



## Hawai'i Foodbank, Inc. Food Assistance Handout

Updated 10/03/2025 @4:00 p.m.

This list is constantly changing and is updated on our website: [www.hawaiifoodbank.org/help/](http://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	✓		

								Accepts Hawai'i Foodbank Card (Neighbor Connector)
Location Name	Location	Phone #	Area	Days of Operation	Hours of Operation	TEFAP	TANF	
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 <b>Closed June 19th 2025</b>	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 <b>Closed October 8th and 22nd; December 24th and 31st 2025</b>	<b>BY APPOINTMENT ONLY</b> <b>Leave your name and number and they will return your call</b> 11:00am - 1:00pm	✓	✓	
Wahiawa 7th Day Adventist Church	1313 California Ave. Wahiawa, HI 96786	(808) 622-3440	Central Oahu		9:00am - 11:00am	✓		
Waipahu Seventh-Day Adventist	94-902 Awane'i St. Waipahu, HI 96797		Central Oahu	3rd Sunday	12:00 pm-2:00 pm	✓		
Angel Network Charities <a href="https://www.angelnetworkcharities.org/">https://www.angelnetworkcharities.org/</a>	5339 Kalaniana'ole Hwy. Honolulu, HI 96821	(808) 377-1841	East Honolulu	2nd, 4th & 5th Fridays <b>Closed Month of July 2025</b>	10:00am - 12:00pm	✓		
Kapiolani Community College - Pohukaina Food Pantry <b>ONLINE REGISTRATION ONLY</b> <b>@ <a href="http://go.hawaii.edu/3Ss">http://go.hawaii.edu/3Ss</a></b>	4303 Diamond Head Rd. `iliahi 231 Honolulu, HI 96816 (Parking available in lower Lot B.)		East Honolulu	Thursdays	<b>CLOSED for the Summer MAY - AUGUST 2025</b> 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	✓		✓
Hawaiian Humane Society (FOR PET FOOD ONLY)	2700 Waiālae Ave. Honolulu, HI 96826	(808) 356-2222	Honolulu	See website for current days of operations	<a href="https://hawaiianhumane.org/pet-food-bank/">https://hawaiianhumane.org/pet-food-bank/</a>			
Honolulu Fil-am S.D.A Church	2232 Kanealii Ave. Honolulu, HI 96813	(808) 384-5850	Honolulu	1st & 3rd Sunday or by appt.	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  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			
The Parish of St. Clement	1515 Wilder Ave. Honolulu, HI 96822		Honolulu	Wednesdays	10:00am - 12:00pm	✓		

								Accepts Hawai'i Foodbank Card (Neighbor Connector)
Location Name	Location	Phone #	Area	Days of Operation	Hours of Operation	TEFAP	TANF	
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	<a href="https://hawaiianhumane.org/pet-food-bank/">https://hawaiianhumane.org/pet-food-bank/</a>			
Immaculate Conception Church	91-1298 Renton Rd. Ewa Beach, HI 96706	(808) 681-3701	Leeward Coast	Fridays (Except 1st Friday is Ohana Distribution) <b>Closed 11/28, 12/26</b>	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	✓		

								Accepts Hawai'i Foodbank Card (Neighbor Connector)
Location Name	Location	Phone #	Area	Days of Operation	Hours of Operation	TEFAP	TANF	
Ka Hana O Ke Akua UCC	86-311 Luualalei 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	4:00 pm 2:00pm-	✓		
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 <b>Closed Tuesday 9/30 and Thursday 10/2</b>	<b>New clients 2:30pm - 3:30pm to register</b> 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	(808) 696-4374	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	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)	✓		
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	✓		

