

HEPATITIS B&C

Hawai'i Health and Harm Reduction Center (HHHRC) 808-521-2437
Hep Free Hawai'i 808-436-5884

HIV/AIDS

Gregory House Programs 808-592-9022
Hawai'i Health and Harm Reduction Center (HHHRC) 808-521-2437
Waikiki Health 808-922-4787

HYGIENE SERVICES

HiEHiE (Mobile Showers/Restrooms) 808-201-3937
Pūnāwai Rest Stop (Laundry & Showers) 808-599-9750
Revive + Refresh (Mobile Hygiene Center) 808-779-6738
River of Life Mission 808-524-7656
Safe Haven 808-524-7233

LEGAL

Community Outreach Court 808-347-2551
Legal Aid Society of Hawai'i 808-536-4302

Volunteer Legal Services Hawai'i 808-528-7046

MEDICAL CARE

Aloha Medical Mission Clinic-Dental 808-847-3400
C.O.R.E. (Crisis, Outreach, Response, Engagement) 808-768-2673(CORE)
Hawai'i HOME Project 808-223-8859
KPHC, Healthcare for the Homeless Project 808-791-6342
Hawai'i Health and Harm Reduction Center (HHHRC) 808-521-2437
Joint Outreach Center (JOC) 808-545-3694
Kōkua Kalihi Valley 808-791-9400
Ko'olaupaa Health Center 808-293-9231
MedQuest Information Low-Cost Insurance 1-800-316-8005
Project Vision Hawai'i 808-201-3937
Wai'anae Coast Comp Health Center 808-697-3300
Waikiki Health 808-922-4787
Waimānalo Health Center 808-259-7948

MENTAL HEALTH

Hawai'i CARES (mental health, substance use crisis and support services, for unsheltered individuals) 808-832-3100
Catholic Charities Hawai'i Counseling Center 808-527-4470
Dept. of Health, Mental Health Clinics:
Adult MH Division Eligibility Line 808-643-2643

East Honolulu Treatment Svc Section 808-733-9260
West Honolulu Treatment Svc Section (adults) 808-832-5800
Kāne'ohē (adults) 808-233-3775
Central O'ahu Family Guide Center (Kāne'ohē) 808-233-3770
Central O'ahu Treatment Svc Section 808-453-5950
Central O'ahu Family Guidance Center (Pearl City) 808-453-5900
Honolulu Family Guidance Center 808-733-9393
Leeward O'ahu Family Guidance Center 808-692-7700
Hale Na'au Pono – Wai'anae 808-696-4211
Helping Hands Hawai'i 808-440-3825
Hope Treatment Services 808-638-4555, 808-638-4440
Institute for Human Services (IHS) 808-447-2924
Kahi Mohala Behavioral Health 808-671-8511
North Shore Mental Health 808-638-8700
Safe Haven, Mental Health Kōkua 808-524-7233

PET SERVICES

Hawaiian Humane Society (Animal Emergency/ Stray Pick Up) 808-356-2250
Pet Kokua 808-356-2225
K9 Kokua 808-284-4310

VETERANS' SERVICES

2nd Chance Group Home LLC
Female 808-554-9950
Male 808-354-2098
Catholic Charities Hawai'i Supportive Services for Veteran Families (SSVF) 808-527-4986
Cloudbreak Hawai'i, LLC Permanent Housing (Service Enriched Affordable Housing for Veterans) 808-682-1949
Hawai'i Vet 2 Vet 808-462-3286
HawaiianHope.org (Inexpensive & Free Computers / Tech) 808-352-8800
IHS Veteran Support Program 808-447-2916
Network Enterprises, Inc. (Employment) 808-521-7774
U.S. VETS (Outreach, housing, support) 808-672-2977, 808-630-0771
VA Health Care for the Homeless (Outreach, medical, & mental health services) 808-433-0357
VA Call Center (SATP, MH, & Medical Appointments) 1-800-214-1306
Veterans Suicide Hotline 1-800-273-8255

Paid for by the taxpayers of the City & County of Honolulu and the Mayor's Office of Housing
Revised September 2022

Shelf-Stable Foods	Shelf Life After Code Date
Baby Food	
Cereal: dry mixes	Expiration date on package
Food in Jars, cans	Expiration date on package
Formula	Expiration date on package
Juice	1 year
Canned Food	
Beans	3 years
Fish: salmon, tuna, sardines, mackerel	3 years
Frosting, canned	10 months
High-acid foods	
- fruit (including applesauce, juices)	} 1-2 years
- pickles, sauerkraut	
- baked beans w/mustard/vinegar	
- tomatoes, tomato-based soups & sauces	
Low-acid foods	
- gravy, soups/broths that aren't tomato-based	} 2-3 years
- pasta, stews, cream sauces	
- vegetables (not tomatoes)	
Meat: beef, chicken, pork, turkey	2-3 years
Pie filling	3 years
Condiments, Sauces, Syrups	
UHT milk	
Broth: beef, chicken or vegetable	
Soup	
Fruits	
Vegetables	
Condiments, Sauces, Syrups	
Barbeque sauce (bottled)	1 year
Frosting, canned	10 months
Gravy (dry mix envelopes)	2 years
Honey	2 years --remains safe after crystallization. To use, simply immerse closed container in hot (not boiling) water until honey liquifies
Jams, jellies, preserves	18 months
Ketchup, cocktail, or chili sauce: jar, bottle, or packet	18 months
Mayonaise, jar, bottle or packet	3-6 months
Molasses	2 years
Mustard: jar, bottle or packet	2 years
Olives	18-24 months
Pickles	1 year canned 2 years, jarred--discard if inside of lid is rusty open opening
Salad dressings: bottled	1 year

Shelf-Stable Foods (continued)	Shelf Life After Code Date
Condiments, Sauces, Syrups (continued)	
Spaghetti sauce, canned	18 months
Spaghetti sauce, jarred	18 months
Syrup, chocolate	2 years
Syrup, corn	2 years
Syrup, pancake	2 years
Vinegar	2 years
Worcestershire sauce	2 years
Dry Goods	
Baking Mix, pancake	9 months
Baking mixes (brownie, cake, muffin, etc.)	12-18 months
Baking powder	18 months
Baking soda	indefinite if kept dry
Beans, dried	1 year
Bouillon: beef or chicken	12-24 months
Bouillon: vegetable	12-24 months
Bread , commercially prepared (including rolls)	3-5 days
Cakes, commercially prepared	3-5 days at room temp 3 months stored frozen
Candy (all, including chocolate)	9 months, caramel 18 months, chocolate 36 months, hard candy
Casserole Mix	9-12 months
Cereal, cold	1 year
Cereal, hot	1 year
Cookies	4 months
Cornmeal	1 year at room temp 2+ years frozen
Crackers	8 months Except graham crackers, 2 months
Flour, white (all purpose or cake)	1 year
Flour, whole wheat	6 months (keeps longer if refrigerated or frozen)
Fruit, dried	6 months (keeps longer if refrigerated or frozen)
Macaroni and Cheese, mix	6-12 months
Nuts, out of shell	6-12 months, bagged 12-24 months, canned
Nuts, in shell	6-12 months, bagged 12-24 months, canned
Oatmeal	12 months
Oil, olive, vegetable , salad	6 months
Pasta, dry (egg noodle)	2-3 years
Pasta, dry (no egg)	2-3 years
Peanut Butter	18 months
Popcorn, kernels	2 years
Popcorn, commercially popped and bagged	2-3 months
Popcorn, microwave packets	1 year