								Accepts Hawai'i Foodbank Card (Neighbor Connector)
Location Name	Location	Phone #	Area	Days of Operation	Hours of Operation	TEFAP	TANF	
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: <a href="https://www.givinghopehawaii.org/food-assistance">https://www.givinghopehawaii.org/food-assistance</a>	✓		
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	<b>CLOSED June - August</b> 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	October	November	December
										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 <a href="https://hawaii.aSYMCA.org/events/">https://hawaii.aSYMCA.org/events/</a>	Walk Up	✓		1:00pm - 3:00pm	Fourth Wednesday	22	26	17
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 <a href="https://hawaii.aSYMCA.org/events/">https://hawaii.aSYMCA.org/events/</a>	Walk Up	✓		12:30pm - 2:30pm	4th Monday	27	24	15
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	25	29	27
Community People Ministries @ Aiea High School	98-1276 Ulune St. Aiea, HI 96701	Central Oahu			Drive Thru & Walk Up	✓	✓	10:00am- 12:00 pm	3rd Saturday	18	15	20
First Assembly of God Wahiawa	300 Wilikina Dr. Wahiawa, HI 96786	Central Oahu	(808) 836-2300		Walk Up	✓		7:00am-9:00am	4th Saturday	25	22	20
Inspire Church @ Patsy T Mink Central Oahu Regional Park <b>ONLINE REGISTRATION ONLY @</b> <a href="https://www.eventbrite.com/o/inspire-church-44520083263">https://www.eventbrite.com/o/inspire-church-44520083263</a>	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 - 10:00am	1st Tuesday	7	4	2
Leeward Community Church <b>ONLINE REGISTRATION ONLY @</b> <a href="http://komomaics.org/food">http://komomaics.org/food</a>	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	11	8	13
Lighthouse Outreach Center Pearlside Church	94-230 Leokane St. Waipahu, HI 96797	Central Oahu			Walk Up	✓		9:00am - 11:00am	Fridays	3, 10, 17, 24, <b>None</b>	7, 14, 21, <b>None</b>	5, 12, 19, <b>None</b>
<b>ONLINE REGISTRATION ONLY @</b> <a href="https://pearlside.org/cares">https://pearlside.org/cares</a>	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	4	1	6
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	8, 22	12, 26	10, <b>None</b>
St. Stephen Episcopal Church @ Whitmore Community Center	1259 Whitmore Ave. Wahiawa, HI 96786	Central Oahu			Drive Thru & Walk Up	✓		10:00am	3rd Monday	20	17	15
Surfing the Nations	64 Ohai St. Wahiawa, HI 96786	Central Oahu		10:00 am-12:00 pm	Walk Up	✓	✓	12:30pm- while supplies last	Thursdays	2, 9, 16, 23, 30	6, 13, 20, <b>None</b>	4, 11, 18, <b>None</b>
Angel Network Charities	5339 Kalanianaʻole Hwy. Honolulu, HI 96821	East Honolulu			Walk Up	✓		1:00pm - 3:00pm	1st & 3rd Thursday	2, 16	6, 20	4, 18
King's Cathedral Oahu	5740 Kalanianaʻole Hwy. Honolulu, HI 96821	East Honolulu	(808) 466-3273		Drive Thru & Walk Up	✓		11:00pm - 1:00pm	2nd & 4th Thursdays	9, 23	13, <b>None</b>	11, <b>None</b>
Mutual Housing Association of Hawaii - Palolo Homes	2170 Ahe St Honolulu, HI 96816	East Honolulu			Walk Up			11:30am - 1:30pm	1st Tuesday	7	4	2
Waikiki Community Center @ Kapiolani Community College <b>ONLINE REGISTRATION ONLY @</b> <a href="http://go.hawaii.edu/7PP">http://go.hawaii.edu/7PP</a>	4303 Diamond Head Rd. Honolulu, HI 96816	East Honolulu			Drive Thru & Walk Up		✓	See Registration	2nd Friday	10	<b>None</b>	<b>None</b>
Calvary Assembly of God	961 Io Ln. Honolulu, HI 96817	Honolulu		9:00am - 1:00pm	Walk Up		✓	2:30 PM	3rd Friday	17	21	19



Accepts Hawai'i Foodbank Card (Neighbor Connector)												
Distribution Site Name	Distribution Address	Area	Phone #	Sign In	Type of Distribution	TEFAP		Distribution Time	Distribution Date	October 2025	November 2025	December 2025
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	1, 8, 15, 22, 29	5, 12, 19, 26	3, 10, 17, None, None
Co-Cathedral of St Theresa <b>ONLINE REGISTRATION ONLY @</b> <a href="https://www.cocathedral.org/">https://www.cocathedral.org/</a>	712 N School St. Honolulu, HI 96817	Honolulu		Registration opens one week prior.	Drive Thru & Walk Up	✓		9:00am - 11:00am	4th Saturday	25	22	27
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	25	22	20
Gregory House Programs @ First Baptist Church	1313 Pensacola St. Honolulu, HI 96814	Honolulu	(808) 592-9048		Walk Up	✓		10am - **While Supplies Last**	2nd Tuesdays	14	11	9
Hawaii Health & Harm Reduction Center @ Na Kapuna Makamae Community Center	653 Ala Moana Blvd. Honolulu, HI 96813	Honolulu	(808) 521-2437		Walk Up	✓		1:00pm - **While Supplies Last**	Fourth Wednesday	22	26	None
Island Family Christian Church <b>ONLINE REGISTRATION ONLY @</b> <a href="http://www.islandfamily.org">www.islandfamily.org</a>	3375 Salt Lake Blvd. Honolulu, HI 96818	Honolulu	(808) 422-7811	Registration opens one week prior.	Drive Thru Walk Up			7:30-8:30am 8:30-9:30am	3rd Saturday	18	15	20
Institute For Human Services	350 Sumner St. Honolulu, HI 96817	Honolulu	(808) 447-2800		Walk Up	✓		1:00pm	Last Thursday	30	20	18
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	28	25	30
Kalihi Union Church	2214 North King St. Honolulu, HI 96819	Honolulu	(808) 841-7022		Walk Up		✓	9:00am - 11:00am	Thursdays	2, 9, 16, 23, 30	6, 13, 20, None	4, 11, 18, None
Korean Seventh Day Adventist Church	2142 Algaroba St. Honolulu, HI 96826	Honolulu	(808) 955-3339		Walk Up			11:00am	Last Monday	27	24	29
Life Christian Church <b>ONLINE REGISTRATION ONLY @</b> <a href="http://www.lifechristianhawaii.org/events">www.lifechristianhawaii.org/events</a>	Various school locations, please see online registration for information. 99-611 Ulune St. Aiea, HI 96701	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	4	1	6
PACT KPT Family Center	1485 Linapuni St # 103, Honolulu, HI 96819	Honolulu	(808) 841-6177		Walk Up				3rd Monday	21	18	16
Palama Settlement @ Kaahumanu Homes	760 McNeill St., Bldg. 16 Honolulu HI 96819	Honolulu	(808) 845-3945		Walk Up	✓		12:00pm - 2:00pm	1st Friday	3	7	5