Shelf-Stable Foods (continued)	Shelf Life After Code Date
Dry Goods (continued)	
Potatoes, mashed, instant flakes	1 year
Pretzels	6-8 months
Pudding, prepared/shelf stable	1 week
Rice, brown	1 year
Rice, white	2 years
Rice-based mixes	6 months
Shortening, vegetable	8-12 months
Spices	up to 4 years, whole spices up to 2 years, ground spices Spices lose flavor over time but remain safe to use indefinitely
Stuffing mix	9-12 months
Sugar, brown (light or dark)	18 months
Sugar, confectioners	18 months
Sugar, white	2+ years
Sugar substitute	2 years
Toaster pastries	6 months, fruit 9 months, no fruit
Tortillas	3 months, shelf or refrigerator 6 months, freezer Do not use if they develop mold or harden
Shelf -Stable Beverages	
Cocoa Mixes	36 months
Coffee Creamer, liquid shelf stable	9-12 months
Coffee creamer, powdered	2 years
Coffee, ground	2 years
Coffee, instant	1-2 years
Coffee, whole bean	1 year, vacuum packed
Instant breakfast	6 months
Juice, bottle, shelf-stable	9 months
Juice, box	4-6 months
Juice, canned	18 months
Juice concentrate, shelf-stable	
Milk, evaporated	1 year
Milk, non-fat dry	1 year
Milk-shelf stable UHT	6 months
Milk, sweetened condensed	1 year
Nutritional aid supplements (Boost, Ensure, etc.)	1 year
Rice milk, shelf stable	6 months
Carbonated beverages (soda/seltzer water)	3 months, bottles (all) 3 months, diet (cans) 9 months, regular soda or seltzer (cans)
Soy milk, shelf stable	6 months
Tea, bagged	18 months
Tea, instant	3 years

Shelf-Stable Foods	Shelf Life After Code Date
Shelf -Stable Beverages (continued)	
Water	indefinite: store in cool, dark place away from chemicals
Water, flavored	indefinite: store in cool, dark place away from chemicals

Frozen Foods	Frozen (0°F or below)
Bread, bagels	3 months
Chicken, nuggets/patties	2 months
Desserts, frozen baked goods	3-4 months
Desserts, frozen cream pies	1-2 months
Desserts, frozen fruit pies	6-8 months
Dinners, pies, casseroles, shrimp, ham. Pork or sausage	3-4 months
Dinners: beef, turkey, chicken, or fish	6 months
Dough, bread	1 month, longer storage inactivates yeast , weakens gluten
Dough, cookie	3 months
Pasteurized eggs in carton	1 year, purchased frozen, unopened, never thawed
Fish, breaded	4-6 months
Ice Pops	6 months
Fruit, frozen	4 months
Ice cream	2-4 months
Juice concentrate	1 years
Soy meat substitutes	12-18 months
Vegetables	8 months
Waffles, pancakes	2 months
Whipped topping, non dairy tub	6 months

Meats	Refrigerated (40°F or below)	Frozen (0°F or below)
Fish/Seafood: Uncooked		
Fatty fish (salmon, mackerel, perch, bluefish)	n/a	3-6 months
Lean fish (cod, flounder, sole, haddock, pollock)	n/a	12 mnths
Shrimp, raw	n/a	9 months
Crab, canned	n/a	Do not freeze
Crab, legs	n/a	9-12 months
Oysters, shucked	n/a	3-4 months
Lobster Tails raw	n/a	6-9 months
Scallops, raw	n/a	3-6 months
Fish/Seafood: Cooked		
Fatty fish (salmon, mackerel, perch, bluefish)	n/a	3-6 months
Lean fish (cod, flounder, sole, haddock, pollock)	n/a	3-6 months
Shrimp and other Shellfish	n/a	3-6 months
Meats, Raw		
Beef Roasts	n/a	1 year
Beef Steaks	n/a	1 year
Pork Roasts	n/a	1 year
Pork Chops	n/a	1 year
Lamb Roasts	n/a	1 year
Lamb Steaks/Chops	n/a	1 year
Poultry: Chicken or Turkey, whole cuts	n/a	1 year
Ground Meats (beef, pork, lamb or poultry)	n/a	9-12 months
Meats, Processed		
Bacon, unopened	2 weeks	6 months
Bacon, opened	1 week	2 months
Chicken, Fried	4 days	4 months
Chicken, Nuggets/Patties	2 days	3 months
Ham, unopened	2 weeks	1 year
Ham, opened	1 week	1-2 months
Hot Dogs, unopened	2 weeks	9 months
Luncheon meats, deli slice or opened	3-5 days	Do not freeze
Luncheon meats, unopened commercial package	2 weeks	1-2 months
Pepperoni, Salami	1 month	6 months
Sausage, raw	2 days	6 months
Sausage, smoked links or patties	1 week	9 months