Accepts Hawai'i Foodbank Card (Neighbor Connector)												
Distribution Site Name	Distribution Address	Area	Phone #	Sign In	Type of Distribution	TEFAP	Accepts Hawai'i Foodbank Card (Neighbor Connector)	Distribution Time	Distribution Date	October 2025	November 2025	December 2025
Palama Settlement @ Mayor Wrights Reality Church @ Ke'elikolani Middle School	521 N Kukui Street Honolulu, HI 96817	Honolulu	(808) 845-3945		Walk Up	✓		12:00pm - 2:00pm	3rd Friday	17	21	19
Sts. Peter and Paul Church	1302 Queen Emma St Honolulu HI 96813	Honolulu			Drive Thru & Walk Up			11:00am - 2:00pm	1st Saturday	4	1	6
Trinity Missionary Baptist Church	800 Kaheka St. Honolulu, HI 96814	Honolulu	(808) 941-0675		Drive Thru & Walk Up			10:00am - 11:00am	3rd Saturday	18	15	13
Armed Services YMCA @ Daniel K Akaka VA Clinic	3950 Paine Circle Honolulu, HI 96818	Honolulu	(808) 422-8622		Walk Up	✓		9:00am	4th Tuesday	28	25	23
Boys & Girls Club Ewa Beach	91-1051 Franklin D Roosevelt Ave. Kapolei, HI 96707	Leeward Coast	(808) 254-4719		Walk Up	✓		10:00am - 12:00pm	2nd Friday	10	14	12
City of Joy Assembly of God	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	None	14	None
Community People Ministries @ Pokai Bay Beach Park	87-2070 Farrington Hwy. Waianae, HI 96792	Leeward Coast	(808) 256-3596		Walk Up			8:00am - 10:00am	1st Saturday	4	1	6
Community Pepole Ministires @ Puuloa District Park	960 Bayview St. #85 Waianae, HI 96792	Leeward Coast		10:30am	Drive Thru & Walk Up	✓	✓	11:30am - 12:30pm	1st Friday	3	7	5
Immaculate Conception Church	91-970 Kaileolea Dr. Ewa Beach, HI 96706	Leeward Coast		9:30am	Drive Thru & Walk Up	✓	✓	10:30am - 11:30am	Last Tuesday	28	25	30
Leeward Community Church @ Chinese Christian Alliance Church	91-1298 Renton Rd. Ewa Beach, HI 96706	Leeward Coast	(808) 681-3701		Walk Up	✓	✓	3:00pm - 5:00pm	1st Friday	3	7	5
Message of Peace Ministry @ Asing Community Park	87-1624 Farrington Hwy. Waianae, HI 96792	Leeward Coast	(808) 456-1340		Drive Thru & Walk Up			9:30 am - 11:00 am	3rd Saturday	18	15	20
Project Nehemiah @ Kapolei High School	91-1450 Renton Rd. Ewa Beach, HI 96706	Leeward Coast			Drive Thru & Walk Up	✓		7:00am until supplies last	3rd Saturday	18	15	20
Nanaikapono Protestant Church	91-5007 Kapolei Pkwy. Kapolei, HI 96707	Leeward Coast			Drive Thru & Walk Up	✓		7:00am until supplies last	2nd Saturday	11	8	13
Hope Chapel Kahuku @ Kahuku Medical Center - Trailers	89-235 Pua Ave. Waianae, HI 96792	Leeward Coast	(808) 668-1184	8:30am	Walk Up	✓		10:00am	4th Saturday	25	None	None
Hui O Hauula @ Hauula Beach Park	56-117 Pualalea St. Kahuku, HI 96731	North Shore			Drive Thru & Walk Up	✓		2:30pm	4th Monday	27	24	22
Key Project @ Kahuku Community Association	54-135 Kamehameha Hwy. Hauula, HI 96717	North Shore			Drive Thru & Walk Up	✓	✓	10:00am - 12:00pm	1st Monday	6	3	1
Once A Month Church @ Kaiaka Bay Beach Park	56-576 Kamehameha Hwy. Kahuku, HI 96731	North Shore	(808) 239-5777		Drive Thru & Walk Up	✓	✓	12:00pm - 2:00pm	3rd Thursday	None	20	18
Armed Services YMCA MCBH @ MCBH Chapel (Military installation access required)	66-449 Haleiwa Rd. Haleiwa, HI 96712	North Shore	(808) 780-8037		Drive Thru & Walk Up	✓	✓	12:00am - 2:00pm	3rd Wednesday	15	19	17
Dynamic Compassion In Action @ Waimanalo District Park	Pre-registration available at <a href="https://hawaii.aymca.org/events/">https://hawaii.aymca.org/events/</a>	Windward Coast	(808) 254-4719		Walk Up	✓		12:00pm - 2:00pm	2nd Monday	14	10	8
Hui Mahiai Aina @ Waimanalo District Park	41-415 Hihimanu St. Waimanalo, HI 96795	Windward Coast	(808) 754-6260		Drive Thru & Walk Up	✓		1:30pm	1st & 3rd Monday	6, 20	3, 17	1, 15
Key Project	41-415 Hihimanu St. Waimanalo, HI 96795	Windward Coast		10am-1pm	Drive Thru & Walk Up	✓		11:00am	1st Thursday	2	6	4
	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	None	3	2

## O'AHU HOMELESS HELP CARD

Information provided by Partners In Care O'ahu

### GENERAL HELP

Access to Independence (for those with a disability).....808-369-9521  
Aloha United Way (auw211.org).....211  
Helping Hands Hawai'i, Community Clearing House.....808-440-3800  
Hui O Hau'ula (social svcs. Ko'olauloa Residents only).....808-888-0045  
Salvation Army (Community Ctr.).....808-841-5565

### CRISIS (24 HOURS)

Hawai'i CARES (mental health, substance use crisis & support services).....808-832-3100  
Domestic Violence Crisis Line.....808-266-7233  
National Veterans Crisis Hotline.....800-273-8255 (press 1)  
National Women Veterans Hotline.....855-829-6636

### ABUSE (CHILD/SPOUSE/ADULT)

Adult Protective Services (weekdays).....808-832-5115  
Child Protective Services (24 hr).....808-832-5300  
Domestic Violence Action Ctr.....808-531-3771  
Toll-Free (all islands).....800-690-6200  
Text (24 hr).....605-956-5680  
24/7 Chat Available.....  
www.domesticviolenceactioncenter.org  
Domestic Violence Hotlines:  
Town/Leeward (CFS).....808-841-0822

### LGBTQ+ SERVICES

Hawai'i Health & Harm Reduction Center.....808-521-2437

### MEDICAL CARE

C.O.R.E. (Crisis, Outreach, Response, Engagement).....808-768-2673  
Hawai'i HOME Project.....808-223-8859  
KPHC, Healthcare for the Homeless Project.....808-791-6342  
Hawai'i Health & Harm Reduction Center.....808-521-2437  
IHS.....808-447-2925  
Kāne'ohe Joint Outreach Center.....808-234-5562  
Kōkua Kalihi Valley.....808-791-9400  
Ko'olauloa Health Center.....808-293-9231  
MedQuest Information Low-Cost Insurance.....1-800-316-8005  
Project Vision Hawai'i.....808-201-3937  
Pūnāwāi Medical Respite.....808-784-3831  
Wai'anāe Coast Comprehensive Health Center.....808-697-3300  
Waikīkī Health.....808-922-4787  
Waimānalo Health Center.....808-259-7948

### Medicaid:

QUEST (Medicaid) Health Insurance.....1-800-316-8005  
Project Vision Hawai'i.....808-201-3937

### Med-QUEST Health After Hours Nurse Advice Lines:

AlohaCare.....1-877-225-8839  
HMSA.....1-800-440-0640  
Kaiser Permanente.....1-833-833-3333  
'Ohana Health Plan.....1-800-919-8807  
UnitedHealthcare Plan.....1-888-980-8728

Ho'ola Na Pua Sex Trafficking Assistance and Prevention.....808-445-3131  
EPIC - 'Ohana Case Conferencing (for CPS children).....808-838-7752  
Family Peace Center (PACT).....808-832-0855  
Sex Abuse Treatment (24hr).....808-535-7600  
Trafficking Victim Assistance Program (Susannah Wesley, text avail., 24hr).....808-721-9614

### Domestic Violence Shelters:

Child & Family Service.....808-841-0822  
PACT 'Ōhi'a Shelter.....808-585-7944  
Trafficking Victim Assistance Program (Susannah Wesley, text avail., 24hr).....808-721-9614

### AFFORDABLE HOUSING

Cloudbreak Communities (affordable & service enriched permanent housing).....808-682-1949  
Sea Winds (Affordable housing company & transitional units).....808-696-0061

### ALCOHOL/DRUG

Alcoholics Anonymous.....808-946-1438  
Champ Clinic.....808-426-4515  
Dynamic Healing Center.....808-425-4245  
Hawai'i Health & Harm Reduction Center.....808-521-2437  
Habilitat, Inc.....808-872-2525  
Hawai'i CARES.....808-832-3100  
Hina Mauka Kāne'ohe.....808-236-2600  
Hina Mauka Waipahu (outpatient).....808-671-6900  
Ho'omau Ke Ola.....808-696-3315  
IHS 'Imi Ola Pīha Homeless Triage and Treatment Center.....808-782-8231  
Salvation Army Detox (ATS).....808-595-5819  
Salvation Army Family/Women (FWS).....808-732-2802

### MENTAL HEALTH

Hawai'i CARES (mental health, substance use crisis & support services).....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  
Central-Leeward O'ahu Treatment Services.....808-453-5950  
Central O'ahu Family Guidance Center.....808-453-5900  
East Honolulu Treatment Services Section.....808-733-9260  
Hale Na'au Pono.....808-696-4211  
Honolulu O'ahu Family Guidance Center.....808-733-9393  
Hope Treatment Services.....808-638-4555, 808-638-4440  
Leeward O'ahu Family Guidance Center.....808-692-7700  
West Honolulu Treatment Services Section (adults).....808-832-5800  
Windward Family Guidance Center.....808-233-3770  
Windward O'ahu Treatment Services.....808-233-3775  
Kahi Mohala Behavioral Health.....808-671-8511  
North Shore Mental Health.....808-638-8700