Dairy and Cooler Items	Refrigerated (40°F or below)	Frozen (0°F or below)
Butter	2-3 months	1 year
Buttermilk	10-14 days	Freezes poorly
Cheese Trays	2 weeks	Do not freeze
Cheese, Cottage	10-15 days	Freezes poorly
Cheese, Cream	2 weeks	Freezes poorly
Cheese, hard	6 months	6-8 months
Cheese, soft	1-2 weeks	6 months
Cheese, processed	3-4 weeks	6 months
Coffee Creamer , liquid refrigerated	3 weeks	Follow instructions on package
Cream, Half & Half	3-4 days	4 months, use for cooking
Cream, Heavy	10 days	3-4 months, shake upon thawing to loosen; use for cooking
Cream, Light	1 week	3-4 months, use for cooking
Crust, pie or pizza ready to bake	Sell-by date	2 months
Dips, made with sour cream	2 weeks	Do not freeze
Dough, niscuit	Sell-by date	Do not freeze
Dough, bread or pizza	Sell-by date	Do not freeze
Dough, cookie	Sell-by date	2-3 months
Eggs, in shell	4-5 weeks	Do not freeze
Eggs, pasteurized carton egg substitute, unopened	10 days	1 year
Eggs, pasteurized carton real eggs. Unopened	10 days	1 year
Juice, purchase refrigerated	3 weeks	8-12 months
**MINUTE MAID/TROPICANA - CANNOT DISTRIBUTE		
AFTER EXPIRATION DATE.		
Margarine	6 months	12 months
Milk (not shelf stable)	1 week	1-3 months, use for cooking
Pudding, purchased refrigerated	1-2 days	Do not freeze
Salad dressing, refrigerated packets	3 months	Do not freeze
Sour cream	2-3 weeks	Do not freeze
Whipped cream, aerosol	3-4 weeks	Do not freeze
Whipped topping, aerosol	3 months	Do not freeze
Whipped topping, non-dairy tub	2 weeks	14 months; do not freeze once thawed
Yogurt	10-14 days	1-2 months

Prepared Items/Deli Food	Refrigerated (41°F or below)	Frozen (0°F or below)
Chicken, Roasted or Fried	3-4 days	4-6 months
Fruit, cut	Best By Date	Do Not Freeze
Guacamole	5-7 days	6 months
Hummus, Pasturized	3 months	Do Not Freeze
Hummus, with Preservatives	2 months	Do Not Freeze
Hummus, traditional (no preservatives, not pasteurized)	7 days	Do Not Freeze
Main dishes, meals	3-4 days	2-3 months
Meats in gravy or broth (including meat pies)	1-2 days	6 onths
Pasta, fresh	1 week	1 month
Salads, prepared (macaroni, egg, potato, chicken, tuna, etc.)	3-5 days	Do Not Freeze
Sauces, Egg-Based (Hollandaise, etc.)	10 days	Do Not Freeze
Side dishes, cooked vegetables	3-4 days	1-2 months
Side dishes, potato-based (not salad)	3-4 days	1-2 months
Side dishes, rice	3-4 days	1-2 months
Soups, Stews	2-3 days	4-6 Months
Spinach, salad greens (bagged)	Date on bag	Do Not Freeze