### PET SERVICES

Hawaiian Humane Society (animal emergency/stray pick-up).....808-356-2250

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

### CASE MANAGEMENT

Hale Na'au Pono (adult & children's programs, therapeutic care, family services).....808-696-4211  
Hawai'i Health & Harm Reduction Center.....808-521-2437  
IHS.....808-447-2865  
Kealahou West O'ahu.....808-364-5820  
North Shore Mental Health.....808-638-8700  
Project Vision.....808-201-3937

### DHS (STATE) BENEFITS

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

### TANF, GA/AAED, SNAP & Childcare Information:

Public Assistance Information System Line (PAIS, toll free).....1-855-643-1643  
Project Vision (SNAP Svcs).....808-201-3937

### Medicaid:

QUEST (Medicaid) Health Insurance.....1-800-316-8005  
Project Vision.....808-201-3937

### Med-QUEST Health Plan's After-Hours Advice Lines:

AlohaCare.....1-877-225-8839  
HMSA.....1-800-440-0640  
Kaiser Permanente.....1-833-833-3333  
'Ohana Health Plan.....1-800-919-8807  
UnitedHealthcare Plan.....1-888-980-8728

Pet Kōkua (surrender & cruelty prevention).....808-356-2225  
K9 Kōkua.....808-284-4310  
Poi Dogs & Pōpōki (wellness checks, immunizations, microchipping, spay/neuter).....808-551-7915

### RENTAL ASSISTANCE

Catholic Charities Hawai'i.....808-521-4357  
Family Promise of Hawai'i.....808-300-0560  
Helping Hands Hawai'i, Community Clearing House.....808-440-3800  
IHS.....808-447-2819, 808-447-2862  
Rent to Work.....808-768-5734  
Salvation Army (Community Asst. Ctr.).....808-841-5565  
U.S.VETS Wa'ianae.....808-348-7422

### SHELTER: EMERGENCY

Family Assessment Center.....808-202-9133  
Family Promise of Hawai'i.....808-300-0560  
Hale Kipa (youth <18).....808-754-9844  
Hale 'Imi Ola (Catholic Charities).....808-897-5479  
HONU.....808-768-4668  
IHS (men).....808-447-2900  
IHS (women and children).....808-447-2800  
IHS Hale Mauihale Sand Island Navigation Center (pet friendly).....808-774-4492  
Ka Malu Ko'olau Kauhale.....808-724-4972  
Keauhou Emergency Shelter (Waikīkī Health) (individuals & couples).....808-537-8330  
Kealahou West O'ahu (Onelau'ena).....808-782-4342  
Kulaokahu'a Shelter (Seniors).....808-599-5759  
Pai'olu Kāiulā, U.S.VETS Wa'ianae (service/comfort animal allowed).....808-462-0280  
RYSE (youth ages 18-24).....808-498-5180  
Waimānalo Emergency Shelter.....808-204-0982

### DISPUTE RESOLUTION

The Mediation Center of the Pacific.....808-521-6767

### EDUCATION

DOE: COFA Care Navigation.....808-348-0308  
DOE: Education for Homeless Children & Youth.....808-348-0304  
Hawai'i Vet2Vet (Hawai'i Certified Peer Specialist Training).....808-462-3286  
HawaiianHope.org (inexpensive & free computers & tech).....808-352-8800

### EMPLOYMENT SERVICES

Alu Like (employment & training).....808-535-6700  
American Job Center (Dillingham).....808-768-5701  
Division of Vocational Rehabilitation.....808-586-5164  
Economic Opportunity Center (PACT).....808-842-7093  
Goodwill Industries of Hawai'i.....808-483-7172  
HCAP-Na Lima Hana & Senior Employment.....808-521-4531  
HI Disability Rights Center (Ticket to Work).....808-949-2922  
HI State Unemployment Office.....808-586-8970  
IHS Hele2Work.....808-447-2844, 808-447-2912  
Network Enterprises, Inc.....808-521-7774  
U.S.VETS (employment assistance & veteran services).....808-342-7493

### FOOD

Helping Hands Hawai'i  
SNAP Outreach.....808-440-3832  
Hau'ula (food pantry, Ko'olauloa Residents only).....808-888-0045  
Project Vision Hawai'i (SNAP Svcs).....808-201-3937  
River of Life Mission.....808-524-7656

### SHELTER: TRANSITIONAL

Dynamic Healing Center.....808-425-4245  
Faith House Ministries.....808-200-1177  
Gregory House (HIV).....808-592-9022  
Hale Kipa's Transitional Living Program (TLP, ages 18-22).....808-277-5159  
HCAP Kūmuhonua Transitional Living Center.....808-682-5494  
MHK Maukakea Village.....808-524-7233  
RYSE (youth ages 14-24).....808-498-5180  
THE SHELTER (women).....808-468-1855

### OUTREACH/DROP-IN CENTERS

HawaiianHope.org (inexpensive & free computers & tech).....808-352-8800  
Hawai'i Health & Harm Reduction Center.....808-521-2437  
Helping Hands Hawai'i  
SNAP Outreach.....808-440-3832  
IHS.....808-447-2865  
Kealahou West O'ahu.....808-696-5667  
Legal Aid Society of Hawai'i.....808-536-4302  
Lydia House (youth ages 16-26).....808-466-8022  
Outreach in Waikīkī (referrals).....808-208-9150  
RYSE & Mobile Crisis Outreach (youth ages 14-24).....808-498-5180, 808-861-6606  
Salvation Army (Community Asst. Ctr.).....808-841-5565  
Wa'ianae Coast Comprehensive Health Center.....808-697-3300  
Waikīkī Business Improvement District Assoc. (Waikīkī Outreach only).....808-208-9150  
U.S.VETS.....808-630-0771, 808-347-4267  
Youth Outreach (YO).....808-942-5858

Salvation Army (Community Asst. Ctr.).....808-841-5565

Call 211 to check with other outreach agencies or churches for food assistance.

### HEPATITIS B&C

Hawai'i Health & Harm Reduction Center.....808-521-2437  
Hep Free Hawai'i.....808-436-5884

### HIV/AIDS

Gregory House Programs.....808-592-9022  
Hawai'i Health & Harm Reduction Center.....808-521-2437  
Waikīkī Health.....808-922-4787

### HOUSING SEARCH

Landlord Engagement Program.....808-380-9354

### HYGIENE SERVICES

HIHIE (Mobile Showers, Restrooms).....808-201-3937  
Pūnāwāi Rest Stop (Laundry, Showers).....808-599-9750  
Revive+Refresh (Mobile Showers & Laundry).....808-799-6738  
River of Life Mission.....808-524-7656  
Salvation Army (Community Asst. Ctr.).....808-841-5565

### INTERPRETATION/TRANSLATION SERVICES

Helping Hands Hawai'i, Bilingual Access Line.....808-526-9724

### LEGAL

Community Outreach Court.....808-347-2551  
Legal Aid Society of Hawai'i.....808-536-4302  
Volunteer Legal Services Hawai'i.....808-528-7046

### VETERANS' SERVICES

Catholic Charities Hawai'i Veterans Services (housing, mental health, legal).....808-521-4357  
Cloudbreak Communities (affordable & service enriched permanent housing).....808-682-1949  
Hawai'i Vet2Vet.....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  
Steven A. Cohen Military Family Clinic.....808.204.4020  
U.S.VETS (outreach, housing, support).....808-630-0771, 808-347-4267  
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

### Notes:

Revised 06/2024

Shelf-Stable Foods	Shelf Life After Code Date
<b>Baby Food</b>	
Cereal: dry mixes	Expiration date on package
Food in Jars, cans	Expiration date on package
Formula	Expiration date on package
Juice	1 year
<b>Canned Food</b>	
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
<b>Condiments, Sauces, Syrups</b>	
UHT milk	
Broth: beef, chicken or vegetable	
Soup	
Fruits	
Vegetables	
<b>Condiments, Sauces, Syrups</b>	
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
<b>Condiments, Sauces, Syrups (continued)</b>	
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
<b>Dry Goods</b>	
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
<b>Dry Goods (continued)</b>	
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
<b>Shelf -Stable Beverages</b>	
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)
<b>Fish/Seafood: Uncooked</b>		
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
<b>Fish/Seafood: Cooked</b>		
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
<b>Meats, Raw</b>		
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
<b>Meats, Processed</b>		
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, biscuit	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
<b>**MINUTE MAID/TROPICANA - CANNOT DISTRIBUTE</b>		
<b>AFTER EXPIRATION DATE.</b>		
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